



**PEABODY                      TANNERS**

**PVMHS Adherence to MIAA and EEA**

**Guidelines for Fall Sports**

**Links to MIAA Modifications and Guidelines:**

- [MIAA Soccer Modifications and Guidelines](#)
- [MIAA Cross Country Modifications and Guidelines](#)
- [MIAA Golf Modification and Guidelines](#)
- [MIAA Field Hockey Modifications and Guidelines](#)
- [Joint Guidance on Modified Sports Seasons 20 -21](#)

**Links to EEA Guidelines:**

- [EEA Guidelines](#)

**Floating Season:**

Based on EEA guidelines the MIAA has moved the following fall sports to the floating season. The floating season is a fourth season which will sit between the winter and spring season and will run from February 22nd - April 25th.

- **Football**
- **Cheerleading**
- **Girls Volleyball** (Many schools are required to use their gymnasium(s) as additional classroom and cafeteria space for student use. Moving volleyball will not jeopardize the season due to weather and field conditions since it is an indoor sport.)

**Locker Rooms: Will Be Closed. Students should report to practice/games dressed and prepared to play.**

**Gear Bags, Equipment, Water Bottles, and Masks:**

- *Gear Bags:* Each student will be responsible for bringing their own gear bag. All gear bags will be placed 6 feet apart outside on the perimeter of the playing surface (turf, track, grass field). If there is inclement weather, primarily rain, student-athletes should have a plastics bag or trash bag to store their bags in.

- Once the student-athlete returns home everything inside the gym bag must be disinfected after every practice and before returning to practice again. Be sure to spray the inside and the outside of the bag as well. This is for everyone's protection.
- *Equipment:* Student-athletes *may* bring their own equipment such as a soccer ball, field hockey ball etc. This will allow each player to have their own equipment and decrease equipment sanitization breaks.
- *Water Bottles:* Per EEA and MIAA guidelines all student-athletes will be responsible for bringing their own water bottle and water to all practices and games. Preferably, a student-athlete should bring a 32 oz. water bottle or larger.
  - Water fountains inside of the building **cannot** be utilized to fill bottles before practices/games.
  - Ice from the athletic training room will NOT be provided to athletes for hydration purposes.
- *Masks:* All student-athletes will be required to wear masks during practice and competitions.
  - Student-athletes will be responsible for supplying their own masks, but some will be available if a student-athletes forgets or loses his/her mask.
  - Student-athletes are required to wear cloth face coverings/masks per EEA guidelines. **Gaiters** are not acceptable. During play when spacing between players is greater than 10 feet student-athletes may momentarily take brief face-covering relief. The default expectation is that the mask will be on.
  - It will be the responsibility of the head coach to monitor and ensure that all players not on the playing field are wearing face coverings. A game administrator, athletic trainer, director of athletics, or other designee may also assist in monitoring this.
  - Coaches and officials are also required to wear face coverings.

### **Athletic Training - Pre-Practice:**

- You must make an appointment with the Athletic Trainer for any athletic training services through the following link:
  - <https://outlook.office365.com/owa/calendar/PeabodyAthleticTraining@partnershealthcare.onmicrosoft.com/bookings/>
  - Availability will range from 1:50-7pm (for post-practice) Monday-Friday; it will differ on the weekends depending on the events being held
  - "Existing injury" would be an injury that has already been evaluated and treatment/rehabilitation is needed
  - "New injury evaluation" would be an injury that has not been evaluated yet
  - If the times available do not work for you, speak to the trainer directly
- Athletic training services will take place either in the athletic training room or outside under a designated tent. A sign will be posted on the ATR door if AT is outside
- Rules within the athletic training room/under the athletic training tent
  - 2 student-athletes will be allowed in the athletic training room at one time (while properly social distancing); 1 student allowed under the athletic training tent at one time
  - Student-athletes **MUST** wear a mask, must purell their hands before and after entering, and should not touch anything unnecessarily/without permission
  - Any student-athletes waiting for treatment should properly socially distance

- Student-athletes will be screened for COVID-19 related signs and symptoms before receiving athletic training services
- Upon completion of treatment/rehabilitation, athletes will purell before exiting the athletic training room and head straight outside to practice (while complying with social distancing)
- All surfaces and tools used during the treatment will be sanitized between athlete usage.
- Students that are not utilizing the athletic training room can head directly to practice.
- Upon arrival to practice, the coach or designee will screen each player with the signs/symptoms questionnaire and this will double as attendance for practice

#### **Athletic Trainer - Post-Practice**

- Ice bags will be available, but they will no longer be wrapped onto a body part (unless warranted)
- Ice bags will be already made and found in a designated water jug
- Sarah will be available for injury evaluation as needed
- Cutting materials will NOT be available to cut off tape

#### **Athletic Trainer - Practices/Competitions**

- The trainer, when available, will be present at different practice/competition sites for compliance with guidelines, medical care, and assisting coaches with sanitization
- Masks, goggles, and protective gloves will be worn at all times
  - Gloves will be changed between athlete/coach/referee direct contact.
  - Hand washing (preferable) or sanitization of hands will take place between glove usage.
  - Any equipment or tools needed during on-field evaluations will be sanitized by the athletic trainer after use.
- Student-athletes will be required to wear face coverings at all times, except during scheduled mask breaks.
- Coaches will design practices with social distancing in mind, with cohorts of student-athletes practicing together daily and with routines during practice that provide for the adherence to all regulations.
- Student-athletes and coaches will disinfect all personal equipment at the end of practice and maintain mask coverings and social distancing until after they depart campus in a bus, a parent's vehicle or if they are a student driver.

#### **Medical Clearance/Eligibility:**

- Any athlete that quarantines from close contact with a positive COVID case or tests positive themselves, will need to meet DPH and school guidelines for safe return to sport. This will include documented medical clearance from the athlete's physician to return to play after recovery.
- The athletic trainer and school nurses will communicate effectively with each other regarding student-athletes who have presented ill/injured.
- If an athlete is sent home from school or practice by an athletic trainer or coach for exhibiting symptoms consistent with illness, the athletic trainer or coach will follow up with that athlete's parent/guardian to determine next steps of action.

### **Practice Location and schedules:**

- The Athletic Director will set all practice times and locations. The team that is using the turf field is responsible for the set up of the equipment and mats.  
See Map on Last Page. Teams practicing on the Donahue Grass Soccer field will use the entrance by the skating rink (A on Map). Teams using the practice field or baseball field will use the entrance by D House (B on map). Teams using the turf will enter by the high school gate (C on the Map). The Cross Country team will use Stadium Gate (D on the Map).

### **Brief overview of how a team practice may look:**

- Warm-up - 6 feet spacing on the sideline, dynamic movements and stretching
- Individual Ball Work - Series of dribbling movements
- Partner passing - Series of 1-touch, 2-touch, and long ball passing
- Water Break - Use individual water bottles at gear bags that are 6 feet apart
- Walkthrough - Players spaced 6 feet apart in their positions on the field
- Conditioning - Series of running and bodyweight exercises
- Position Work - Players would be cohorted by position, and no more than four in a group going through a series of drills
- Cooldown and stretching - Maintenance stretching and movements individually

### **Post-Practice**

- Student-athletes and coaches will maintain mask coverings and social distancing until departing campus.

### **Transportation for students:**

- All students will be responsible for their own transportation to PVMHS for practices/games.
- Due to our transportation limitations all away competitions will have a limited travel team to 20 athletes.
- Coaches will assign seats to student athletes on the bus. Student athletes will sit on the same seat for each bus ride.
- To limit exposure and follow DESE and Peabody Public Schools transportation of teams sizes will be limited to a maximum of 20 student athletes per team.
- Parents/guardians may drive their son/daughter home from away games as long as it is communicated to the athletic director through email or a written note. The parent/guardian must check in with the coach prior to leaving with their son/daughter.

### **Spectators:**

Spectators will be asked to practice social distancing at all times especially between different household units and accept personal responsibility for public health guidelines. Only parents/guardians will be allowed to attend competitions. The overall number of spectators will be in compliance with EEA, DESE, and DPH guidelines.

***In order to meet these guidelines an agreement with NEC ADs only parents of the home team will be allowed to attend games or events. At this time no students will be allowed as spectators. For the safety of the staff and athletes parents should watch from the bleachers and not along the fences on either side of the stadium.***

**Media:**

The media will be expected to follow all social distancing and hygiene guidelines set for spectators. The media will not be allowed on any playing surface (practice or competition surface).

**Campus Map:**

