

DPS

Activities Plan



LAST UPDATED: August 14, 2020



This document is solely intended for Dickinson High School and Dickinson Middle School Activities.

**This document is fluid. Items may change at any time without prior notice.*

Updated: 8/14/20

	Level 1 Restart Face to Face Learning	Level 2 Restart Blended Learning	Level 3 Restart Online/Distance Learning
Transportation	<ul style="list-style-type: none"> • Transportation for activities will be provided, as bussing is available if state guidelines limit number of riders. • Bus availability may be limited due to school needs. • Individuals should socially distance to the maximum extent possible. Masks will be required for all individuals on board a bus. Individuals will sit in the same seat to and from event. • Out of state travel may be limited to varsity only. • Overnight stay for postseason events only unless preapproved by Activities Director. • Transportation to and from events with parents may be permissible with Athletic Director and coach approval. This correspondence must be done via email. 	<p>In addition to the Level 1 guidelines:</p> <ul style="list-style-type: none"> • It is possible that not all levels will travel at DHS/DMS 	<p>There will be no activities if a school(s) is in Level 3</p>

	<ul style="list-style-type: none"> Teams will not be stopping to eat at any restaurants/gas stations. Any food after the game must be deliverable. Other guidelines set forth by Harlow's will be followed 		
Locker Rooms	<ul style="list-style-type: none"> If an athlete does not need to use a locker room, they should remain out of the area. Locker room use should be limited to one team at a time. No loitering in locker rooms before or after practices. Athletes should make every effort possible to not use showers in the locker rooms and should try to shower at home. Locker rooms are to be used for changing purposes only. Locker spaces will be limited use only. Articles of clothing are not to be left in lockers overnight. 	<p>In addition to the Level 1 guidelines:</p> <ul style="list-style-type: none"> Locker rooms will be used for changing purposes only. No items to be left in the locker room. 	There will be no activities if a school(s) is in Level 3
Cleaning/Sanitization	<ul style="list-style-type: none"> General cleaning of athletic areas and equipment will be completed daily. Hand sanitizer will be provided and it is required to utilize before and after practice. Frequently used/touched equipment will be cleaned periodically during practice. 	<p>In addition to the Level 1 guidelines:</p> <ul style="list-style-type: none"> Cleaning of athletic areas and equipment will be completed intermittently during practices. Practice equipment should not be shared from one practice session to another unless it has been sanitized 	There will be no activities if a school(s) is in Level 3
Uniforms/Practice Gear	<ul style="list-style-type: none"> Uniforms and practice gear must be taken home daily and washed. Practice uniforms/pinnies should not be shared from one player to another unless they have been washed. 	<p>In addition to the Level 1 guidelines:</p> <ul style="list-style-type: none"> No equipment will be allowed to be left in lockers (football: helmet, shoulder, pads, ext.) 	There will be no activities if a school(s) is in Level 3
Water	<ul style="list-style-type: none"> All athletes should have their own water bottles. 	Follow the same guidelines as the Level 1 phase.	There will be no activities if a school(s) is in Level 3

	<ul style="list-style-type: none"> • Water bottles should not be shared from one player to another. • Water bottles should be washed daily. • No hydration stations will be used. 		
Spectators/ Fan Attendance	<ul style="list-style-type: none"> • Spectators are asked to socially distance to the maximum extent possible. • Spectators must vacate the facility immediately upon completion of the game for the game they came to watch. No loitering or gathering with players on the playing surface after games. This includes any fans in attendance. Five minutes will be placed on the clock after the final horn and fans will be required to vacate the facility within the five minutes. • Masks will be required indoors for all in attendance. This includes DHS, DMS, WRCC, and the BAC. • Capacity limits in athletic venues will be limited to no more than 500 spectators or a venue capacity of 75% of occupancy unless approved by Southwest District Health. • Below is DPS attendance guidelines during COVID • Live streaming will be available for games in the DHS main gym and the BAC. 	<p>In addition to the Level 1 guidelines:</p> <ul style="list-style-type: none"> • Attendance by spectators at events may be limited or eliminated in accordance with ND Smart Restart guidelines or CDC guidelines. 	There will be no activities if a school(s) is in Level 3
Concessions	<ul style="list-style-type: none"> • Concession menus will be limited • Concession stand workers are required to wear masks and gloves. • Workers are encouraged to maintain social distancing to the maximum extent possible and should be staffed to help maintain distancing. 	<p>In addition to the Level 1 guidelines:</p> <ul style="list-style-type: none"> • Concessions may be eliminated 	There will be no activities if a school(s) is in Level 3

	<ul style="list-style-type: none"> ● Waiting areas for patrons must be marked. 		
Practices	<ul style="list-style-type: none"> ● Staggering of practice times is encouraged to alleviate having multiple teams in the locker room at the same time. ● Athletes should plan to arrive at locker rooms no sooner than needed to get dressed and out to practice. ● Daily attendance logs for practice, contests and other gatherings are required. Logs must indicate groups that were in close contact and must document responses to the five screening questions. Coaches will keep a daily electronic log for attendance and document that the five health questions were answered. 	<p>In addition to the Level 1 guidelines:</p> <ul style="list-style-type: none"> ● Staggering of practice times is mandatory. ● Group sizes will be limited or will be divided by grade level and/or team. 	There will be no activities if a school(s) is in Level 3
Athletic Training Rooms	<ul style="list-style-type: none"> ● Cleaning protocols will be in place set by Sanford Health and DPS ● When possible, coaches should tape athletes in order for the ATR can used for treatment and rehab ● Training room will be allowing 2 students at a time in the room that are of the same sport ● No loitering in the training room ● Masks will be required in the training room ● No coming in and out of training room unless you are being seen by ATR 	<p>Follow the same guidelines at the Level 1 phase:</p> <ul style="list-style-type: none"> ● All equipment must be sanitized before and after session 	There will be no activities if a school(s) is in Level 3
Ticketing	<ul style="list-style-type: none"> ● The activities department has collaborated with Ticket Spicket for e ticketing. With attendance limited, please go to the DHS website for more info on how ticketing will be handled. ● Ticket booth will have limited cash and it will be highly encouraged to have correct 	<p>In addition to the Level 1 guidelines:</p> <ul style="list-style-type: none"> ● Cash transactions will be limited to correct change only. 	There will be no activities if a school(s) is in Level 3 phase.

	<p>change. (\$6 adults and \$4 students/senior citizens)</p> <ul style="list-style-type: none"> Admission staff will be masked and wear gloves 		
Meetings (Team/Parent/Booster)	<ul style="list-style-type: none"> If in person meetings are necessary, social distancing should be maintained to the maximum extent possible. Preseason meetings should have only one parent present. Eliminate/Modify team meetings. Use virtual methods when possible. For all meetings, masks will be required 	<p>In addition to the Level 1 guidelines:</p> <ul style="list-style-type: none"> No meetings will be allowed in school facilities unless prior approval from Activities Director 	<p>Any meetings held for groups need to be held in a virtual format only if a school(s) is in Level 3 phase.</p>
Positive COVID Test/General Testing/Scenarios	<ul style="list-style-type: none"> All positive tests must be reported to building administration and ND DoH We will treat that every pending test is a positive test until known otherwise. We will follow the Health Scenarios provided by Sanford Health. 	<p>In addition to the Level 1 guidelines:</p>	
Game Workers/Team Benches	<ul style="list-style-type: none"> Masks are required for all scorers table/press box personnel Game staff should be limited to the minimum number of individuals needed Team benches will be placed to ensure social distancing when possible Hand sanitizer will be placed at scorer's table 	<p>In addition to the Level 1 guidelines:</p>	
Visiting Teams	<ul style="list-style-type: none"> Teams will need to make every effort to dress prior to arriving to the gym/field. Locker room usage will be limited. 	<p>In addition to the Level 1 guidelines:</p>	
Weight/Fitness Room	<ul style="list-style-type: none"> Athletes and coaches will be required to wear masks when social distancing is not an option. 	<p>In additional to the Level 1 guidelines:</p> <ul style="list-style-type: none"> No more than 10 athletes in the weight room at any given time 	
	<ul style="list-style-type: none"> 		

Athletes are required to self ask the following questions prior to attending a practice or a game:

- 1. Do you have a fever?**
- 2. Do you have a cough?**
- 3. Do you have a sore throat?**
- 4. Are you experiencing shortness of breath?**
- 5. Have you had close contact or are you caring for someone with Covid 19?**

***If an athlete answers yes to any of these questions they will not be allowed to take part in practice/workouts and should contact their primary care provider or any other health care professional.**



Dickinson Public Schools
Individual Activity Considerations for COVID-19
Fall 2020

Cheer

NFHS Considerations - ALL RULE CONSIDERATIONS FOLLOWED?

1. Participants should be appropriately spaced on the court, field or sideline to ensure proper social distancing.
2. Masks may be worn but are not required. No masks may be worn in routines that involve stunting. Any mask worn during a routine that does not involve stunting but involves tumbling must be taped and secure.
3. Judges, officials, adjudicators, etc. should be appropriately spaced to ensure proper social distancing.

Additional DPS/WDA Regulations:

Cross Country (Boys & Girls)

NFHS Considerations - ALL RULE CONSIDERATIONS FOLLOWED?

1. Social distancing of at least 6 feet should be maintained at all times. No hugging, shaking hands, or fist bumps for support/encouragement.
2. Cross country meets should consider using staggered, wave or interval starts.

Possible Rule Modifications:

1. 8-1-3a: Consider widening the course to at least 6 feet at its narrowest point.

Finish:

1. Consider using finish corrals and FAT timing for larger meets as easier to distance at finish.
2. With no FAT timing system consider alternative means of finish place and time to address congestion at finish line.
3. Consider using image-based equipment at finish to assist with picking place to avoid congestion.
4. Clean and disinfect frequently touched surfaces and exercise equipment.

Pre and Post Game Ceremony:

1. Establish cross country specific social distancing meet protocols including the elimination of handshakes before and after the match.
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Additional DPS/WDA Regulations:

1. With the exception of the West Region and State Meets, all meets are limited to a maximum of six schools.
2. Schools may only travel to meets hosted by a WDA member school in that school's town.

Football

NFHS Considerations - ALL RULE CONSIDERATIONS FOLLOWED?

1. **TEAM BOX (Rule 1-2-3g)**
 - a. The team box may be extended on both sides of the field to the 10-yard lines (for players only) in order for more social-distancing space for the teams.
 - b. Maintain social distancing of 6 feet at all times while in the team box.
 - c. Do not share uniforms, towels and other apparel and equipment.
2. **BALL (Rule 1-3-2)**
 - a. The ball should be cleaned and sanitized throughout the contest as recommended by the ball manufacturer.
 - b. The ball holders should maintain social distancing of 6 feet at all times during the contest.
3. **FACE MASKS [Rules 1-5-1a, 1-5-3c(4)]**
 - a. Cloth face coverings are permissible.
 - b. Plastic shields covering the entire face (unless integrated into the face mask and attached to the helmet and clear without the presence of any tint) shall not be allowed during the contest.
4. **TOOTH AND MOUTH PROTECTORS [Rule 1-5-1d(5)]**
 - a. ***Still being determined at this time on how to best handle the tooth and mouth protector during the contest. The NFHS SMAC will update the membership as soon as guidance is developed for all sports that require a tooth and mouth protector.*
5. **GLOVES (Rule 1-5-2b)**
 - a. Gloves are permissible but still must comply with Rule 1-5-2b by meeting either the NOCSAE Standard or the SFIA Specification.
6. **CHARGED TIME-OUTS AND AUTHORIZED CONFERENCES (Rules 2-6-2, 3-5-3, 3-5-8)**
 - a. A single charged time-out may be extended to a maximum of two minutes in length.
 - b. The authorized conference for the charged time-out should take place between the 9-yard marks and not at the sideline for social-distancing purposes. (It would be permissible for more than one coach to be involved in this conference and for technology to be used.)
 - c. Each game official and player should have their own beverage container brought out to them on the field.
7. **INTERMISSION BETWEEN PERIODS AND AFTER SCORING (Rule 3-5-7I)**
 - a. The intermission may be extended to a maximum of two minutes between the first and second and the third and fourth periods and following a try, successful field goal or safety, and prior to the succeeding free kick.

1. GAME OFFICIALS UNIFORM AND EQUIPMENT

- a. Electronic whistles are permissible (supplies are limited).
 - i. Choose a whistle whose tone will carry outside.
 - ii. Fox 40 Mini
 - iii. Fox 40 Unisex Electronic – (3 tone)
 - iv. Ergo-Guard - (3 tone) - orange
 - v. Windsor - (3 tone)
 - vi. Check the market for other choices
- b. Cloth face coverings are permissible.
- c. Gloves are permissible.
- d. Do not share uniforms, towels and other apparel and equipment.

2. PREGAME CONFERENCE, COIN TOSS AND OVERTIME PROCEDURES

- a. For the coin toss, limit attendees to the referee, umpire and one designated representative from each team.
- b. Coin toss should take place in the center of the field with designated individuals maintaining social distancing of 6 feet.
- c. No handshakes prior to and following the coin toss.
- d. Maintain social distancing of 6 feet while performing all pregame responsibilities with all officiating crew members, game administration staff, line-to-gain crew, clock operators, individuals handling the balls during the game and team personnel.
- e. For the overtime procedure, please use the same procedure as used at the start of the contest for the coin toss.

3. PRE AND POST GAME CONSIDERATIONS

- a. Suspend pregame protocol of shaking hands during introductions.
- b. Suspend postgame protocol of shaking hands.

Additional DPS/WDA Regulations:

1. No spectators are allowed to enter the playing surface at any time including upon completion of the game.
2. All competitions for the season will be limited to conference opponents only.

Girls Golf

NFHS Considerations - ALL RULE CONSIDERATIONS FOLLOWED?

The guidelines have been created with the knowledge and information from the CDC and the USGA guidelines.

1. All golfers should keep a minimum of 6 feet between them.
2. Ball washers, bunker rakes, and drinking fountain/coolers should be removed.
3. Flagsticks are frequently disinfected and are not to be touched or removed. Cups should be adjusted for safe ball retrieval. The USGA has a temporary measure in place to accept scores played under these conditions.
4. Please smooth out bunkers with foot or golf club after play.
5. Clubhouse access at courses may be limited.

Additional DPS/WDA Regulations:

Soccer (Boys)

NFHS Considerations - ALL RULE CONSIDERATIONS FOLLOWED?

1. Limit number of participants at pre-match conference to one coach and one captain. No handshakes allowed. Physical distancing rules adhered to as well.
2. Physical distancing rules adhered to during substitution procedures.
3. Limit press box to essential personnel only. Visiting team stats, camera etc. not needed in the press box.
4. Introductions of players while they are standing in their positions on the field, not in a line near the sidelines.
5. No post-match handshake.
6. Masks and long sleeves will be permitted by players, coaches and officials.
7. Electronic whistles will be permitted.
8. Place teams on opposite sidelines where possible.
9. It is highly recommended that all ball handlers are supplied with and wear gloves.

Additional DPS/WDA Regulations:

1. All competitions for the season will be limited to conference opponents only.

Swim/Dive (Girls)

NFHS Considerations - ALL RULE CONSIDERATIONS FOLLOWED?

1. Pre-match conference will be limited to one coach and one athlete while maintaining proper physical distance.
2. All communications regarding officials and coaches for DQ's etc. will be done with proper physical distance. When available PA system may be utilized to announce DQ etc.
3. Officials conversation regarding swim infraction and DQ's can be done with hand signals or the use of headsets if available
4. Electronic meet entries when plausible
5. One timer per lane while wearing a face covering.
6. Relays – take off judges can be stationed on the side of the pool. May use every other lane were appropriate to limit numbers on the bulkhead.
7. Swimmers should enter the bulkhead from one side of the pool and depart on the opposite side of the pool
8. Team camps should be spaced throughout the facility
9. Diving – Physical distancing between table personnel and diving judges.
10. Only one lap counter per lane. Cleaning of the lap counter device after every race unless the same individual is using the counter for the next race.
11. Recommend the use of masks on deck.

Additional DPS/WDA Regulations:

1. All competitions for the season will be limited to conference opponents only. As a result, the only tournaments permitted will be end of season tournaments. At this time, the sub-varsity tournaments will be evaluated closer to the dates of the tournament.
2. With the exception of the West Region and State Meets, all meets are limited to a maximum of six schools and will be limited to WDA entries only.
3. Schools may only travel to meets hosted by a WDA member school in that school's town.

Volleyball

NFHS Considerations - ALL RULE CONSIDERATIONS FOLLOWED?

1. Limit number of participants in the pre-match meeting (one coach, one captain). No handshakes will be allowed and physical distancing rules will be enforced. Pre-match meetings should take place away from the scorer's table if possible.
2. No switching of team benches unless it has been determined there is a clear disadvantage on one side of the court.
3. Eliminate the option of choice of side during the deciding set coin toss. Maintain physical distance during the conference.
4. R2 will maintain physical distancing during the substitution procedure.
5. Coach/official and player/official conferences will be allowed but all physical distancing guidelines will be enforced.
6. Only essential personnel at the scorer's table. Visiting team's bookkeeper will not be allowed unless it is to be the official libero tracker.
7. No handshakes prior to or after the match.
8. Face covering will be permitted by players, coaches, bench personnel and officials.
9. Electronic whistles will be allowed.

Additional DPS/WDA Regulations:

1. All matches for the season will be limited to conference opponents only. As a result, the only tournaments permitted will be end of season tournaments. At this time, the sub-varsity tournaments will be evaluated closer to the dates of the tournament.
2. Travel rosters may be limited....