



Fall Athletic & Activities Guidelines

Effective September 8, 2020

Adams 12 Five Star Schools recognizes the impact that athletics and co-curricular activities have on the social-emotional well-being of our students. These guidelines are in effect for the fall semester AND are subject to change based on district and/or health department updates.

While Adams 12 is in remote learning, co-curricular activities are expected to meet virtually. The district recognizes that some co-curricular activities cannot meet virtually. Co-curricular activities should make every effort to meet virtually during remote learning.

In ALL scenarios described in this document the following guidelines will be implemented and followed:

- All workouts, meetings, gatherings, etc. will be conducted on Adams 12 property. The school Athletic or Activity Director must approve all exceptions.
- All gatherings, both indoors and outdoors, must take place outside of school hours.
- All CHSAA and Adams 12 blackout dates will be adhered to; Sunday contact is prohibited.
- For all athletics and activities programs, students will be placed in cohorts of **twenty-five (25)** or less and those groups may only change at the beginning of every month.
- Athletics & Activities cohorts will not cross over during this time. Students are limited to participation in one group. No exceptions.
- All **outdoor** groups are limited to **50** people per area.
- All **indoor** groups are limited to **25** people per area.
- All students along with coaches/sponsors will go through a home health screening before each workout/meeting. The Adams 12 screening document is attached. [Student Health Screening Log](#)
- Virtual sessions are approved for all groups and are permitted on allowable contact days.
- Equipment can be used. All equipment, including but not limited to: balls, bats, rackets, drumsticks, theater props, sound board, etc. must be sanitized and disinfected between each group. Students may bring their own personal equipment, i.e. gloves/bats, but this equipment cannot be shared under any circumstances.
- No family members or guests will be permitted at workouts/meetings.
- Students will be required to depart the district facilities immediately after their scheduled workouts/meetings.

- Scrimmages, meetings, practices, or competition with other schools (Adams 12 or not) are not allowed until further notice. Exception: In-season CHSAA sanctioned athletics programs
- All COVID guidelines must be followed, including but not limited to masks, daily COVID screening, space capacity limits, sanitation requirements, and social distancing guidelines.

Athletics - High School

- In-Season: the time period that is defined by the official CHSAA start date and end date. (Current in-season sports: Cross Country, Boys Golf, Boys Tennis and Softball)
- Pre-Season: the time period, roughly 2 weeks directly before the actual season starts.
- Off-Season: any time period that is not “in-season” or “pre-season.”

Season Dates

- Season A teams are currently “in-season.” Season A teams will become “off-season” teams at the conclusion of their last contest.
- Season B teams are currently in the off-season. Season B teams will become “pre-season” teams on December 14, 2020 (this allows for 14 days along w/CHSAA blackout dates), and will become “in-season” teams on January 4, 2021.
- Season C teams are currently in the off-season. Season C teams will become “pre-season” teams on February 15, 2021, and will become “in-season” teams on March 1, 2021. Football will become an “in-season” team on February 22, 2021, so therefore their “pre-season” will begin on February 8, 2021.
- Season D teams are currently in the off-season. Season D teams will become “pre-season” teams on April 12, 2021, and will become “in-season teams on April 26, 2021.
- November 21-29, 2020 is a DEAD period and no teams are allowed to workout/practice during this time.
- December 19, 2020-January 1, 2021, guidelines will be announced at a later date.

Off-Season & Pre-Season Guidelines

- Student-athletes will follow all COVID guidelines as outlined by the district, CHSAA and state/local health officials.
- All workouts must be voluntary.
- Student-athletes that are in an “in-season” sport, will NOT be allowed to participate in any off-season or pre-season workouts.
- Workouts/meetings may be held Monday-Friday and may not exceed more than 3 hours.
- Student-athletes may not do more than one (1) off-season/pre-season sport at a time.
- Inter-squad scrimmaging will only be allowed within a cohort of 25 students. No scrimmaging allowed between cohorts.
- All student-athletes and coaches participating inside or outside, will be required to wear a mask when not actively participating.
- Physical distancing of 6 feet apart is required at all times unless actively participating.

- Student-athletes will bring their own water bottle as water coolers/fountains will not be available.
- Student-athletes will arrive in proper workout attire. Locker rooms will not be available.
- There should be a 15-minute window between workout session start times to clean/disinfect the area used to include all equipment.

Outside organization sports participation

- Student-athletes who pursue these opportunities should understand any implications for their high school eligibility.
- District coaches who pursue these opportunities must be aware of their district contracted responsibilities as well as CHSAA bylaws and regulations.
- District facility usage will follow all community use procedures.
- School resources (including equipment, uniforms and websites) cannot be utilized for these organizations.

In-Season Guidelines

- Student-athletes will follow all COVID guidelines as outlined by the district, CHSAA and state/local health officials.
- Student-athletes that are in an “in-season” sport, will NOT be allowed to participate in any off-season or pre-season workouts.
- Student-athletes will be allowed to workout/practice Monday-Saturday as directed by their coach.
- All student-athletes and coaches participating inside or outside, will be required to wear a mask when not actively participating.
- Physical distancing of 6 feet apart is required at all times unless actively participating.
- Student-athletes will bring their own water bottle as water coolers will not be available.
- Student-athletes will arrive in proper workout attire. Locker rooms will not be available.
- There should be a 15-minute window between workout session start times to clean/disinfect the area used to include all equipment.

Co-Curricular Activities - High School & Middle School

Guidelines - Virtual Meetings

- Co-curricular activities are expected to meet virtually during this time.
- For groups that can't meet virtually and accomplish the activity, Principal/designee will determine if the school will offer co-curricular activities in-person (if approved, see section below).
- All groups must meet outside of school hours and are required to follow all guidelines.
- Many clubs & activities have a “service” component as a part of their membership. Groups will be flexible and creative to meet the service component since most large scale community events are not occurring.

Guidelines - In Person Meetings

- Principal/designee will determine if the school offers co-curricular activities in-person.
- Group's school approved sponsor must be in attendance at all activities; volunteers cannot supervise students alone.
- If co-curricular groups, clubs and sanctioned activities are approved to meet in-person they will be able to meet Monday-Friday and workouts/meetings may not exceed more than 3 hours.
- All performances will remain virtual at this time. If conditions change in the future, in-person performances may be considered.
- Focus of co-curricular activities during this time will be on skill enhancement, practice, creation of product, event planning or simply checking in with students.
- Students must maintain physical distance of 6 feet at all times.
- Students must wear a mask at all times, whether inside or outside.
- There should be a 15-minute window between when a group ends and another group starts to clean/disinfect the area used to include all equipment.

Music/Drama Activities

Vocal Music

- Must be voluntary-cannot be associated with a grade.
- Singers must wear well-fitting masks.
- Rehearsal space recommendations in order of preference are:
 - Outdoor-open air
 - Outdoor-tent/gazebo
 - Indoor (may open windows/doors); subject to social distancing requirements
- Active singing should not exceed 30 minutes while in the same space, if indoors allow the room to clear for 30 minutes prior to singing again.
- Students must maintain physical distance of 6 feet at all times.

Drama

- Must be voluntary- cannot be associated with a grade.
- Rehearsal space recommendations in order of preference are:
 - Outdoor-open air
 - Outdoor-tent/gazebo
 - Indoor (may open windows/doors); subject to social distancing requirements
- If singing - refer to vocal music guidelines
- Students must maintain physical distance of 6 feet at all times.

Orchestra

- Must be voluntary-cannot be associated with a grade.
- Rehearsal space recommendations in order of preference are:
 - Outdoor-open air

- Outdoor- tent/gazebo
- Indoor (may open windows/doors); subject to social distancing requirements
- Students must maintain physical distance of 6 feet at all times.
- String cleaning guidelines:
https://www.astastrings.org/Web/Resources/Instrument_Cleaning_Tips.aspx

Marching Band

- Must be voluntary- cannot be associated with a grade.
- For both woodwinds & brass instruments, players must wear masks with slit for mouthpiece while actively playing indoors.
 - Mask without slit must be worn when not playing
- Rehearsal space recommendations in order of preference are:
 - Outdoor- open air
 - Outdoor- tent/gazebo
 - Indoor (may open windows/doors); subject to social distancing requirements
- Active playing should not exceed 30 minutes while in the same space, if indoors allow the room to clear for 30 minutes prior to playing again.
- Students must maintain physical distance of 6 feet at all times; with 9 ft. apart for trombone.
- Guidance for Flutes: put the headjoint between their mouth and mask and use a “flute sock” attached to the foot
- Instrument cleaning guidelines:
<https://nafme.org/covid-19-instrument-cleaning-guidelines/>
- Spit valves-
 - Empty away from others
 - Have an absorbent disposable material to catch the condensation (i.e. puppy pad)