

Medomak Valley High School
320 Manktown Road
Waldoboro, Maine 04572
Office: (207) 832-5389
Guidance: (207) 832-7270
Fax: (207) 832-2280



Linda M. D. Pease, Principal
Tamra S. Philbrook, Assistant Principal
Matthew S. Carlson, Assistant Principal
Matthew S. Lash, Athletic Director

Medomak Valley High School Summer Sports COVID-19 Protocols

The purpose of this document is to outline the protocols for Medomak Valley High School's Summer Sports Program for July 6 - September 7, 2020 with regard to COVID-19. These protocols were developed from the Maine Principals' Association's "[Guidance For Opening High School Athletics And Activities](#)". This is a working document that will be revised when necessary to reflect changes that may impact the health and safety of our student-athletes and staff.

The goal of this program is to safely facilitate a "re-start" of athletic programs at Medomak Valley High School prior to the beginning of fall sports and school.

This summer program is a voluntary activity. The emphasis will be placed on individual conditioning and limited skill development. Team practices are not allowed. Any staff or student unwilling to follow each MPA and RSU 40 COVID-19 protocols will not be allowed to participate. Each staff member involved in this program will be required to attend a mandatory training session of MPA and RSU 40 Summer Sports COVID-19 protocols and the Emergency Action Plan. The training of the staff and adherence to all protocols will ultimately determine the success of this program.

Organization

2020 Summer Sports have been split up into four phases:

Phase I

July 6-19

- two weeks of conditioning, strength and agility training
- open to all MVHS student-athletes
- conducted outside only

Phase II

July 20-July 30

- two weeks of conditioning, strength and agility
- inclusion of limited sports-specific training
- gym may be used with pods of up to 10 only
- outdoor groups will remain in current pods, but up to groups of 50 while maintaining proper social distancing
- there will be no sharing of balls indoors or outdoors
- one player to a basket in the gym
- gym doors will be propped for air flow
- no locker room use
- players will space out their belongings along gym bleachers
- balls will be disinfected after each use
- open to all MVHS student-athletes who participated in Phase I only

Phase III

Aug 3-20

- three weeks of conditioning, strength and agility and sports-specific training
- sharing of balls during sessions is allowed while maintaining proper social distancing
- sport-specific/team oriented NON-COMPETITIVE drills utilizing one or more athletes is allowed while maintaining proper social distancing
- outdoor pods of up to 50 while maintaining proper social distancing
- indoor pods remain at up to 10 only
- students stay in their pod for the duration of phase III
- voluntary activity open to all MVHS student-athletes
- the emphasis will be on conditioning for those who did not participate in Phases I & II
- only those student-athletes who participate in Phase III will be allowed to participate in Phase IV

Phase IV

Aug 24-September 7

- extended conditioning and acclimatization period for **fall sports only**
- only those student athletes who participated in Phase III will be allowed to participate in Phase IV

Acclimatization

We understand that many student-athletes have had limited or even no access to athletic facilities and organized activities for several months. Staff will take this into consideration when developing workout programs for every student-athlete in an outdoor summer environment.

During all four phases, the emphasis will be the conditioning of each student-athlete. This will be further emphasized during Phase III for those who did not participate in Phases I and II. Additionally, the importance of the social and mental well-being of each student-athlete cannot be overstated. Our student-athletes want to return to school and extra-curricular activities to be able to socialize again. This summer is an important part of returning to normal for our student-athletes.

Pre-Participation Screening

Prior to Phase III commencing, all parents/guardians will be required to complete the MVHS Phase III and IV Permission Form. Those who did not participate in Phases I and II will also be required to complete the MVHS Athletic Emergency Information Form. These forms will be reviewed by the school's healthcare professionals. Staff members will be issued a binder with student-athlete's necessary contact information of parents/guardians.

Those individuals at greater risk of developing severe COVID-19 or complications should undergo an informed decision-making process with their medical provider before a return to sports, as exposure to teammates may increase their risk of becoming infected. Student-athletes with a higher risk of severe COVID-19 include those with moderate to severe asthma, a heart condition, diabetes, or a weakened immune system.

Prior to each daily workout, each student-athlete and staff member will complete a google forms survey that will include screening questions. Any "yes" answer will result in communication from the Athletic Director or Athletic Trainer and may require the student-athlete or staff member to gain medical clearance prior to returning to the school. Student-athletes and/or staff who show symptoms during a workout session will be required to leave the school and return only with medical clearance. The screening form must be submitted prior to 1:00 p.m. each day in order for staff to evaluate responses of each student-athlete and staff member. Staff will track daily attendance for record keeping purposes.

POD Formation

Prior to Phase III commencing, student-athletes will let their coaches know if they plan to participate in the summer program. Once the student-athletes are identified, staff will form PODS. Each POD will consist of up to ten student-athletes indoors and up to 50 outdoors, and they will remain in the same POD for the duration of Phase III. Names of each POD member will be recorded. All student-athletes and staff of each POD will maintain proper social distancing of 6 feet at all times. Only those student-athletes who have participated in Phase III will be allowed to participate in Phase IV. All other student-athletes must wait until the MPA targeted return of fall sports practices on September 8, 2020.

Face Coverings

All staff members will be required to wear a face covering at all times while on school grounds. Cloth or disposable face coverings are acceptable. Each student-athlete will be required to wear a face covering at all times on school grounds, other than when engaging in vigorous physical activity. The use of a face covering by staff and student-athletes is a requirement of the MPA and RSU 40 and is non-negotiable. Face coverings will not be provided, and are the responsibility of the student-athletes and staff.

Disinfectants and Hand Sanitizers

Disinfectants and hand sanitizer kits will be available on site. Both a medical kit and disinfectant and hand sanitizer kit will be at each POD station at all times. Kits will also be available in the training room and in the gym lobby by the bathrooms. Any equipment used (jump ropes, cones, plyometric boxes, ladders, balls, and weights) will be sanitized after each individual use. Balls will be disinfected after each session. Individual student-athlete's personal towels, clothing, shoes, or sports-specific equipment can not be shared between athletes.

Student-athletes are encouraged to shower and wash their workout clothing immediately upon returning home. RSU 40 staff will use electrostatic sprayer to disinfect all used indoor facilities daily. A staff member will be assigned daily to monitor and clean the bathroom after each use. Only one individual will be allowed into the bathroom at a time. One stall per bathroom will be designated for use to limit contact points. Other stalls will be closed.

Workout Areas

For Phase III, staff will designate up to five workout areas which include the track, grassed area behind the MVHS gym, the MVHS gym, the MMS softball outfield, and the front practice football field. Those areas will potentially expand during Phase IV.

Hydration

Each student-athlete will be required to bring their own water or sports drinks daily. Drinks must not be shared. Due to the summer conditions, it is recommended that they bring enough fluids for an entire session. A water hose will be available behind the gym to fill up water containers. Drinking fountains and beverage machines in the gym area will be covered and signage posted that they are not in use. Only staff members will be allowed to hold the hose while the student-athlete holds their container. Several drink breaks will be required in each session. It is crucial that student-athletes arrive at sessions properly hydrated. Hydration begins before, not during activities. In addition, a well-balanced diet and proper nutrition is equally important to the success of each student-athlete. Food should not be shared at the school.

Strength Training Spotting

All strength training in Phase III will be conducted outdoors. Only staff members will be allowed to spot student-athletes during lifts. Staff members will spot from the side, with one on each end. Both will wear face coverings. Only staff members will be allowed to place and remove plates on the barbells. While spotting, staff will be required to wear disposable gloves.

Access/Egress Points

Doors into the gym, gym hallway, lobby, and bathrooms will be propped open during each session to limit contact with door handles. Door handles will be disinfected daily. Each locker room will be locked during sessions.

Storm/Lightning Protocol

In the event of rain and/or lightening, each student-athlete and staff member will immediately return to their vehicle. For those athletes and staff who can not return to their vehicle (or were dropped off), they will enter the gym and remain there until they can safely return outside. MPA lightning guidelines will be followed. While inside during a storm-delay, proper social distancing and face coverings will be required. If forecasts call for a high probability of prolonged storms that look to negatively impact the outdoor workouts, the Athletic Director will make a timely decision whether to cancel or not.

Athletic Trainer

RSU 40 Athletic Trainer Lynsey Carr will be on site for each session. The Athletic Trainer will tend to each injury and medical emergency. The Athletic Director and each staff member is trained in CPR/AED, Sports First Aid, Sudden Cardiac Arrest, Concussions, and Heat Illness Prevention and can also care and assist when needed. Staff members will wear face coverings at all times, including when caring for student-athletes. The Athletic Department Automated External Defibrillator (AED) will be with the Athletic Trainer at all times during each season. POD workout areas are specifically located to keep all student-athletes spread out, but in close proximity for the Athletic Trainer to supervise workouts, while also being able to respond quickly to any emergencies. Student-athletes are not allowed into the training room unless the athletic trainer is present.

The following links can be found at www.msad40.org on the Athletics page:

- MPA Guidance for High School Athletics and Activities
- Medomak Valley High School Summer Sports COVID-19 Protocols
- MVHS Athletic Emergency Information Form
- MVHS Phase III & IV Permission Form
- Medomak Valley COVID-19 Summer Screening Form