



N.C.M.C. RISK LEVEL GUIDE

This plan is intended to serve as a guideline for North Central Missouri Conference athletic programs for when summer contact between instructors and athletes is allowed to begin (June 8th). At all times the plan will follow the parameters of the established risk levels, whose level will be determined by the individual school district, in conjunction with the local county health department. This guide recognizes that at any moment the risk level can change, and flexibility of all stakeholders is imperative for student safety. We acknowledge the difficult times and are thankful for parent/guardian support to the community and school district.

	Level 5: Shutdown	Level 4: High Risk	Level 3: Medium Risk	Level 2: Low Risk	Level 1: No Risk	
Level Description	All community activities are in a state of cancellation and no activities will take place. If a school district is in no risk, low risk, medium risk, or high risk and then issued a shutdown, all activities will be halted immediately, until a further update can be safely determined by the health department	Contact Sports and Non Contact Sports/Activities will be extremely limited during this phase. Mass gatherings are not permitted. A gathering is any intentional or spontaneous, public or private gathering and the allowable number of individuals will be set and determined by the local health department. Physical distancing of at least 6 feet must be practiced at all times.	Medium Risk continues the reopening of communities by relaxing the occupancy limitations and begins to resume mass gatherings on a limited basis. All interactions within the community are required to maintain physical distancing (6 feet) strategies. The allowable number of individuals will be set and determined by the local health department.	Level 2: Low Risk allows for further reopening of the community, while still limiting mass gatherings, which are a risk for rapid community spread of the virus. All interactions within the community are required to maintain physical distancing (6 feet) strategies.	No restriction for Contact or Non-Contact Sports/Activities Must follow MSHSAA guidelines	Definitions:
Athletic Contact		Contact and Non Contact / Activities will be extremely limited. There are to be no contests, scrimmages, live action drills, or small group/partner drills. Instructors may convene athletes in groups predetermined by the local health department for the purposes of individual strength, conditioning, or skill development. Physical distancing of at least 6 feet must be practiced at all times.	Contact Sports are limited. There are to be no contests or scrimmages. Live action drills, or small group/partner drills will be permitted. Instructors may convene athletes in groups predetermined by the local health department for the purposes of individual strength, conditioning, or skill development. Physical distancing of at least 6 feet must be practiced at all times. Non-Contact/Limited Contact Sports/Activities may engage in competitions and practices Instructors may convene athletes in groups predetermined by the local health department. Physical distancing of at least 6 feet must be practiced at all times.	Contact Sports may engage in competitions and practices. Instructors may convene athletes in groups predetermined by the local health department for the purposes of individual strength, conditioning, or skill development. Physical distancing of at least 6 feet must be practiced at all times. Non-Contact/Limited Contact Sports/Activities may engage in competitions and practices Instructors may convene athletes in groups predetermined by the local health department. Physical distancing of at least 6 feet must be practiced at all times.	No restriction for Contact or Non-Contact Sports/Activities Must follow MSHSAA guidelines	<i>Contact Sports: Football, Soccer, Volleyball, Basketball, Wrestling, Competition Cheerleading</i> <i>Non-Contact/Limited Contact Sports and Activities: Band, Choir, Speech & Debate, Scholar Bowl, Orchestra, Theater, Softball, Baseball, Cross Country, Golf, Tennis, Swimming & Diving, Dance, Sideline Cheerleading, Track & Field, Bass Fishing Team, E-Sports</i>
Protective Measures	Locker Rooms Open					Locker Rooms Open
	Locker Rooms and Dug outs will remain closed.					
	Instructors shall maintain a log of daily attendees with contact information.					
	Instructors and athletes shall be screened for illness by taking temperatures and logging the required information prior to engaging in activity (see attached sheet).					
	Instructors and athletes must wash or disinfect hands upon entering and leaving any facility.					
	Instructors and athletes are to limit the number of people in the bathrooms.					
	Instructors must coordinate facility use requests with the athletic director. The athletic director must adjust scheduling of facilities to allow for cleaning and disinfecting between groups.					
	Athletes should use only one piece of equipment at a time and disinfect equipment after each use.					
	Team-shared equipment should be avoided, if possible. If equipment must be shared, clean and disinfect between use.					
	No shared water coolers. Athletes should bring their own water bottle or the instructors should supply individual water bottles for each athlete.					
	Only authorized individuals should be present in the facility during contact days and competitions (which may include participating athletes, instructors, coaches, and officials only)					
	Outdoor athletic fields that are at least 120 yards in length may be divided into multiple zones. A 20 yard buffer between zones must be observed at all times.					
Summer Youth Camps	Schools are not permitted to host summer camps during this step.	Schools are not permitted to host summer youth (K-6) or middle school camps (7-9) during this step. High School camps are allowable while following the above guidelines set by the school district and local health officials.	Schools are not permitted to host summer youth (K-6) camps. High School and middle school (7-9) camps are allowable while following the above guidelines set by the school district and local health officials.	Schools may begin to host summer camps at all levels while following the above guidelines set by the school district and local health officials.		Summer Youth Camp: In-person camps organized and led by High School Instructors in which camp attendees are athletes younger than High School aged.
Travel	Teams are not permitted to travel if the school district has been determined as a high risk level. This includes all forms of travel, to include but is not limited to: team camps, summer league competitions, etc....	<u>Non-Contact Sports/Activities may travel with the approval from the Athletic Director and Superintendent.</u> Teams attending any event that you are hosting must be approved by District Administration. No unnecessary individuals will travel or be present in the facility (manager, non-participating athletes, parents, etc...) Physical distancing must be practiced at all times.				
Weight Room	Weight Rooms will be closed during Level 4 High Risk	The weight room will be open with limitations. Limitations will include but not limited to: Limited number of participants will be allowed, based on the recommendation from local health officials. Lifts will need to be modified to individual lifts only. No spotter shall be used. Physical distancing must be practiced at all times. Clean and disinfect equipment after every use Local districts may be more restrictive depending upon local conditions.	Limited number of participants will be allowed, based on the recommendation from local health officials. Lifts will need to be modified. Spotters can be used on a limited basis. Physical distancing should still be practiced. Clean and disinfect equipment after every use.	The weight room will be open with no limitations. Clean and disinfect equipment after every use		

By signing this risk level guide below, parents and students acknowledge that they have read and understand this risk level guide. Furthermore, by signing, they accept the procedures, conditions, and safety precautions set forth by the guide in order to ensure the safety of themselves and others.

Student (Please Print) : Name _____ Grade: _____ Sport(s) /Activity(ies): _____

Parent (Please Print) : Name: _____ Sign: _____