

Mt. Blue High School Winter Athletics 2020

- ❑ Boys & Girls Basketball
- ❑ Competitive Cheering
- ❑ Girls & Boys Alpine Ski
- ❑ Boys & Girls Nordic Ski
- ❑ Wrestling



FACTS



- ❑ Masks worn at ALL TIMES
- ❑ 6 ft. physical distancing 12/14 - 12/31
- ❑ NO spectators at any contests
- ❑ 50 & 100 indoor/outdoor capacity
- ❑ Currently “Green” county (Yellow = no after school activities)
- ❑ Wrestling moved to Feb. 22 start

DATES

- ❑ Dec. 14 - “Skills & Drills” - Individual & physically distanced (NO intrasquad competition)
- ❑ Jan. 4 - Practices & Competitions within teams
- ❑ Jan. 11 - Competition among teams in geographic area (in or adjacent county)

OTHER INFORMATION

- ❑ MPA using Community Sports Guidelines created by Dept. Econ. and Com. Dev.
- ❑ Teams will play $\frac{2}{3}$ of games
- ❑ Must play in county or in adjacent county
- ❑ Live-streaming option
- ❑ Begun sign-ups for interested kids

CONCERNS

- ❑ Sports guidelines contradict district guidelines (physical distance)
- ❑ Transportation = 28 max on district bus
 - ❑ Aggregate time, windows, restrictions
- ❑ Traveling to other schools/communities
 - ❑ Less safe than when here
 - ❑ Guideline control
- ❑ Indoor activities & spike in cases

PROCESS

- 1) MPA Committees develop sport specific guidelines
- 2) Reviewed by state agencies & other groups (DHHS, DOE, Gov. Office, MSSA, etc.)
- 3) Submitted to MPA Sports Medicine Com.
- 4) Moved to MPA Interscholastic Management Committee
- 5) Released to schools & public

SAFETY GUIDELINES

- ❑ Maine Guidelines for Community Based Sports specific to each sport
 - ❑ Consistency among all sports
 - ❑ Discuss with coach or AD (phone/email/student visit)
- ❑ General Guidelines at MBHS
 - ❑ Pre-Practice Health Self-Screen. Time between school & practice
 - ❑ Daily practice attendance logs
 - ❑ “Foam in, foam out”
 - ❑ Masks AT ALL TIMES
 - ❑ Initially provide own. Order coming soon
 - ❑ Disposable available until then
 - ❑ Cohorts maintained through December (basketball & cheer)
 - ❑ All MBHS Coaches - “COVID for Coaches” - NFHS Course



SAFETY GUIDELINES

- ❑ General Guidelines at MBHS (cont.)
 - ❑ 6 ft. physical distancing. Indoor AND outdoor
 - ❑ Different than school day 3 ft.
 - ❑ Bring your own water bottle
 - ❑ Limited locker room use (no inside changing at Titcomb)
 - ❑ Arrive ready. Leave in practice gear
 - ❑ Traffic flow. “ENTER” doors, “EXIT” doors @ MBHS
 - ❑ Sanitizing
 - ❑ Electrostatic fogger, spray, wipes
 - ❑ Clean air time (gym)
 - ❑ Additional cleaning by MBRSD Custodial Staff

TRANSPORTATION

- ❑ Ski Bus from MBHS to Titcomb daily
 - ❑ Must sign up daily
 - ❑ Should not ride with anyone outside of household
- ❑ Away Contests
 - ❑ Seating chart completed by coaches previous to trip
 - ❑ 1 per seat. “Inside/outside”
 - ❑ No shuttle bus at this time

SPORTS PHYSICALS

Physical every two years - 1 year extension

Consent Form (parents and students sign)

Report of Injuries/illness

Medical History Questionnaire

Cleared by the Health Office

Eligibility Recommendation

“Normal” Status for Winter Sports

- Based on cumulative course score (60 or higher) and Meets-Partially Meets on all Habits of Work.
- Report for eligibility is run at the end of the quarter and is cumulative.
- Example, for the winter sports season we would use Quarter 1 grades.

2020-2021 Status for Winter Sports

- Adjust Winter eligibility to be based off of cumulative Quarter 2 grades.
- Notify all students who are currently not eligible, to work towards being eligible by the end of Quarter 2 (January 15th).
- Example, for the winter sports season, we would use the cumulative grades (Semester 1).

SPORT SPECIFIC GUIDELINES

Basketball

- 12 game maximum
- Arrive ready to play
- Distancing of refs during inbounds & foul shots
- No jump ball
- All time outs 60 sec.
- Stay on bench for halftime
- Discourage cheering/yelling, high-five, hugs, etc.
- Mouth guard stays in
- No pre/post-game handshakes
- No pre-game introductions

Cheer

- Gloves are permitted
- Stunt groups should be cohorted
- Jumps/tumbles should be independent
- No pyramids
- No vocalization during practice or competitions

SPORT SPECIFIC GUIDELINES

Alpine

- ❑ Use of online registration and entry pay
- ❑ Expand start area
- ❑ Course Inspection
 - ❑ 6 ft.
 - ❑ Only with own team
- ❑ No use of venue for shelter
- ❑ Buses used for warming. No eating or drinking.
- ❑ Expanded finish corral.
- ❑ No result board. 24 hr. protest

Nordic

- ❑ (Same as Alpine except course inspection)
- ❑ No mass start
 - ❑ Interval or 5 person max wave
- ❑ Course must be 6 meters wide
- ❑ Try not to collapse. Disperse

UPDATED WINTER SPORTS

INFORMATION

- ❑ Franklin County ~~“Green”~~
- ❑ Moderate Risk Sports (basketball & comp. cheer)
 - ❑ Level 1 practice phase (6ft. Individual “skills & drills”) extended to Dec. 7 - 31 (Previously Dec. 7 -11)
 - ❑ Level 2 & 3 practices (intrasquad scrimmage) begin Jan. 4
- ❑ Lower Risk Sports (alpine & nordic unchanged)
- ❑ First regional competitions Jan. 11 (unchanged)

UPDATE (CONT.)

- ❑ Comp. Cheer - virtual KVAC & States
- ❑ Alpine & Nordic - KVAC Champ. Scheduled
 - ❑ Alpine - March 2 (girls) & 3 (boys) @ Black Mt.
 - ❑ Nordic - March 3 (girls) & 10 (boys) @ Titcomb Mt.

(No state championship scheduled at this time)

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