

REGIONAL SCHOOL UNIT 40

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RSU 40 Return to Fall Athletics Plan

Medomak Middle School

Cross-Country and Soccer for girls and boys will be offered for 4-5 weeks beginning on September 24. Teams will meet 2-3 days a week after school with the focus on conditioning and skill development. There will be no Wednesday practices. Due to the fact that there are no other Busline League Schools to compete against this season, intrasquad scrimmages/races may be built into practices as conditioning improves and coaches feel the student-athletes are ready.

Medomak Valley High School

The following high school sports will begin with tryouts on September 21st:

Golf

Golf will be limited to 12 players due to course restrictions. Regular season meets will be held at Rockland Golf Course, Samoset Golf Course and Northport Country Club vs. Belfast, Camden Hills, and Oceanside. Golf is the only MPA fall sport that is presently sponsoring league and state championships to be held at Natanis Golf Course in Vassalboro. As a low risk sport, it allows for Level 5 competition against teams from within Maine. Courses have been following required COVID-19 safety protocols all summer.

Cross-Country

Cross-Country will be limited to 10 boys and 10 girls in varsity races. JV races will be explored if those numbers are exceeded. Regular season meets will consist of 3-4 teams to include either Belfast, Camden Hills, Lincoln Academy, Mt. View, and Oceanside. Cross-Country is also a low risk sport and allows for Level 5 competition. Post-season plans are being worked on at the league and state level.

Soccer

Soccer will include Varsity and JV Boys and Girls. The number of games will be determined by the local schools who choose to compete this fall. As a moderate risk sport, schools are limited to Level 4 competition, which include those schools in the same geographic area (same county or adjacent counties). Potential opponents would include Belfast, Lincoln Academy, Mt. View, and Oceanside. The MPA has determined there will be no postseason for 2020.

Football

Football will consist of a combination of 7 v 7 flag football games as well as continuing with our summer outdoor strength and agility training. 7 v 7 football has been classified as a moderate risk sport and will play local opponents. There is no post-season this fall and the MPA is exploring the possibility of a spring 11 v 11 football season.

Fall Cheering

Fall Cheering will practice following the MPA guidelines for conditioning and skill building and could cheer at home soccer and 7 v 7 football games.

The purpose of this document is to outline the fall protocols for Medomak Valley High School and Medomak Middle School with regards to COVID-19. These protocols were developed from the Maine Principals' Association's *Return to Competition for Competitive Athletics and Activities in Maine*. **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.**

Based on current information, the MPA Sports Advisory Committee believes that strict adherence by all individuals to these guidelines should provide a reasonably safe environment for return to school-based athletics. It is important to remember that all sports carry a potential risk of injury and illness. The risk of contracting COVID-19 illness is in addition to the underlying risks of a given sport and/or activity. It is also important to note that participation in any competitive sports is strictly voluntary. 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 COVID-19 protocols and the Emergency Action Plan.

Acclimatization

We understand that many student-athletes have had limited or 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 fall environment. During the beginning of fall practices, the emphasis will be the conditioning of each student-athlete.

Pre-Participation Symptom Screening

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 and staff with a higher risk of severe COVID-19 include those with moderate to severe asthma, a heart condition, diabetes, or a weakened immune system.

Student-athletes, coaches, and staff will self-screen for COVID-19 prior to each practice and contest. The following questions are required for screening:

1. Within the past 24 hours, have you had a fever (100.4 and above) or used any fever reducing medicine?
2. Do you feel sick with any of the common symptoms consistent with COVID-19 (such as cough, shortness of breath, difficulty breathing, sore throat, loss of taste and/or smell)?
3. Have you been in close contact with a person who has COVID-19?
4. Have you traveled outside the state in the past 14 days?

If you answered “yes” to any of these questions, please contact Matthew Lash at 542-1475 or matthew_lash@msad40.org. Any “yes” answer may require the student-athlete or staff member to gain medical clearance prior to returning to 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. Isolation areas have been designated at both schools for student-athletes and/or staff who show symptoms during practice or contests. Coaches are required to track daily attendance for record keeping purposes.

Face Coverings

Staff members are required to wear a face covering at all times while on school grounds and at away competitions. 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 participating in voluntary school sports during vigorous physical exercise. The use of a face covering by staff and student-athletes is a requirement of the MPA, MDOE, and RSU 40 and is non-negotiable. Having a proper face covering is the responsibility of the student-athletes and staff. RSU 40 is not responsible for providing PPE materials.

Attendance

Regular attendance at scheduled practices and contests is required. The MPA Bonafide Team Rule remains in effect. Furthermore, school attendance, whether in-person or remote, is required in order to be eligible to practice or compete each day. With the current changes in the school day, staff understands the many challenges facing families when it comes to transportation to after school activities. Student-athletes and parents should communicate with coaches when not able to attend a practice. In addition, student-athletes are expected to abide by the athletic code just like any non-COVID year.

Disinfectants and Hand Sanitizers

Disinfectants and hand sanitizer kits will be available on site, provided by the district. Athletes may not bring their own products to practice. All products have been approved by the Director of Facilities and are noted on the District’s Data Safety Sheets (SDS). Both a medical kit and disinfectant and hand sanitizer kit will be at each practice and contest area at all times. A kit will also be available in the training room. Any equipment used will be sanitized after each practice. MPA in-game disinfecting protocols will also be followed. Individual student-athlete’s personal towels, clothing, shoes, or sports-specific equipment

cannot be shared between athletes. Student-athletes are encouraged to shower and wash their workout clothing immediately upon returning home. RSU 40 staff will disinfect all used indoor facilities daily. Only one individual will be allowed into the bathroom at a time and those facilities will be cleaned daily.

Practices

Staff and student-athletes must stay home if they feel ill or have any symptoms of COVID-19. Coaches will inform student-athletes of practice protocols before the first practice begins. Practice areas will be designated for each team to avoid mixing. Student-athletes should stay 3-6 feet apart whenever possible (e.g. during warm-up, skill building activities, simulation drills, when explaining drills and situations). We are required to limit the number of individuals that can gather in a shared space, in accordance with the Governor's Executive Order. Currently, gathering size limits are set at 50 people indoors and 100 people outdoors, or fewer if distancing rules can not be accommodated. Players, coaches, and staff count toward the gathering limit.

Coaches will designate an area where student-athletes place their bags and water bottles before the start of practice. Each space will be 6 feet apart. Each team member is required to have a face covering and water bottle in order to participate in practice or contest. There is no sharing of water bottles. Several drink breaks must be built into each practice plan. All staff and student-athletes must use hand sanitizer prior to the start and at the conclusion of each practice. Hand sanitizer will be provided for each team. Please do not bring your own.

Practice times will vary depending on the team. Practices beginning at 4:00 or later will require student-athletes to leave school property and return for their designated practice time. We are not able to supervise student-athletes while waiting for practice. For those practices that begin immediately after school, student-athletes will be required to meet at the designated practice site upon leaving the building. Student-athletes are encouraged to come to school in their practice attire to limit the need to change after school as we will not have access to locker rooms. For MVHS, the two bathrooms closest to the main door of the band room will be used for after school practices. The MMS lobby bathrooms will be available to MMS student-athletes. Parents must drop off their student-athlete and return at the end of practice or stay in their vehicle while waiting for practice to end.

Hydration

Each student-athlete will be required to bring their own water or sports drinks daily. Student-athletes will not be allowed to participate in practices or contests without their own drink container. Drinks must not be shared. It is recommended that student-athletes bring enough fluids for an entire practice or contest. There is a new non-touch refill station located by the high school gym that will be available during and after school. Plans are in place to install non-touch refill stations at MMS soon. The beverage machines in each school will be available. Several drink breaks will be required during each practice. 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.

Strength Training Spotting

Any strength training that occurs this fall will follow strict guidelines to keep all participants safe. 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. Staff will disinfect each apparatus after each individual use.

Access/Egress Points

Student-athletes will be expected to exit the school as soon as possible after dismissal. The only entrance that will be open at MVHS after school is the rear athletic wing doors behind the gym. The front MMS lobby doors will be accessible for restroom use only. All staff and student-athletes are expected to enter and exit from the same area.

Storm/Lightning Protocol

In the event of rain and/or lightening, each student-athlete and staff member will immediately return to their vehicle or bus. For those student-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 there are more than 50 people in the gym, the divider will be lowered to create two spaces to gather to meet requirements. If the forecast calls for a high probability of prolonged storms that look to negatively impact the outdoor practices or contests, the Athletic Director will make a timely decision whether to cancel or not.

Transportation

Every attempt will be made by RSU 40 to provide transportation to and from each athletic contest. Transportation guidelines will follow those set forth by RSU 40 and the MPA. Coaches will make sure student-athletes enter the bus one at a time while social distancing. Seats will be filled from back to front, and emptied from front to back. All team personnel and drivers are required to wear a face covering while on the bus. Hand sanitizer will be provided when entering and exiting the bus.

In the event that district transportation cannot be provided to or from an athletic contest, parents/guardians may transport their own child to/from a school sponsored event, provided they notify a school administrator in writing of their intent to do so. If transporting children other than their own, a written and signed permission slip from the parent/guardian of said child(ren) must accompany their notice of intent. It is encouraged that student-athletes who are not able to ride the bus to and from an athletic contest, do so with individuals from the same household.

Athletic Contests

Each home athletic contest will be conducted following the MPA General Recommendation for Return to Participation and individual sport recommendations. Coaches and the Athletic Administrator will hold a team educational session prior to the first contest to educate student-athletes of all rules and requirements related to competitive competition

with other schools. Furthermore, the Athletic Administrator will communicate with each school regarding protocols prior to arrival and will greet opposing coaches and student-athletes.

MVHS All-Sports Boosters concessions will not be served during the fall season. No spectators will be allowed at home or away contests, with the exception of senior day at MVHS. Every attempt will be made to live stream home contests.

Athletic Trainer

RSU 40 Athletic Trainer, Lynsey Carr, will be on site for each practice and contest. 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. Practice 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. Only one student-athlete will be allowed in the training room with the Athletic trainer. The Athletic Trainer will be stationed at the rear entrance to MVHS during practice days and will have access to the Kubota RTV 900 to attend to injuries and medical emergencies at both the MVHS and MMS facilities.

The following link is provided to explain MPA recommendations in further detail:

[MPA Recommendations for Return to Participation](#)