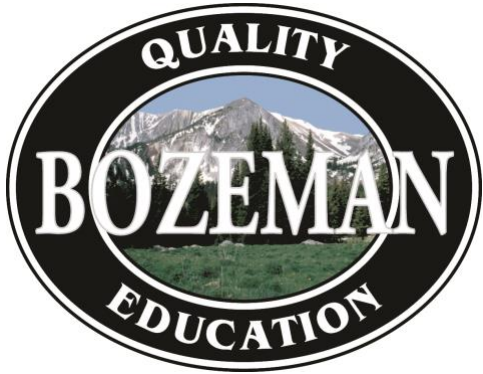

BOZEMAN SCHOOL DISTRICT #7



JUNE/JULY HIGH SCHOOL ACTIVITIES PLAN

Mark Ator
Activities Director

June 2020

Bob Connors -- Superintendent

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Deputy Superintendents

Casey Bertram ~ Steve Johnson ~ Marilyn King

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The Bozeman High School/Gallatin High Activities Department seeks to support the physical and mental growth of all student-athletes who participate in our programs. The individual and team development that our coaches promote each and every day is a vital part of the overall experience we provide for kids. As a part of that development, we support a robust summer program, in compliance with MHSAA rules, that seeks to prepare our

athletes for the upcoming activities seasons. During this time of the COVID-19 outbreak and the shutdowns that have resulted, we recognize the need to put extra-curricular activities in the proper perspective and to adhere to the requirements and resolutions as set forth by our Superintendent, our School Board, and our County Health Department. Every coach in our program understands the need to make these pursuits safe for all involved. Therefore, the following guidelines will be followed to direct these efforts:

- Coaches will be allowed to access school facilities including weight rooms, gyms, football fields, wrestling rooms, green space and other classrooms/school areas upon approval of the principal to conduct summer camps, strength and conditioning programs and other teams/individual activities that are normally approved by the MHSA.
- In-town tournaments or other competitions will be approved on a case by case basis and only if approved by the School Administration and County Health Officer. No spectators will be allowed.
- Out-of-town competitions will be approved (by School Administration) on a case by case basis and only if the host city has the approval to run the competition from their School Board and County Health Department. Each coach will be required to submit a safety plan for that event if approved.
- All summer activities will abide by the Phased Approach to Reopening as issued by Governor Bullock. If things go as planned, we entered Phase 2 on June 1-which means gatherings of no more than 50 coaches/student-athletes.
- Every coach who leads an activity, be it a practice, strength and conditioning workout, camp or meeting will provide a written safety plan that addresses 6 main areas:
 1. Pre-screening - extent to be determined through a recommendation of County Health Officer
 2. A pre-event safety meeting to discuss protocols, procedures, and expectations
 3. Emphasis on athlete safety, i.e. hand sanitizer stations
 4. Social Distancing
 5. Group Sizes
 6. Cleaning and Sanitization of equipment and facilities

Here is an example: [COVID-19 PICK-UP PROTOCOL](#)

- Set-up specific entrances and exits for indoor activities to limit cross over with other students and to limit the need for cleaning and sanitization.
- A sign-in station will be set up at all events. Records of who is in attendance are required.

Questions to ask during pre-screening: Recording answers is required

IF YOU CAN SAY YES TO ANY OF THESE:

- Fever, cough, respiratory illness, shortness of breath, or a household member is showing these symptoms
- If you or a household family member has contracted Covid-19 in the last 14 days.

PLEASE DO NOT PARTICIPATE

Vulnerable individuals should not oversee or participate in any workouts during Phase 2.

Based on currently available information and clinical expertise, older adults and people of any age who have serious underlying medical conditions might be at higher risk for severe illness from COVID-19.

Based on information provided by the CDC, those at high-risk for severe illness from COVID-19 are:

- ❖ People 65 years and older
- ❖ People who live in a nursing home or long-term care facility

People of all ages with underlying medical conditions, particularly if not well controlled, including:

- ❖ People with chronic lung disease or moderate to severe asthma
- ❖ People who have serious heart conditions
- ❖ People who are immunocompromised
 - Many conditions can cause a person to be immunocompromised, including cancer treatment, smoking, bone marrow or organ transplantation, immune deficiencies, poorly controlled HIV or AIDS, and prolonged use of corticosteroids and other immune weakening medications
- ❖ People with severe obesity (body mass index [BMI] of 40 or higher)
- ❖ People with diabetes
- ❖ People with chronic kidney disease undergoing dialysis
- ❖ People with liver disease

If you fall under any of these categories, please DO NOT participate/oversee workouts.

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- Any student-athlete who has been exposed to Covid-19 recently, exhibits symptoms of Covid-19 or otherwise feels ill, will not be allowed to participate. In the case that a student-athlete contracts Covid-19 during the time he or she has participated in a summer activity, that activity will be shut down immediately until further investigation can take place.
 - ***In the case*** that temperature checks are required for pre-screening, we will use the following process to conduct those checks:
 - ❖ ***Each coach will set-up a check-in station where kids will sign-in and have their temperature checked. Social distancing guidelines will be required as students wait in line.***

❖ *If that student's temperature exceeds 100 the coach will call the parents or guardian and the student will be sent home until cleared by a doctor.*

- It is suggested that coaches put kids in groups and to keep those groups consistent throughout each workout and from one workout to the next. If spotting needs to occur in the weight room, kids will be paired up. They should keep that partner throughout each workout and from one workout to the next. In the case that investigation of a Covid-19 case must occur, it should then be easier to track the exposure to that student. Resistance training is strongly encouraged.
- BSD7, The Activities office, and each specific athletic group will work together to purchase and provide adequate cleaning supplies including disinfectant and hand sanitizer. Plenty of hand sanitizer should be available.
- All student-athletes will be required to provide their own individual water bottle. No sharing allowed. Students will be encouraged to change clothes and shower when they get home after a workout.
- Coaches will schedule plenty of time between events/activities to ensure that adequate cleaning and sanitization takes place.
- Coaches and student-athletes will share in the responsibility of cleaning and sanitizing of their areas and equipment. We might not have access to custodial crews.
- All activities will be optional - voluntary attendance.
- Coaches will encourage their student-athletes to observe social distancing and group requirements during their transportation to and from the activity as well as during any downtime that might occur before or after an activity. They will monitor student-athletes so that they are not wandering around the building or congregating in slow traffic areas such as water fountains or narrow, confined areas.
- The activities office will provide a plan to oversee each activity to ensure that they are adhering to their own safety plans.
- Face coverings are acceptable and recommended. It is highly recommended for coaches and officials when social distancing is not possible.

BHS/GHS Activities COVID 19 Response Individual Breakdowns

Speech and Debate

Maintain appropriate social distancing of 6 ft or more.

Music

Maintain appropriate social distancing of 6 ft or more.

Cheerleading/Dance

Do individual conditioning and technique/choreography. Partner and Group stunts should be avoided. Dances, Tumbling, and Jumps can be done as long as social distancing is maintained. If partner work is necessary, consistency throughout practice and season is important.

Cross Country

Runners should maintain social distancing of 6 feet or more. Try to use staggered starts and avoid grouping at start and finish.

Swimming

Use a facility only if it can meet social distance recommendations and undergoes frequent sanitary cleanings

Golf

Maintain social distancing of 6 feet or more. Avoid touching flagstaff, ball washers, sand rakes and other player's equipment.

Tennis

Players may do individual drills, wall volleys, and serves. Players may serve their own can of tennis balls and may use rackets to pass tennis balls. If practicing with a partner, consistency throughout practice and season is important.

Track and Field

Runners should maintain 6 feet of social distancing, use staggered starts to avoid groups at beginning and end of races. No sharing of implements or equipment. Padded equipment should be cleaned after each use. Implements should be cleaned after each use and facemasks recommended

Softball

Players should not share any equipment. Players should maintain social distancing when not active. Players can do conditioning and tee work. Individual Skill work recommended.. Phase 2 will allow intrasquad scrimmages as well as competitions against teams from other schools pending approval of administration and county health officials. MHSA rules must be followed.

Wrestling

Conditioning, mirror drills with spacing. Wrestlers may skill and drill without touching a teammate. Emphasis on individual skill development. Camps or meets of 50 or less students may be held if granted permission by school administration and county health officials in Phase 2.

Volleyball

Conditioning and individual drills where each individual has their own ball. The balls will be cleaned periodically throughout practice. Phase 2 will allow partner drills, group work and intrasquad matches. Matches with teams from other schools pending approval of administration and county health officials. MHSA rules must be followed.

Basketball

Practicing in small groups and working on individual drills to improve skills are recommended. Cleaning of balls will take place periodically throughout practice. Phase 2 will allow partner drills, group work, and intrasquad scrimmages as well as competitions against teams from other schools pending approval of administration and county health officials. MHSA rules must be followed.

Football

Practicing in small groups and working on individual drills to improve skills are recommended. Cleaning of balls will take place periodically throughout practice. There should be no sharing of tackling dummies, donuts, and sleds. The only protective gear worn should be helmets. Phase 2 will allow intrasquad scrimmages as well as competitions (7 on 7 drills, offensive/defensive competitions, scrimmages) against teams from other schools pending approval of administration and county health officials. MHSA rules must be followed.

Soccer

Conditioning, ball drills, and drills with emphasis are encouraged as well as working in small groups. Students concentrate on foot drills and avoid use of hands and head. Students should use their own ball and the balls should be cleaned periodically throughout practice. During Phase 2, intrasquad scrimmages will be allowed. Competitions involving teams from other schools could be allowed with the permission of school administration and county health officials. MHSA rules must be followed.