

## 2021 Spring Sports

*The guidelines outlined below must be followed by all student athletes, coaches and spectators.*

### **Baseball/ Softball:**

- Dugouts are off limits. (Chairs will be provided)
- Face masks are required at all times
- Once on the mound, the Pitcher does not need to wear a mask
  - Athletes must bring their equipment/ clothes in a bag so that all items are kept separate
  - Athletes must provide their own helmet
- No sharing of equipment
- Athletes can change in the locker rooms **or in student bathrooms**, 4 at a time, wearing a mask
- End of game sportsmanship will be a tip of the hat.
- Social distancing whenever possible
- Umpires may work from behind the Pitcher
- During competitions: Please stay 20 feet away from the baseball/softball fields

### **Track & Field:**

- Students should come to school prepared/dressed for practice (locker rooms will not be available)
- Relays wear gloves
- Skip a lane during races or staggered starts when possible
- Masks at all times, except during competition
- All throwing implements must be sanitized after each use
- We are hoping to be at PMHS
- High Jump (TBD NHIAA Guidelines)
- During competitions: Please stay at least 6 feet away from Track & Field Athletes
- Students will be dismissed at 2:10 to take the bus to PMHS.

### **COED Intramural Volleyball**

- Games and practices will be outside on the basketball court
- Face masks required at all times
- Social distance whenever possible

### **FOR ALL SPORTS:**

- Only Athletes and Coaches are allowed on the fields during practices and games
- Coaches will check the temperature of Athletes before every game and practice
- Athletes will not share equipment
- **Students who have been learning remotely and homeschooled students must complete the Covid questionnaire at the beginning of every practice and competition. Students will not be allowed to participate if the standards are not met on any one of the items.**
- Parents are strongly encouraged to transport their athletes to and from games and practices.
  - It will be the responsibility of the parent to contact the coach by Fridays for the following week's transportation needs. No contact will mean no transportation.
- If parents are not staying for a practice: upon arrival for pickup and drop off, please remain in your vehicle.
- Spectators will be required to wear a mask and use social distancing
- Stay with your school when not competing and socially distance
- Athletes will sanitize their hands before, during, and after practices and competitions
- Port o Potties will be available
- Coaches will be responsible for sanitizing all equipment after any competitions
- Other teams will be required to follow the same protocols when playing at Alton

**\*\*ALL SUBJECT TO CHANGE PENDING ANY CHANGES WITH NHIAA AND CDC COVID 19 GUIDELINES.**