

Athletics: Season B Guidance

Timeline for 2021 Season B

In alignment with the start of CHSAA Season B, DSST/DPS schools will be allowed to operate the indoor Season B sports of **boys and girls basketball, girls swimming and competitive cheer** based on the following timeline only if we are not in red or purple on the CDPHE dial:

- January 11th – January 24th allow indoor access to begin off-season conditioning and fitness
- January 18th - First practice
- January 25th – First official start date of CHSAA Season B – full participation as outlined by CHSAA and state health officials
- February 1st – first contest
- Weight certification for wrestling will be scheduled for the week of January 11th.
- outdoor voluntary off-season conditioning will continue as previously outlined for all sports.

Pre - Participation Requirements

Exams/Physicals

- A current physical must be on file before participating.
- COVID-19-specific questions must be included in the physical screening to include:
 1. Have you tested positive for COVID-19?
 2. Have you had any known exposure to a COVID-19-positive individual in the past 14 days?
 3. Have you been tested for COVID-19?
 4. Have you had any new onset cough or shortness of breath?
 5. Have you experienced any recent fever (temp > than 100.3°)
- The most recent medical evidence recommends consideration of cardiac testing if a student-athlete has previously tested positive for COVID-19.

Waiver of Liability

- All students and parents must sign the [CHSAA Competitors Brochure](#).
- All students and parents must sign the DSST/Denver Public Schools [release of liability waiver](#) and the [COVID 19 addendum waiver](#). (English and Spanish)

Disinfecting Equipment/Sanitization

- Wash your hands with soap and water (for 20 seconds or longer), or use a hand sanitizer if soap and water are not readily available, before going to the court/field.
- Please adhere to all proper personal protective equipment (PPE) and facemask protocols.

- Clean and wipe down team equipment. Equipment must be disinfected before, during, and after each use during your practice/competition.
- Hand sanitizer must be made available throughout the facility for use before, during, and after workouts.
- No shared personal equipment, such as water bottles, hats, helmets, bags, gloves, towels, etc.

Practice Protocols

General information

- Participants, coaches, managers or other team personnel should stay home if they are sick or showing any symptoms of COVID-19.
- Basketball Practice limited to 25 athletes, 3 coaches and 1 Athletic Trainer
 - Strongly suggested to develop pods for practice to limit exposure
- Participants, coaches, managers or other team personnel must stay in the gym area only. Failure to do so may result in loss of gym access. (Weight Room and is not available)
- No lingering or social interaction before or after practice.
- Coaches will remind/require athletes to take home and wash athletic clothing on a daily basis. Locker-rooms and bleachers will not be utilized during practices/work-outs. No athlete should be permitted to practice/play in the same outfit on back to back days without proper washing of their athletic gear.

Daily Screenings ([Screening Log template - 1 page front/back](#))

- If an individual (student, manager, coach) has a temperature above 100.3 F, or has a positive response to the Daily Symptom Tracker, that individual must be removed from the group and their parent or guardian notified.
- School Director and Health & Safety Lead must be notified of any symptomatic or positive cases
- The Daily Symptom Tracker must be completed for all participants, managers and coaches prior to entering the gym.
- The completed Daily Symptom Tracker must be submitted by the coach to the Athletic Director after every practice/contest

Gym Space Expectations:

- All personnel must remain in the gym area only.
- Locker room and weight room areas are not available.
 - Gym boys and girls bathrooms will be available for use.
- All personnel must enter the gym through the North gym doors and exit through the South gym doors.

Disinfecting Equipment/Sanitization

- Wash your hands with soap and water (for 20 seconds or longer), or use a hand sanitizer if soap and water are not readily available, before going to the court/field.
- Clean and wipe down team equipment. Equipment must be disinfected before, during, and after each use during your practice/competition.

- Hand sanitizer must be made available throughout the facility for use before, during, and after workouts.
- No shared personal equipment, such as water bottles, hats, helmets, bags, gloves, towels, etc
- Athletic facilities shall be cleaned and disinfected on a daily basis. This task can be accomplished through the combined efforts of the student athlete, coach, and the custodial staff. Student athletes should wipe down weight-room equipment after each use. Custodial staff should assist with the proper cleaning and disinfecting of athletic facilities.

Masks

- Masks will be required for basketball players throughout Season B games and practices per CDPHE
- During rest time/timeouts if an athlete needs to lower or remove their mask, they are encouraged to leave the competitive arena. (NOTE: **There will be NO mask timeouts allowed.**)
- Everyone must arrive to practice wearing a mask.
- Everyone must wear a mask for the entirety of practice.
- All non-active participants (coaches, volunteers, and managers) must wear a mask throughout practice. This includes athletes not actively participating in drills/practice.

Social Distancing

- Practice will be restricted to essential personnel only (coaches, volunteers, and managers).
- Appropriate social distancing (minimum 6 feet) must be maintained on all areas used for practice. They must consciously stand at least six feet apart when not participating in a drill or activity that requires closer contact, and should avoid confined areas such as locker rooms and weight rooms.
- No handshakes, high-fives, fist bumps, or elbow bumps.
- Intentionally keep water bottles a minimum of 6 feet apart so that social distancing can occur during breaks.
- Athletes must remain in small groups with dedicated coaches or staff, and make sure that each group of athletes and coach avoid mixing with other groups
- Stagger arrival and drop-off times.
- Use separate entrances and exits for participants, and essential persons.

Game/Competition Protocols

General Game/Competition Information

- Basketball games limited to 12 players, 3 coaches, 1 athletic trainer per team and essential personnel only
- Visiting team must provide COVID 19 screener log to home team AD.
- All home team coaches, players, and personnel must complete COVID - 19 screener prior to entering the gym.
 - Coaches will screen players.

- Officials must complete COVID 19 screener prior to entering the gym.
 - Athletic Director/Admin on duty will screen official.
- Only one home team and one visiting team will be allowed in the gym at a time.
 - All other teams must wait outside to enter the gym until gym has been cleaned and sanitized.
- No spectators will be allowed at home games.
- Home team and visiting team should enter through separate doors and/or at separate times
- Officials, coaches, and home team personnel will enter through the facility entrance doors.
 - Home team athletic director will provide COVID - 19 screener.

Pregame Protocol

- Limit **attendees** to the referee and the head coach from each team with each coach standing on the center circle on each side of the division line.
- All individuals maintain a social distance of six feet or greater at the center circle.
- Suspend handshakes and fist bumps prior to and following the Pregame Conference.
- Introduction of starting line ups and national anthem will be suspended to preserve more time for warm ups.

Team Benches

- Social distancing should be practiced when possible.
 - Limit the number of bench personnel to observe social distancing of six feet or greater.
 - Additional chairs or rows may be added to allow bench personnel to observe social distancing of 6 feet or greater (consider fire code).
 - Limit contact between players when substituting.
 - Personnel not in the game should adhere to any required local/state face covering requirements.

Officials Table

- The host should sanitize the table before the game and at half time.
- Place officials table sufficiently away from the sideline to allow for additional space for substitutes.
- Limit seats at the table to essential personnel which includes home team scorer, and timer. Other personnel (visiting scorer, statisticians, media, etc.) may not be deemed essential personnel and consider an alternate location for them. Table personnel should adhere to any required local/state face covering requirements.

Game Play Protocol

- Face covering must be worn at all times by all players, coaches, personnel and officials.
 - Failure to comply could result in cancellation of the contest.
- All players must sanitize their hands before and after warm-ups, at all timeouts, at quarter and halftime breaks, and anytime they leave the playing court. Coaches are strongly encouraged to sanitize their hands as often as possible as well.

- Host team is responsible for sanitizing the game ball as recommended by the ball manufacturer (do not use game balls for warmups) Game ball (s) shall be placed at the score table for the officials.
- The host school should ensure that the game ball is sanitized during time-outs and between quarters.
- Sanitizer should be provided by the host team at the table.

Postgame Protocol

- There will be no pregame handshakes or fist bumps.
- When the game is concluded players will utilize an appropriate sign of respect and sportsmanship directed to their opponent and then exit the court to their team bench. Please develop and utilize an appropriate sign of respect and sportsmanship that does not include handshake or other physical contact; suggestions include head nod, wave, chest thump with fist, salute, etc.
- Both home and away team players, coaches, and personnel should exit the gym immediately upon conclusion of the contest.
 - No lingering or social inaction allowed.
 - No locker room access
 - Exit through separate doors