



COVID-19 Protocols & Guidelines

2020-2021

(Approved by Mayflower Athletic Conference Athletic Directors – Dec. 10, 2020)

GUIDING PRINCIPLES OF POD MODEL:

- Promotes social and emotional well being of student-athletes
- Creates a sense of normalcy
- Physical Activity
- Controls Social-Distancing
- Engages student-athletes and creates academic accountability. Allows for student-athletes to still participate in all learning models (in- person, hybrid and remote learning)
- Prevents student-athletes from seeking other, less healthy, extracurricular outlets
- Pod model may be used in other seasons pending COVID-19 restrictions

MIAA/DESE/EEA GUIDELINES:

All games and practices will be governed by the MIAA, EEA, DESE, DPH, and local Boards of Health. The following are the guidelines from these organizations that were used to make all decisions and protocols in this document.

- [Updated EEA Guidelines 2/8/21](#)
- [DESE & MIAA Joint Guidance Document](#)
- [MIAA COVID 19 Task Force Page](#)
- MIAA Sport Modifications - [Statement](#)
 - [Cross Country](#)
 - [Field Hockey](#)
 - [Football](#)
 - [Golf](#)
 - [Soccer](#)
 - [Volleyball](#)

GENERAL MAC GUIDELINES:

- Schools agree to follow all protocols in this document
- Schools agree not to play out of state
- If a school has a positive COVID-19 case on their team (student-athlete, coach, support personnel), all schools in the pod will be notified within 24 hours - follow DESE protocols found [HERE](#)
- Participants will adhere to out of state travel rules to high risk areas
- General rule for all team members and staff; If you don't feel well, stay home!
- Coaches are required to have an accurate roster with contact information
- Coaches are required to have an accurate emergency contact list for each member of the team, including head/assistant coaches and managers
- Participating schools will adhere to tracking team attendance and traveling with contact lists for all team members

- All areas around the team benches and scorer's table must be sanitized before and after each event
- Home team schools to provide disinfectant wipes/cleaning solution to sanitize equipment and balls throughout the contest if the sport rules require it

PRE-SEASON GUIDELINES (MEETINGS, TRYOUTS, SCHEDULE):

Fall II sports are scheduled to begin on Wednesday, March 10th, 2021 (Football, March 3rd). It is recommended that schools and/or programs have team meetings about the following safety protocols:

- Health and Safety Protocols
- Sport specific protocols and guidelines
- Transportation
- Gameday protocols
- Other

Spectators will not be allowed during tryouts/preseason practices or regular season practice sessions.

The ACS Athletics policy for spectators for games:

Players will be allowed two family members that may attend home games. All attendees must wear masks, and stay socially distant from other groups.

PRACTICE GUIDELINES:

- **Overview of protocols for practices**
 - Entrance and exit locations of gyms are clearly communicated
 - Start and stop times are recommended to be staggered by 15 minutes to allow for proper social distancing
 - Parent/guardians must remain in their vehicles while on school grounds
 - Follow all State, EEA, DESE and MIAA protocols and guidelines regarding sport modifications, practice and safety protocols
 - Masks will be worn by all student-athletes and coaches when entering school grounds/fields and while gathering as a team
 - All student-athletes will be required to wear a mask and distance 6 feet apart while not actively participating
 - Coaches will provide socially distanced mask breaks throughout practice
 - It is recommended that student-athletes, coaches and staff also use hand sanitizer during these breaks
 - Student-athletes should bring personal "gym bags"
 - Details concerning "gym bags" are listed below
 - Gym bags should be disinfected after every practice/competition
 - Teams have a maximum of 90 minutes for practices

- Social distancing must be enforced as much as possible during drills and conditioning
- Hand sanitizer and/or washing stations will be available
- All equipment must be disinfected after each practice/competition
- **Student-Athlete Expectations (practices)**
 - Student-athletes will come dressed and ready to practice
 - Student-athletes must check-in for attendance and tracking purposes
 - Student-athletes must wear masks
 - Upon arriving and departing athletic facility / school grounds
 - Sign-in
 - Pre-Practice
 - During practice (only exceptions are listed / stated in the EEA and DESE guidelines)
 - Student-athletes must sanitize and/or wash their hands upon arriving and departing practices (at minimum)
 - Student-athletes must place all of their personal belongings (warmups, sweatshirt, electronic devices, etc) in their “gym bag” / assigned area during practice (6’ away from teammates)
 - A student-athletes personal “gym bag” must have the following personal supplies:
 - Reusable face masks (5 recommend)
 - Consistently washed at home
 - Personal bottle of hand sanitizer
 - Disinfectant wipes for personal use
 - Personal water bottle(s) labeled with athlete’s name (can’t be shared)
 - Athletic braces, tape, inhaler, epipen (should be stored in gym bag when not in use)
 - Mouth Guards
 - Student-athletes will maintain 6’ of social distance
 - Upon arriving at the facility / school grounds
 - Sign-in
 - Pre-Practice
 - During practice (only exceptions are listed in the EEA and DESE guidelines)
 - During masks, water & hand sanitizing breaks
 - Post-practice
 - At the conclusion of practice, student-athletes will immediately leave the facility, depart for home with no social gatherings (in parking lot)

- **Coach Expectations (practices)**

- Coaches will wear masks at all times
- Conduct and supervise sign-in (symptom check, attendance and tracking purposes)
 - All student-athletes should be wearing a mask
 - Upon arriving and departing the athletic facility / school grounds
 - Sign-in
 - Pre-Practice
 - During practice (only exceptions are listed in the EEA and DESE guidelines)
 - All participants and staff must sign-in
 - Assign each student-athlete an individual area for their belongings 6' away from teammates. This same spot will be used for mask, water and hand sanitizing breaks
 - Daily sign-in sheets should be forward to the athletic department within 24 hours
- Require student-athletes to maintain social distancing throughout pre-practice
 - Upon arriving at the facility / school grounds
 - Sign-in
 - Pre-Practice
 - During practice (only exceptions are listed in the EEA and DESE guidelines)
 - During masks, water & hand sanitizing breaks
 - Post-practice / when leaving the facility and/or school grounds
- Coaches are responsible for following all EEA / DESE guidelines for practice management
- No close huddles with team pre/post practice

GAME DAY MANAGEMENT:

- **Facilities**

- Locker rooms will be closed, unless being used for restroom purposes only
- Signage about social distancing and wearing a mask is recommended to be posted around the facility

- **Student-Athlete Expectations (games)**

- Student-athletes will come dressed ready to play
- Student-athletes will be attended to by their own athletic trainer (if they have one) before boarding the bus (for away games)
- Student-athletes must possess (for home games) and/or travel with their “gym bag”
 - Reusable face masks (5 recommend)

- Consistently washed at home
 - Wet masks are no longer effective and should be replaced with dry ones when applicable
 - Personal bottle of hand sanitizer
 - Disinfectant wipes for personal use
 - Personal water bottle(s) labeled with athlete's name (can't be shared)
 - Athletic braces, tape, inhaler, epipen (should be stored in gym bag when not in use)
 - Student-athletes will maintain 6 feet of social distance in all bench areas
 - Student-athletes must sanitize after getting off the bus, after warm-up, during halftime, and end of competition
- **Coach Expectations (games)**
 - Coaches will wear masks at all times
 - Coaches must check-in their student-athletes for attendance and tracking purposes (same as practices)
 - Coaches will supervise student-athlete's mask wearing
 - Coaches will monitor social distancing (6' apart) on the sideline (student-athletes, coaches and staff)
 - No close huddles with team pre/post-game
 - Only 3 coaches will be allowed per team's sideline
 - Coaches are responsible for making sure benches are picked up before leaving
 - Coaches will hand sanitize after getting off the bus, after warm-up, during halftime, and at the end of competition
- **Student-Athlete Sidelines**
 - All student-athletes will be wearing masks
 - All student-athletes on the sidelines will remain 6 feet apart
 - Student-athlete personal belongings must be kept 6 feet apart and should be away from the playing surface
 - An away team waiting on a double header will be given enough socially-distanced space in the bleachers
 - It is recommended that traveling teams stagger their bus departures (when applicable)
- **Athletic Trainer**
 - ATs will wear a mask at all times.
 - ATs will have a designated area on the sideline away from benches
 - All schools must have a COVID-19 symptom chair away from benches

- **Officials / Referees**
 - Officials/referees wear masks at all times
 - Officials/referees will have a spot dedicated behind the scorer's table
 - Schools will have hand sanitizer on the scorer's table for officials/referees
 - Only one captain will be at a pregame meeting
 - There will be no team handshakes after contests

- **Game Administrator(s) / Staff:**
 - Must wear masks at all times
 - Responsible for sanitizing equipment before, during, and after the games (EEA Standards)
 - Will sign in officials
 - Responsible for getting game balls onto the court
 - Monitor and handle any individuals, outside of participants and game management, who try to attend the competition.

ROSTER SIZES:

Roster sizes are maximums. Rosters are limited due to travel and participation restrictions.

- **Football** – 45 players & 6 coaches on game day
- **Volleyball** – game day roster may not exceed 15

Sub-Varsity Teams:

- When applicable we will have sub-varsity games

MEDICAL RECOMMENDATIONS:

- **Symptom Screening and Contact Tracing:**
 - It is recommended that all programs implement some form of contact tracing as well as symptom screening for athletes, coaching staff and game officials
 - Implementation and enforcement shall be at the discretion of the school administration

- **Medical Supplies:**
 - Traveling teams should arrive with appropriate First Aid and infectious disease prevention materials, these materials include and are not limited to:
 - Additional cloth or disposable face masks
 - Hand sanitizer
 - Surface sanitizing product
 - Gloves

- **Hydration Stations:**

- It is each student-athlete's responsibility to provide adequate fluids to maintain their hydration at any time prior to competition, during regulation game time and/or overtime, as well as any time thereafter
 - The sharing of water bottles between student-athletes, coaches and game officials shall be prohibited
 - Schools will not provide water coolers and/or filler stations for student-athletes, coaches and/or staff.
- **Designated quarantine location:**
 - A designated quarantine location should be established if a student-athlete were to present with COVID-19 symptoms once they are at the destination venue
 - The student-athlete should remain in the designated quarantine location until appropriate transportation accommodations have been arranged
 - If a student-athlete and/or coach cannot provide transportation within a reasonable time frame (90 minutes), the student-athlete will be transported to a local hospital (by ambulance) until a parent or legal guardian can pick them up.
 - Appropriate notifications shall be made to both home and away school administration identifying a possible COVID-19 case
- **Student-athletes presenting with COVID-19 symptoms**
 - Under no circumstances should any student-athlete presenting with any COVID-19 symptoms travel to, or participate in any practice, home or away competition
 - The Commonwealth's Travel Order (COVID-19 Order No. 45) governs travel to or from Massachusetts for all teams, athletes, and coaches. Any Massachusetts based athlete or coach who chooses to leave Massachusetts to participate in a Sport Event must comply with the Commonwealth's Travel Order (COVID-19 Order No. 45) upon returning to Massachusetts and before returning to sports activity, work, school or attending public events, and Massachusetts based teams must ensure that all team members and coaches comply with the Travel Order. Players and coaches coming to Massachusetts for athletics or any other reason are subject to the requirements of the Travel Order. Students who reside outside of Massachusetts but attend school within Massachusetts are exempt from the Commonwealth's Travel Order when commuting to Massachusetts for school and are therefore permitted to participate in school affiliated athletics, but the exemption is limited to students participating in school affiliated athletics. Any Massachusetts-based athlete that travels to another state and does not comply with the Travel Order and any Massachusetts based team that does not ensure compliance with the Travel Order by all of its members may risk suspension of team or league practices and/or games.

