

Syracuse Middle School
Plan for the JH Volleyball 2020-2021
(COVID Risk Dial Yellow)
8/17/20

Guidance for athletic team decisions is being provided by:

State Directed Health Measures

- Nebraska Governor
Pete Ricketts
www.governor.nebraska.gov

Local Directed Health Measures

- Southeast District Health Department
Grant Brueggemann, Health Director
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Email: grant@sedhd.org Web site: www.sedhd.org
(Johnson County/Tecumseh, Nemaha County/Auburn, Otoe County/Nebraska City,
Pawnee County/Pawnee City, Richardson County/Falls City)

Nebraska School Activities Association

<https://nsaahome.org/covid-19/>

COVID-19 Declaratory Order

- Nebraska Department of Education
Dr. Matthew Blomstedt, Commissioner of Education
www.education.ne.gov

Centers for Disease Control and Prevention

https://www.cdc.gov/coronavirus/2019-ncov/index.html?CDC_AA_refVal=https%3A%2F%2Fwww.cdc.gov%2Fcoronavirus%2Findex.html

The plan below outlines modifications with as much detail as we are able to provide at this time. Since the circumstances and guidance surrounding the COVID-19 pandemic is ever changing, we ask for continued patience and understanding from all of our school family as we work through each new challenge that is presented.

The following strategies will be employed to reduce the spread of COVID-19

- Physical distancing to decrease the spread of respiratory particles
- Creating barriers to decrease the spread of respiratory particles
- Healthy personal hygiene practices
- Limit the number of people students/staff are encountering
- Frequent cleaning and disinfecting
- Encouraging infected and symptomatic students and staff to stay home

All players and their parents/guardians will complete the COVID-19 Waiver and Hold Harmless Agreement for Extracurricular Activity Participation.

Players and coaches will be required to wear a mask covering their nose and mouth when not engaged in activity and distancing is not achievable. Players and coaches may wear a mask at all times if they choose to do so.

Changing Clothes for Before Practice

- Players will be allowed to change clothes in the MS girls locker room.
 - Players will be required to wear a mask until beginning participation on the practice floor.
 - Each player will have a locker and these lockers will be spaced out as much as possible.
 - 8th grade players will be dismissed from their 8th period class (PE/Music) five minutes prior to the regular dismissal time to go change for practice.
- Players and coaches will disinfect their hands prior to participating in practice.

Practice Procedures

- Players will be distanced when players are stretching and coaches are providing large group instruction.
- Players and coaches should bring their own refillable water bottles.
 - Players will be distanced when taking water breaks.
 - Players and coaches will fill their own water bottles.
- Players and coaches will disinfect their hands during each break.
- Volleyballs will be disinfected twice during practice and again after practice.
- Players and coaches will be encouraged to engage in positive forms of encouragement and recognition, which do not include physical contact.

Changing Clothes for After Practice

- 8th grade players will be dismissed from practice 5 minutes prior to the 7th grade players.
- Players will not shower at school following practice or games.
 - There will be NO before school practices.

Travel to Out-of-Town Contests

- Players will be allowed to ride to and from contests with family members.
 - Parents/guardians should provide the principal with written communication prior to the event.
- Players and coaches riding the school bus/van will be required to wear a mask covering their nose and mouth.
 - Players will be distanced as much as possible.
 - Siblings may be asked to sit together.

Contest Procedures

- Home volleyball matches will be held in the MS gym, whenever possible, to allow for greater separation of spectators.
- Only family members of players and coaches will be allowed to attend.
 - Spectators will be required to wear masks.
 - Spectators will be required to sit in family clusters with distancing between families.
- Players not participating in the match on the floor will be required to wear a mask covering their nose and mouth (players and coaches sitting on the bench and players sitting in the bleachers).
 - Players seated on the bench will be distanced as much as possible.
- Teams will engage in a pre-game and post-game salute, rather than exchanging handshakes.
- Teams will not change sides of the court between sets.
- Scorer's table personnel, line judges and officials will be required to wear a mask covering their nose and mouth.
- Concessions will provide a limited menu.

Screening for COVID-19 & District Response When a Student/Staff Member Tests Positive for COVID-19 will be the same as the district's overall plan.