



GENERAL FOR ALL SPORTS

Notes:

Perkiomen School will schedule games with other schools and clubs who follow health and safety guidelines that are similar to our school's guidelines.

Perkiomen reserves the right to cancel competitions if health status or policies change.

Virtual Learning students coming to afternoon activities must complete the Magnus Health screening in the morning and check in to the Student Life Office immediately upon arrival to campus.

- Continue to follow Sport Protocols for Return to School regarding illness, social distancing, face coverings, equipment sanitation, personal water bottles, locker room capacity limits, etc.
- The US Centers for Disease Control and Prevention (CDC) clarified its guidance about surface transmission, stating that this route is “not thought to be the main way the virus spreads”. We are following the lead of health officials by focusing on primary means of viral spread. Coaches will emphasize hand sanitizing before and after practice, thus minimizing the need to sanitize equipment.
- Boarding students will change in their dormitory rooms. Day students will change for practice in their assigned areas and follow posted capacity limits. Players should not change in public spaces.
- Socializing before and after practices and games is the highest potential COVID transmission point. Players and coaches must remember to not congregate before and after events.
- The Athletic Department will communicate in advance with opponent schools, officials, and college coaches regarding procedures, policies and guidelines including parking, equipment to bring, medical supplies, hydration, bench areas, emergency action plans (opponent school or club policy submitted to Perkiomen upon scheduling), game day paperwork (complete roster including emails of all visiting individuals to be exchanged electronically between schools)
- Interscholastic game competition is voluntary and at the discretion of student athletes and their parents; parental acknowledgment form must be submitted to Director of Athletics prior to the first game
- No more than two competitions will be hosted on campus per day.
- Perkiomen teams will travel to games on busses that allow for social distancing on the bus.
- Perkiomen teams will travel with a smaller roster of players to allow for social distancing on the busses.
- No non-essential visitors should be present at games (games will be live-streamed), fans are limited to faculty, staff, and students.
- College coaches and recruiters may attend by invitation and must complete a health screening. Each coach must register their guests with the Director of Athletics.
- Coaches from both teams may officiate if needed and should be masked.
- Pre-game and post-game ceremonies should be altered to conform to all guidelines.
- Limit personnel at the officials' table and maintain distancing; provide hand sanitizer
- Visiting teams should proceed directly to the playing field immediately upon arrival
- Port-a-pots will be provided at field sites – social distancing and masking protocols observed
- COVID-19 Screening:
 - Departing Perkiomen students and coaches: the athletic trainers will conduct a pre-departure COVID-19 screening for traveling Perkiomen teams, including temperature checks
 - Officials, Visiting Opponent students and coaches: upon arrival to the field, athletic trainers will conduct a COVID-19 screening, including temperature checks



Perkiomen School

In the case that any participant becomes ill:

- Isolate anyone that is sick
- If Perkiomen student or coach: notify Health Center and Dash Force – dashforce@perkiomen.org
- If Visiting student or coach: individuals should go home or to a healthcare facility and follow CDC guidelines; Perkiomen coach will notify Dash Force – dashforce@perkiomen.org
- The Dash Force will manage the contact tracing, quarantine, and the additional guidelines.
- If someone on any roster should become ill within 48 hours of the game, all notification procedures outlined above should be followed
- Return to play based on school health department guidelines

ALL STANDARD ATHLETIC CENTER POLICIES REMAIN IN EFFECT ALONG WITH THE COVID-19 POLICIES. WE WILL MODIFY AS NEEDED. AT ANY POINT IN TIME.

200 Seminary Street, Pennsburg, PA 18073 | 215-679-9511 | perkiomen.org



BASEBALL

- Do not share personal equipment
- Each participant will bring their own water bottle
- Players should avoid touching their faces
- No hugging, shaking hands, fist bumps
- All coaches and players will sanitize their hands before and after each practice or game.
- All players and coaches will be masked at all times at both indoor and outdoor practices and games.
- Players will not congregate or huddle closely together
- Coaches should hold pregame, half-time/timeouts, and post-game meeting socially distanced and off playing surface where possible
- No seeds or gum
- Only three (3) players in the dugout at one time, plus one (1) coach
- Players not on the field will be on the bleachers six (6) feet apart, or may stand between each post along the fence
- Umpires to call balls and strikes from behind the pitcher's mound
- Press Box: Maximum of two (2) persons socially distanced six (6) feet

Indoor Practice / Workouts:

- Use alternate space for players when not in the athletic center for practice – Carnegie second floor
- Assigned changing area: baseball locker room – maximum capacity 4
- Arrive on time – do not arrive early; coaches provide access to athletic center
- Enter athletic center via right lobby door and proceed directly to the assigned gym space
- Open doors to assist with ventilation for five (5) minutes at 30-minute intervals for air exchange
- Players will not congregate or huddle closely together – team will do a socially distanced huddle to end workouts
- Day students will go straight home from the gym and boarding students will walk directly to their dorms



Perkiomen School

GOLF

- Do not share personal equipment
- Each participant will bring their own water bottle
- Players should avoid touching their faces
- No hugging, shaking hands, fist bumps
- All coaches and players will sanitize their hands before and after each practice or game.
- All players and coaches will be masked at all times at both indoor and outdoor practices and games.
- Players will travel to the course by van with the windows open and full van capacity. Players and coaches will be double masked when traveling in the van.
- Players will not congregate or huddle closely together
- Coaches should hold pregame, half-time/timeouts, and post-game meeting socially distanced and off playing surface where possible
- Adhere to local course competition rules in relation to COVID-19 accommodations
- Do not touch or remove the pin
- Maintain six (6) feet social distancing
- Limit use of golf shop and retain operations to maintain social distancing
- Limit field size and starting from one tee. Consider the expanded space of starting times (12 minutes apart for groups of 3 and 15 minutes for groups of 4)
- Exchange of scorecards discouraged; verbal confirmation may be accepted
- Establish a window of time for players to access practice facilities before their round based on starting times
- Players should depart immediately when finished

Indoor Practice / Workouts:

- Use alternate space for players when not on the course for practice – S208
- Assigned changing area: Schumo second floor restrooms



TENNIS

- Do not share personal equipment
- Each participant will bring their own water bottle
- Players should avoid touching their faces
- No hugging, shaking hands, fist bumps
- All players and coaches will be masked at all times at both indoor and outdoor practices and games.
- All coaches and players will sanitize their hands before and after each practice or game.
- Players will not congregate or huddle closely together
- Coaches should hold pregame, half-time/timeouts, and post-game meeting socially distanced and off playing surface where possible
- Limit attendees to pre-match conference between athletes and coaches; maintain social distance six (6) feet
- Ensure team personnel observe social distancing six (6) feet in team areas
- When playing doubles, coordinate with your partner to maintain physical distancing whenever possible
- Wash your hands or use sanitizer between sets
- Use four or six tennis balls
- Players should switch sides on opposite sides of the court

Indoor Practice / Workouts:

- Use alternate space for players when not in the athletic center for practice – Hollenbach 112 & 113
- Assigned changing area: Hollenbach Middle School restrooms
- Arrive on time – do not arrive early; coaches provide access to athletic center
- Enter athletic center via right lobby door and proceed directly to the assigned gym space
- Open doors to assist with ventilation for five (5) minutes at 30-minute intervals for air exchange
- Players will not congregate or huddle closely together – team will do a socially distanced huddle to end workouts
- Day students will go straight home from the gym and boarding students will walk directly to their dorms



BOYS LACROSSE

- Do not share personal equipment
- Each participant will bring their own water bottle
- Players should avoid touching their faces
- No hugging, shaking hands, fist bumps
- All players and coaches should be masked at all times at both indoor and outdoor practices and games.
- Players will not congregate or huddle closely together
- Coaches should hold pregame, half-time/timeouts, and post-game meeting socially distanced and off playing surface where possible
- Limit attendees to pre-match conference between athletes and coaches; maintain social distance six (6) feet
- Ensure team personnel observe social distancing six (6) feet in team areas
- Limit attendees to head referee or center referee, head coach from each team, and a single captain from each team for pregame conference
- Move location of pregame conference to center of field, maintaining social distance
- Maintain social distance six (6) feet between substitute, officials and/or teammate(s) by encouraging substitutions to use the entire length of the substitution box. Move any players serving a penalty to the far back corner of the box until there are 10 seconds left in the penalty.
- Limit to essential personnel, team scorer and timer with recommended distance of six (6) feet at the officials' table. Visiting team personnel (scorer, statistician, etc.) are not deemed essential personnel and should find an alternative location
- No pregame line up. Send players to their field positions with bench personnel lined up at least 5 yards back from the sideline and six (6) feet apart from each other
- Water bottles should be used off of the playing surface and behind benches/substitute player lines.

Indoor Practice / Workouts:

- Use alternate space for players when not in the athletic center for practice – Schumo 217 & 218
- Assigned changing area: locker room maximum capacity 6
- Arrive on time – do not arrive early; coaches provide access to athletic center
- Enter athletic center via right lobby door and proceed directly to the assigned gym space
- Open doors to assist with ventilation for five (5) minutes at 30-minute intervals for air exchange
- Players will not congregate or huddle closely together – team will do a socially distanced huddle to end workouts
- Day students will go straight home from the gym and boarding students will walk directly to their dorms



GIRLS LACROSSE

- Do not share personal equipment
- Each participant will bring their own water bottle
- Players should avoid touching their faces
- No hugging, shaking hands, fist bumps
- All players and coaches should be masked at all times at both indoor and outdoor practices and games.
- Players will not congregate or huddle closely together
- Coaches should hold pregame, half-time/timeouts, and post-game meeting socially distanced and off playing surface where possible
- Limit attendees to pre-match conference between athletes and coaches; maintain social distance six (6) feet
- Ensure team personnel observe social distancing six (6) feet in team areas
- Limit attendees to head referee or center referee, head coach from each team, and a single captain from each team for pregame conference
- Move location of pregame conference to center of field, maintaining social distance
- Maintain social distance six (6) feet between substitute, officials and/or teammate(s) by encouraging substitutions to use the entire length of the substitution box. Move any players serving a penalty to the far back corner of the box until there are 10 seconds left in the penalty.
- Limit to essential personnel, team scorer and timer with recommended distance of six (6) feet at the officials' table. Visiting team personnel (scorer, statistician, etc.) are not deemed essential personnel and should find an alternative location
- No pregame line up. Send players to their field positions with bench personnel lined up at least 5 yards back from the sideline and six (6) feet apart from each other
- Water bottles should be used off of the playing surface and behind benches/substitute player lines.

Indoor Practice / Workouts:

- Use alternate space for players when not in the athletic center for practice – Chapel
- Assigned Changing area: locker room maximum capacity 6
- Arrive on time – do not arrive early; coaches provide access to athletic center
- Enter athletic center via right lobby door and proceed directly to the assigned gym space
- Open doors to assist with ventilation for five (5) minutes at 30-minute intervals for air exchange
- Players will not congregate or huddle closely together – team will do a socially distanced huddle to end workouts
- Day students will go straight home from the gym and boarding students will walk directly to their dorms



TRACK & FIELD

- Do not share personal equipment
- Each participant will bring their own water bottle
- Players should avoid touching their faces
- No hugging, shaking hands, fist bumps
- All players and coaches should be masked at all times at both indoor and outdoor practices and games.
- Players will not congregate or huddle closely together
- Coaches should hold pregame, half-time/timeouts, and post-game meeting socially distanced and off playing surface where possible
- Limit attendees to pre-match conference between athletes and coaches; maintain social distance six (6) feet
- Ensure team personnel observe social distancing six (6) feet in team areas
- Store personal equipment six (6) feet apart; keep your bags with you throughout the day

Indoor Practice / Workouts:

- Use alternate space for players when not in the athletic center for practice – Science floor of Schumo Academic Center
- Assigned Changing area: restrooms on science floor of Schumo
- All stretching should be done with masks on; distancing six (6) feet apart
- Divide team into groups and rotate training
- Utilize practice spaces to work on technique
- Set up teams for in-house competition



SOFTBALL

- Do not share personal equipment
- Each participant will bring their own water bottle
- Players should avoid touching their faces
- No hugging, shaking hands, fist bumps
- All coaches and players will sanitize their hands before and after each practice or game.
- All players and coaches should be masked at all times at both indoor and outdoor practices and games.
- Players will not congregate or huddle closely together
- Coaches should hold pregame, half-time/timeouts, and post-game meeting socially distanced and off playing surface where possible
- No seeds or gum
- Only three (3) players in the dugout at one time, plus one (1) coach
- Players not on the field will be on the bleachers six (6) feet apart, or may stand between each post along the fence
- Umpires to call balls and strikes from behind the pitcher's mound

Indoor Practice / Workouts:

- Use alternate space for players when not in the athletic center for practice – Nallo Center
- Assigned Changing area: Hollenbach MS restrooms
- Arrive on time – do not arrive early; coaches provide access to athletic center
- Enter athletic center via right lobby door and proceed directly to the assigned gym space
- Open doors to assist with ventilation for five (5) minutes at 30-minute intervals for air exchange
- Players will not congregate or huddle closely together – team will do a socially distanced huddle to end workouts
- Day students will go straight home from the gym and boarding students will walk directly to their dorms



STRENGTH & CONDITIONING

General:

- Do not share personal equipment
- Each participant will bring their own water bottle
- Players should avoid touching their faces
- No hugging, shaking hands, fist bumps
- All coaches and players will sanitize their hands before and after each practice or game.
- All players and coaches should be masked at all times at both indoor and outdoor practices and games.
- Maintain a distance of six (6) feet from other players whenever possible
- Sanitize your hands after using shared equipment
- Avoid sharing food or drink
- Store personal equipment six (6) feet apart; keep your bags with you throughout the day
- Boarders will change in dorms; day students change in single-use restrooms

Strength & Conditioning:

- Arrive on time – 3:15 p.m., do not arrive early; coaches will provide access
- Enter via gym side door near offices
- Fitness Center capacity limited to 24 people, including staff
- Open doors and use fan to ventilate / exchange air between sessions
- All training is station based, allowing for distancing between individuals and equipment; all equipment is cleaned between uses
- All scheduled classes and sessions have a 20-minute buffer, before/after each use, to allow for cleaning
- Weather permitting, some sessions will be outside. When outside, extend distancing space to 10 feet and allow individuals to remove masks (PSC professional will remain masked)
- Team training in the fitness center will need to be relegated to early mornings and after 5:45 P.M.
- Programming can be created that coaches can lead outside of the fitness center, and will not necessitate equipment of any kind
- Only day students who come for morning workouts are permitted to shower according to locker room occupancy limits
- Day students will go straight home from the gym and boarding students will walk directly to their dorms



Perkiomen School

MIDDLE SCHOOL LACROSSE

- Do not share personal equipment
- Each participant will bring their own water bottle
- Players should avoid touching their faces
- No hugging, shaking hands, fist bumps
- All players and coaches should be masked at all times at both indoor and outdoor practices and games.
- Players will not congregate or huddle closely together

Indoor Practice / Workouts:

- Use alternate space for players when not in the athletic center for practice – History wing of Schumo
- Assigned Changing area: locker room maximum capacity 4 per locker room
- Arrive on time – do not arrive early; coaches provide access to athletic center
- Enter athletic center via right lobby door and proceed directly to the assigned gym space
- Open doors to assist with ventilation for five (5) minutes at 30-minute intervals for air exchange
- Players will not congregate or huddle closely together – team will do a socially distanced huddle to end workouts
- Day students will go straight home from the gym and boarding students will walk directly to their dorms



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ROSTER EXCHANGE FORM

SCHOOL:	DATE
HEAD COACH	HEAD COACH'S CONTACT NUMBER:
STUDENTS Name and email	COACHES AND OTHER VISITORS Name and email



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