

# Winter 2020-'21 Athletic FAQ

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Are students still required to get a physical exam for participation? Does a telehealth physical meet the requirement for students to eligible to participate?

Per Massachusetts State Law [105 CMR 200.100: Physical Examinations Required by Primary Care Provider or School Physician](#), A student wishing to participate in athletics must have a current physical on file with the athletic department and school. A physical is valid for 13 months to the day from the previous physical. Additionally, the physical examination must be an in-person physical exam for the student to be eligible. Telehealth physicals are not valid for athletic participation. Please see the [MASS DPH Guidance on COVID-19 Select School Health Regulations](#)

## Notable winter guidelines and regulations

1. There are no spectators allowed in the facilities for any tryouts, practices, or games (home and away)
2. All athletes must provide their own water for practices and games. Please make sure it is clearly labeled.
3. Athletes must come dressed for practices and games, home and away.
4. Athletes may arrive 10 minutes before practice and 15 minutes before the start of the game and must exit promptly following the completion of the competition.
5. There will be no practices or games on the weekends for Basketball, and all teams can have up to 5 days of athletic activity during the week. Basketball practices will be from 3pm to 9pm and each team has a 1 hour and 15 minute time slot. 15 minutes for required mask breaks, water breaks, and player check in. 1 hour of sport related activity.
6. Basketball Games are played Tuesdays and Fridays with the JV games starting at 4pm and Varsity Games starting at 6pm both home and away.
7. Roster Limitations:
  - a. Basketball- maximum of 12 players per team
  - b. Ice Hockey-maximum of 20 players per team
8. Home games will be streamed live on Lunenburg Public Access and away games will be streamed by the host schools. Streaming Links will be sent out when I have the information.

*The Winter Covid-19 Protocol and Guidebook is below with further details*

### **What are some of the safety protocols that will be implemented?**

The coaches and athletes will adhere to the guidelines and protocols developed by the district, Midland Wachusett League, and MIAA.

Some examples of the safety implementations people can expect to see are:

1. PPE will be worn by all athletes, coaches, officials, game personnel, and spectators at all times
2. Social distancing will be implemented during all practices, games, transportation, and facility. Designated spots will be identified along the sidelines and facility.
3. Team COVID-19 Crates (PPE, Gloves, Hand Sanitizer, Disinfectant Spray)
4. Students will have their own gear bag; containing PPE, sanitizer, their own equipment, their own water bottle, etc...
5. Daily symptom checks
6. League POD implementation
7. Staggered start times
8. Sport modifications
9. 1 person in the restroom at a time
10. Locker rooms will not be used

### **Are there any new rules/regulations from the MIAA regarding coaching limitations?**

The MIAA BOD voted on August 19th to suspend rule 40 limitations on out of season coaching contact for the 2020-2021 year. The Midland Wachusett League Principals and Athletic Directors voted 26-0 to allow the coaches that had sports moved from winter to fall "2" to be allowed to hold some type of in-person coaching, before their season. Guidelines for what this will look like are being developed by the league and will adhere to the regulations developed by the EEA and MIAA about these specific sports. Additionally, as educators, we know it is in the best interest of the student-athletes to allow coaches to conduct informal meetings, provide wellness check-ins, and provide leadership training to student-athletes when not in season for the overall general well-being of the student-athlete.

### **What is the time frame regarding the Winter Season?**

- December 2<sup>nd</sup> Presentation to the Lunenburg School Committee for Approval to Participate
- December 7<sup>th</sup>- Zoom Meeting for the Winter Coaches
- December 8<sup>th</sup>- Zoom Meeting for Winter Sports Parents
- December 3<sup>rd</sup>-13<sup>th</sup> Winter Sports Online registration period
- December 14<sup>th</sup>-16<sup>th</sup> Winter Sports Tryout/Initial Practices
- December 16<sup>th</sup>-23<sup>rd</sup> Sport Practices

- December 24<sup>th</sup>- January 3<sup>rd</sup> (Suggested league blackout period for schools) *perhaps the possibility of allowing basketball teams to practice 2 days during the week of the 28<sup>th</sup>*
- January 4<sup>th</sup>- Ice Hockey contests can start, practice resumes for basketball
- January 12<sup>th</sup>- First day of basketball competitions
- February 21<sup>st</sup>- Last Day of Winter Athletics

#### **What is the tryout schedule?**

Tryouts will begin on December 14<sup>th</sup> and a schedule will be developed and distributed next week.

#### **What sports are being offered and is there any updated information regarding athletic registration for Winter Sports?**

Athletic registration is currently open on [Final Forms Athletic Registration](#), students wishing to participate in the following sports during the Winter Season:

- Boys Basketball (JV and Varsity)
- Girls Basketball (JV and Varsity)
- Boys Ice Hockey (JV(8<sup>th</sup> graders are allowed to participate) and Varsity)
- Alpine Ski (pending finding an area to race v. other teams)
- Girls Ice Hockey (Varsity)

*\*Please note that the middle school students' participation is based on the waivers the district has been approved for in previous years to be able to fill the team rosters to be able to compete in the sport. The league is not approving any new waiver requests this year unless there is an emergency where a school cannot fill a team.*

#### **Why is there no Middle School Winter Sports?**

The Midland Wachusett Principals and Athletic Directors voted to cancel Middle School Winter Sports for the 2020-'21 season, but will reevaluate the spring seasons when then the time comes. Many factors played a role in the decision, factors that included but are not limited to, transportation issues, facility availability, event management, roster limitations, trying to keep both the high school and middle school programs within the same pod and other factors that varied district to district.

#### **What safety protocols and training will the coaches be provided?**

All coaches will receive training regarding the districts COVID-19 protocols, the coaches are required to complete the National Federation of High School Sports COVID-19 Courses, Final Forms attendance and COVID-19 symptom check, and additional pieces of training once we have sport-specific modifications and guidelines from the Midland Wachusett League and MIAA.

### **Are coaches being paid a full stipend?**

The coaches would receive their full stipend amount unless the season is canceled for whatever reason that they may be, to then they would receive a prorated amount based on number of days we were into the season.

### **What are the coaches' responsibilities?**

In addition to the regular coaching responsibilities, the coaches will be responsible for adherence to the district, league, and MIAA guidelines that have been developed in regards to the COVID-19 Pandemic. Some of these responsibilities will include:

- ❖ Athlete attendance and symptom check before each practice and game
- ❖ Sanitizing sports equipment before and after each practice and competition
- ❖ Ensuring that the athletes are maintaining proper social distance and wearing their PPE
- ❖ More guidelines to come from the Midland Wachusett League and MIAA

### **What do we know regarding transportation?**

Basketball teams will ride separate buses to away contests with assigned seats. Ice Hockey and Alpine Ski will be responsible for their own transportation to the ice hockey rinks and the mountain for practices and competitions as they have done in the past. Please review the CDC Guidelines for COVID-19 Carpool protocols.

### **Attachments:**

- [Lunenburg High School Basketball Practice and Game Flow Map](#)
- [CDC Guidelines for COVID-19 Carpool protocols](#)
- [District 2 and 3 Winter Sports COVID-19 Guidelines and Protocols](#)
- [MIAA Basketball Modifications](#)
- [MIAA Ice Hockey Modifications](#)
- [MIAA Alpine Ski Modifications](#)
- [FMC Ice Rink Protocols](#)
- [FMC Wallace Civic Center Flow Map](#)
- [FMC Gardner Veterans Arena Flow Map](#)