

# **MMI Preparatory School**

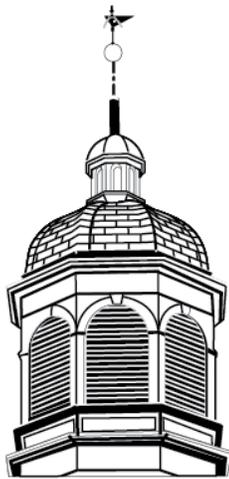
**Student-Parent**

**Athletic**

**Handbook**

**2020-2021**

**REVISED 7-30-2020**



**MMI**  
**Preparatory School**

Head of School: Mr. Justin S. Kleinheider

Academic Dean: Mr. Justin Vincent

Director of Athletics: Mr. Vincent Vella

## Introduction

Students at MMI Preparatory School are challenged with a rigorous academic program. In addition, they participate in a wide variety of extra-curricular activities from which they gain valuable perspective about themselves and life beyond the classroom. Athletic competition and organized sports play an essential role in both physical education and school life. To provide these important experiences for its students, MMI offers interscholastic competition through 17 teams from grades 7 through 12.

The contents of this guide are designed to help establish standards of behavior and provide direction for the student-athletes, coaches and parents during their athletic experience as a MMI Prepper. While it is not possible to find answers to every question in this handbook, you should find it to be a useful reference guide.

All questions pertaining to student eligibility and athletic department policy should be brought to the attention of the athletic director. Questions regarding a specific sport or team should be directed to the head coach. New information about MMI's COVID-19 Athletic Recovery plan is included in this handbook. **All athletes must return the Participation Waiver for Communicable Diseases Form and the Handbook Acknowledgement Form at the end of this document prior to the start of their season.**

## Statement of Athletic Philosophy

Athletics at MMI is an integral part of the School's total educational program. Our goal is to help develop our student-athletes physically, psychologically, and socially while teaching them to strive for excellence.

The purpose of the athletic program, regardless of age level, is to develop healthy lifestyles and recreational skills and to teach commitment, self-discipline, self-sacrifice, sportsmanship, cooperation, citizenship, loyalty and pride in one's self and school community. Athletics also provide opportunities for students to learn to deal with adversity. The athletic program is based on interscholastic competition in grades 7 through 12. The level of participation is arranged for each boy and girl appropriate to his or her age, development, ability, and interest. MMI seeks to encourage as much participation as possible to each level of interscholastic competition.

### **Sub-Varsity (Mid School, Junior High, and Junior Varsity)**

Sub-varsity teams are considered introductory level interscholastic competition. Emphasis is placed on skill development, individual improvement, self-confidence, and teamwork, with the ultimate goal being continued progress towards varsity competition. MMI will follow a “no-cut” policy for these levels. Every team member that attends practices as designated by the coach and follows team and School rules will have an opportunity to participate and receive playing time in every competition. The coach will always determine the amount of playing time; but the focus will be on developing skills and fundamentals necessary to compete at the varsity level.

### **Varsity**

Varsity athletics is the highest level of interscholastic competition. MMI is committed to fielding the best possible athletic teams for competition at this level. Varsity teams may have some roster limitations. Coaches will continue to strive for high levels of skill, positive self-esteem, sportsmanship, and team play. While it will be the goal of the varsity level program to encourage student-athlete participation, playing time in games will be earned by the athlete’s efforts in addition to his/her talents as well as what is best for the overall success of the team.

### **Expectations of the Student-Athlete**

Participation in athletics is not a right but a privilege. In order for students to participate in interscholastic athletic programs, there are certain rules and regulations that must be followed. It is the responsibility of every student-athlete to know and understand these rules and regulations. Continued disregard of the following expectations could result in suspension or dismissal from a particular team.

### **Student Handbook**

As noted in the student handbook, students are expected to show respect for the rights and property of others, to exhibit courtesy and good character, and to engage in behavior, which brings credit to the School and to the community, whether they are on or off campus.

## **PIAA**

MMI is a member of the Pennsylvania Interscholastic Athletic Association (PIAA) District II, which is the governing body of high school athletics in Pennsylvania. All PIAA rules and regulations must be followed by MMI's administrators, coaches, student-athletes and parents. The PIAA handbook, which includes rules and regulations of the association, can be found on their website at [www.piaa.org](http://www.piaa.org).

### **Conduct/Sportsmanship**

As a member of athletic teams, student-athletes are high profile representatives of MMI. Students are expected to act in an appropriate manner. The following behavior is inappropriate and will not be tolerated:

1. Fighting
2. Profanity
3. Possession of, use of or being under influence of alcohol, tobacco or drugs (on or off school property)
4. Unsportsmanlike conduct
5. Rude or disrespectful behavior
6. Taunting/Threatening opponents or official
7. Destruction of property
8. Bullying/Harassing

Any student-athlete who exhibits any of the above behaviors may be suspended from athletic competition for a period of time as per PIAA regulations and/or MMI administration. The student-athlete will also be responsible for any and all costs the School may incur due to the unsportsmanlike conduct. Additionally, the student may face School disciplinary action.

### **Academic Requirements**

Students that do not meet the academic standards set forth in MMI's Student Handbook (core class grades must be 70% or higher) will be placed on academic probation for a period of one week. Students will be notified by the Athletic Director that they have one week to bring their grade(s) back up into good standing. If at the end of the week, a student has not made sufficient improvement then the student will become ineligible to participate for the next week. Academic ineligibility is not meant to be a punishment, but is an opportunity for students to focus on their schoolwork and improve their grades. At the conclusion of the

ineligible week, the student's academic record will be reviewed and if sufficient improvement has been made the student will be allowed back to participate. If sufficient academic progress has not been met, the student will sit out another week. The week will begin on Monday (or the first academic day) and run through Sunday. The student will not be allowed to attend practice, play in a contest, or attend the contest during that time period.

Students who conclude the marking period with a grade below 70% in any core class will be ineligible to participate for a period of two weeks (ten academic days).

### **Practice/Game Attendance**

Practice and game attendance is mandatory, and it should be noted that optional and required practices or games may be scheduled on weekends, holidays, or breaks. Illnesses, family emergencies, religious observances, and college visits are acceptable reasons for missing practices and games. MMI teams take precedence over all outside programs. Anticipated conflicts with practices and games will be directly addressed by Head Coaches. Any participant that goes out for a team and chooses to participate on a team is required to fully commit to that team. If, for some reason, a student-athlete decides to stop participating on a team, or the student-athlete is dismissed from a team, then he/she will not be permitted to join or participate in any other sport for the duration of that sport season.

### **School Attendance**

A student-athlete must be in attendance on regularly scheduled school days by 11:30 am in order to participate in athletic competitions and practices for that day. In the event we are operating on a 2-hour delay schedule, the student-athlete must attend by 12:15pm in order to participate. Excused absences will be taken into consideration (i.e. religious observances, college visits, etc.). Students who skip a class resulting in an unexcused absence from that class will lose privileges including the ability to participate in practice or competitions for that day.

### **Early Dismissals/Absences**

It is the student-athlete's responsibility to inform his/her classroom teachers of all known absences and/or early dismissals due to athletic events. Student-athletes are responsible for submitting assignments and completing tests, quizzes, and papers due in classes missed for athletics.

## **Varsity Letter**

A varsity letter will be awarded to a student-athlete who abides by this handbook and at the discretion of the Director of Athletics with input from the Head Coach. Failure to follow the guidelines set forth by the Head Coach may result in denial of this varsity letter. Quitting a team will automatically disqualify a student-athlete from obtaining a varsity letter.

Requirements for receiving a Varsity Letter:

- Must be of good character, in good athletic and academic standing.
- Must complete the season and maintain academic eligibility
- If injured, athletes may receive a letter if in the opinion of the Head Coach, he/she would have participated enough had they not been injured and served the team in some capacity.
- Regular Attendance at practices, games, meets, or matches unless excused by the Head Coach, a Parent or Doctor.
- Contribute to the team's success.
- At the discretion of the Head Coach, with consent of the Athletic Director.
- With the approval of the Athletic Director, team managers may also be awarded varsity letters if in the estimation of the Head Coach it is warranted.

In addition to the general letter requirements, the following sport specific requirements contribute to the awarding of a varsity letter:

Baseball:

- Participate in more than 50% of the varsity innings.
- Pitchers qualify if they appear in 20 or more innings as a pitcher.

Basketball:

- Participate in more than 50% of varsity game quarters.

Cheerleading:

- Participation in more than 80% of all scheduled cheering events.

Cross Country:

- Be a scoring place finisher in more than 50% of the dual competitions.
- Finish in the top half of MMI runners in more than 50% of all dual competitions.

Golf:

- Be a scoring place finisher in more than 50% of the dual competitions.
- Finish in the top half of MMI golfers in more than 50% of all dual competitions.

Soccer:

- Participate in more than 50% of varsity halves.

Softball:

- Participate in more than 50% of the varsity innings.
- Pitchers qualify if they appear in 20 or more innings as a pitcher.

Tennis:

- Earn more than one-half of all possible play points during the season. Each match will be one possible play point (15 matches = 15 points, therefore athletes would need to earn 8 points to letter).

Volleyball:

- Play in more than 50% of the varsity games (not matches).

### **Transportation**

All student-athletes MUST travel to and from athletic events held off campus on transportation provided by MMI. Parents must obtain special permission from the Head Coach and/or Director of Athletics if other transportation requirements are needed.

### **Equipment and Uniforms**

It is the student-athlete's responsibility to care for the equipment and team uniforms issued to them. If items are lost or damaged beyond what is considered normal wear and tear, the family's account will be billed for replacement costs. Student-athletes will have one week after the completion of their last contest to turn in all school-issued gear to the athletic department.

MMI's official colors are red and white. Black is an accent color. All practice shirts, warm-ups shirts, jackets, etc. must adhere to school guidelines. All items must be approved by the coach and director of athletics.

The School has the ability to control when warmups, shooting shirts, team jackets may be worn or not allowed to be worn for games/contests. This goes for items that are purchased through the booster clubs, parent organizations and/or items directly purchased by the students/parents.

All players must have the opportunity to purchase a warmup, shooting shirt, team jacket, etc. If all players are not given the opportunity, then it is possible that no one will have the ability to wear the item during the game.

Students may dress down on the day of a home game/contest to show school/team spirit. The student must wear the team uniform or the team warm up. All players on the team must wear the same item (i.e. some cannot have the uniform on and others the warmup). This should be coordinated prior to the school day amongst the team members. Other regular dress code requirements must be adhered to.

### **Required Forms**

All 7 through 12 grade students that are interested in playing on any MMI team **MUST** have the following forms completed. The completed forms must be turned into the Athletic Department before you can participate in **ANY** athletic activity. All forms can be found on the School's athletic webpage.

- **PIAA Comprehensive Physical Form (Sections 1-6)**
- **Participation Waiver for Communicable Diseases Form**
- **Student-Parent Athletic Handbook Acknowledgement**

### **Form Physical Education/Athletic Study Hall**

Upper School student-athletes can elect to take a study hall in place of their physical education class. Eligible students must choose PE or Athletic Study Hall at the beginning of their respective season (the Academic Dean and/or the Athletic Director will reach out to students for this information) and this enrollment choice will remain in effect according to the following schedule:

- Fall Season - Marking Periods 1 & 2
- Winter Season - Marking Periods 2 & 3
- Spring Season - Marking Periods 3 & 4

Students that meet participation requirements for their respective athletic teams and elect to take a study hall will receive a 100% for the appropriate marking periods in their PE class. Students who elect to take PE will be graded according to the standard protocols.

Should a student-athlete be struggling academically, they may be moved to the Athletic Study Hall at the discretion of the administration.

## **Student-Athlete Injuries**

From time to time, when participating on an athletic team, your son/daughter may get injured. It is the responsibility of the student-athlete to inform his/her coach immediately if an injury has occurred during a practice or competition. Occasionally an athlete may not know that he/she is injured until after a practice or competition has ended. In this case, please do not hesitate to take your child to a medical professional. If the student-athlete decides to do this, please contact the Athletic Director within 24 hours so that the injury can be documented by the Athletic Department. However, if the parent/guardian would like for your child to be evaluated by a licensed and certified athletic trainer, please have your child report to the Athletic Department the following school day. The Athletic Trainer will evaluate the athlete's injury and determine the best course of action for getting him/her back to competing. If your child is injured during a competition or practice and the athletic trainer evaluates him/her, you will be notified of the incident and the proper steps will be taken to treat the injury.

### **Expectations of the Parent/Guardian**

The parents/spectators role is one of support to the players and coaches. Every parent and spectator is expected to:

- Refrain from coaching their child and/or other players during games and practices.
- Respect the officials and their authority during games.
- Never question, discuss, or confront coaches at the athletic venue.  
Speak to coaches at an agreed upon time and place.
- Never confront the opposing team's coach or players on the other team.
- Understand that playing time is earned through work ethic, attitude, practice/scrimmage/game performances and is at the sole discretion of the coaching staff. Coaches will use a fair and objective system to determine each student-athletes playing time.
- Understand that the coaches will not discuss strategy, playing time or substitution patterns with parents or relatives of the student-athletes.
- Remember that student athletes participate to have fun and that the game is for the student-athletes, not adults.
- Demand that their child treat other players, coaches, officials, and spectators with respect regardless of race, creed, color, sex, or ability.
- Promote the emotional and physical well-being of the student-athletes ahead of any personal desire they may have for their child to win.
- Not encourage any behaviors or practices that could endanger the health or well-being of the student-athletes.
- Be positive support for all players, coaches, officials, and spectators at every

- game, practice, or sporting event.
- Not engage in any kind of unsportsmanlike conduct with any official, coach, player, or parent, such as booing or taunting or using profane language or gestures.
  - Parents/Guardians should pick up their son/daughter after a practice or event in a timely manner.

In summary, parents and spectators should not engage in “coaching” from the sidelines, criticizing players, coaches, or game officials or standing on or behind team benches. If a parent/guardian or spectator exhibits any negative behaviors, it will be considered cause for dismissal, suspension, or permanent expulsion from future athletic events.

### **Expectations of the Coach**

It is MMI’s desire to provide the best athletic experience for each student-athlete. Below is a list of guidelines we expect all MMI coaches to follow in order to provide such an experience:

- Maintain the standards of the MMI Athletic Philosophy.
- Promote the health and safety of all student-athletes at all times. Create a safe environment.
- Must make sure all student-athletes on their team are legally and properly equipped.
- Be a model of sportsmanship and behavior and demand this of all team personnel.
- Respect and dignify each student-athlete as an individual.
- Establish time demands that acknowledge the primary importance of each student- athlete's academic and family responsibilities. Communicate these demands in a timely manner (includes practice and game schedules).
- Promote among athletes and coaches a solid sense of team membership.
- Maintain an awareness of recent thinking and strategy in their specific sport or discipline.
- Assist, whenever appropriate and mutually convenient, with the post high school planning for individual student-athletes as it relates to athletics.
- Be available to parents at times that are mutually convenient and in alignment with the athletic “24-hour rule.”
- Work with school personnel, when appropriate, to advocate for the best interest of the student-athletes.
- Encourage student-athletes to experience high school in a well-rounded manner. Foster their interests to pursue other options in addition to your specific sport. Speaking in a derogatory fashion about other sports or activities is unprofessional and unacceptable.
- Adhere to all PIAA and MMI Athletic Department policies at all times.

### **Senior Recognition Days/Nights**

Senior Recognition Days/Nights will be coordinated with the coaching staff, parents and student-athletes. Each team can conduct their own program during the designated sporting event; however, approval from the Director of Athletics must be acquired. The senior day/night event will take place on the last regularly scheduled home game. Exceptions may happen if there is a postponement or scheduling conflict. This includes 8<sup>th</sup> grade recognition nights for the mid school teams. These events are run by parents, coaches, and/or underclassmen of the team. The director of athletics does not coordinate these types of events.

### **Steps to a Successful Experience as an MMI Student-Athlete and Parent**

Athletics can be an emotional endeavor and occasionally conflict will arise. If there is an athletic issue concerning your student-athlete, please consider the “24 hour rule” – that is, please wait 24 hours before contacting the coach. We have found that if all parties involved with an athletic conflict take time to reflect on the situation, the ensuing conversation will be based less on emotions and more on facts. While the “24 hour rule” may not resolve your concern, it might prevent a misunderstanding from escalating into an adversarial situation. If after 24 hours you still feel that the situation merits attention, please follow the grievance procedures listed below:

1. Have your child talk with the coach first.
2. Schedule a conference with the coach. If a coach is not available or does not return calls or emails, contact the Athletic Director.
3. Schedule a meeting with the Athletic Director, coach and parent. This meeting shall be facilitated by the Athletic Director where both sides shall be allowed to present their side.
4. Schedule meeting with the Assistant Head of School, Athletic Director, coach and parent.

### **Playing Time**

One of the primary sources for conflict in athletics is the issue of playing time. Please keep the following distinctions in mind as you consider your athlete’s experience.

Every student-athlete at the sub-varsity level, who fulfills his or her academic and team commitments, will be given the opportunity to play in every game or competition. The

amount of playing time and time of play within the competition will always be determined by the coach, but the focus will be on developing skills and fundamentals necessary to be on the varsity level.

On varsity teams, there are no guarantees of playing time for any student-athletes. Playing time will be determined by the coaching staff with the focus on competing for success. Athletes at all levels should have an expectation that their development will be evaluated and coaches will communicate areas for improvement.

### **The College-Bound Student-Athlete**

If a student-athlete is planning to enroll in college as a freshman and wishes to participate in Division I or Division II athletics, he/she must be certified by the NCAA Eligibility Center. It is each athlete's responsibility to see that the Clearinghouse has the documents it needs for certification. The NCAA Eligibility Center, located in Iowa City, Iowa, is the organization that handles ALL inquiries regarding an individual's initial eligibility status. The Clearinghouse operates a separate Web site at [www.eligibilitycenter.org](http://www.eligibilitycenter.org), which maintains and processes all of the initial-eligibility certifications.

If you need any further assistance, please contact the Athletic Department and/or the MMI College Advising Department.

### **MMI Athletic Offerings**

#### **Fall Sports (August – November)**

- Boys and Girls Cross Country (9-12)
- Boys and Girls Golf (9-12)
- Co-ed Upper School Soccer (9-12)
- Girls Volleyball (9-12)
- Girls Tennis (9-12)
- Co-ed Mid School Soccer (7-8)

#### **Winter Sports (December- February)**

- Upper School Boys Basketball (9-12)
- Upper School Girls Basketball (9-12)
- Mid School Boys Basketball (7-8)
- Mid School Girls Basketball (7-8)

### Spring Sports (March – May)

- Upper School Baseball (9-12)
- Upper School Softball (9-12)
- Mid School Baseball (7-8)
- Junior High Softball (7-9)
- Boys Tennis (9-12)

### **COVID-19 MMI Athletic Recovery Plan for Participation**

MMI will be following the Pennsylvania Interscholastic Athletic Association guidance issued on July 30, 2020 for the commencement of the fall sports season. All coaches, athletes, officials, parents/guardians, and spectators (when permitted) must strictly adhere to the rules as outlined. For student athletes, social distancing will follow state regulatory guidelines. They should continue to wear masks when indoors. All meetings will be on a virtual platform.

Social distancing should be maintained at all other times such as in the weight rooms and locker rooms.

For contact sports such as soccer, the recommendation of limiting full contact to games only will be enforced.

### **Limitations on Gatherings:**

- Per the PIAA guidelines released July 30, 2020, **MMI will not allow spectators at any home sporting events.** During the Yellow and Green phases of reopening, sports-related activities in the PK-12 level are limited to student athletes, coaches, officials, and staff only. This policy may be modified if the Governor updates his guidance on the number of people who can safely gather.
- Controlled non-contact practices only, modified game rules
- No Concession stands
- Social Distancing should be applied during practices and in locker rooms, and gathering areas

***In order for preseason workouts or in season official practice to take place for all MMI athletes to participate, the following guidelines must be adhered to:***

1. Staff at practice or workouts are limited to only essential personnel. (Coaches, athletic director, trainer, etc.)
2. Large social gatherings in any space is prohibited.
3. Virtual team meetings should take place whenever possible.

4. When at practice or in competition, any unnecessary contact should be avoided such as handshakes, high fives, fist bumps, or elbow bumps.
5. In all common areas, seating should be spaced six feet apart. Large social gatherings in any space should be discouraged.
6. Student athletes should sit every other seat on a bench. They should consciously stand six feet apart when not participating in a drill or activity that requires closer contact.
7. All equipment should be cleaned between each individual use.
8. Athletes should not share gear and instead use their own personal equipment.  
**\*\*Keep in mind\*\* (until directed otherwise)** For volleyball and tennis where there is no way to prevent the sharing of a ball by multiple people, the CDC recommendation of assigning groups prior to the start of practice for its duration will prevail. No mixing of groups will be permissible for that practice.
9. Each athlete should have his/her own personal defined hydration container that is never to be shared.  
 Water coolers are not to be used at the outdoor practices/events and will not be provided by the athletic trainer until Phase 4 begins. (5 weeks after the official start of the fall season) Hand sanitizer will be made available throughout the facility for use before, during, and after workouts.
10. Until further instruction by the PIAA, the CDC and/or the Governor's office of the State of Pennsylvania, student athletes, coaches, and staff are strongly encouraged to use masks when in all indoor spaces. This is inclusive of the athletic training rooms and weight rooms.  
 The garment should cover both the nose and mouth and allow for continued unlabored breathing. At all times, all coaches and staff are encouraged to be masked 100% of the time. (until further instructed) A strong recommendation is for frequent handwashing and avoidance of touching the face.
11. Pre-participation exams prepared on PIAA medical forms are due to the coach on the first day of official practice. Without exception, anyone not turning them on that date (August 17) will be forbidden to participate until the forms are completed in full and turned in.
12. Pre-participation exams prepared on PIAA medical forms are due to the coach on the first day of official practice. Without exception, anyone not turning them on that date (August 17) will be forbidden to participate until the forms are completed in full and turned in.
13. Conducted by the trainer, student athletes, coaches, and staff should be screened daily with no-touch temperature checks.  
 A positive screen that would warrant further investigation would be a temperature greater than 100.4° F or a “yes” response to any of these three questions: **(1) Do you have a new onset cough or shortness of breath? (2) Have you had a fever or felt febrile? (3) Have you had known exposure to a COVID-19-positive individual?**
14. Should an individual athlete become ill during any of the above periods, they should be immediately removed from the group, masked if not already, and isolated in their

individual space. The parent or guardian should be notified right away. Testing for COVID-19 should be done. If testing is positive, contact tracing should be initiated.

15. All ill athletes will be held from participation no matter the circumstance.
16. Students who test positive for COVID-19 may return to social interaction 24 hours after resolution of symptoms, including but not limited to: fever (without the use of fever reducing medications), cough, shortness of breath, AND at least 10 days have passed since symptoms first appeared according to CDC guidelines. The student should provide a written release for return to activity from their medical provider before allowing continued participation.
17. When on a bus, social distancing is needed with no two athletes sitting in the seats next to each other. (until further directed)
18. Preparations should be made for limited stops to and from competitions. (Such as meals)

Below are the classifications of sport as they pertain to risk as outlined by the state of Pennsylvania, the PIAA, and the Department of Education. Taken into account are the phases outlined for social distancing set up by the state.

#### **CLASSIFICATION OF SPORTS**

**High Risk:** Sports that involve close, sustained contact between participants, lack of significant protective barriers, and high probability that respiratory particles will be transmitted between participants. Examples: football, wrestling, cheerleading (stunts), dance

**Moderate Risk:** Sports that involve close, sustained contact, but with protective equipment in place that may reduce the likelihood of respiratory particle transmission between participants OR intermittent close contact OR group sports that use equipment that cannot be cleaned between participants. Examples: basketball, volleyball, baseball, softball, soccer, ice hockey, tennis, pole vault, high jump, long jump, 7 on 7 football

**Low Risk:** Sports that can be done with social distancing or individually with no sharing of equipment or the ability to clean the equipment between uses by competitors. Examples: running events, cross country, throwing events, swimming, golf, weightlifting, sideline cheer.

\*\* High/Moderate Risk Sports may move to a Low risk category with non-contact modifications.

#### **Specific Team Guidance From the PIAA (July 30, 2020)**

#### ***CROSS COUNTRY RULE CONSIDERATIONS:***

***The NFHS has determined that CROSS COUNTRY is a lower risk sport (sports that can be done with social distancing or individually with no sharing of equipment or the ability to clean the equipment between use by competitors).***

Schools are encouraged to comply with NFHS Rule 8-5, that events contested with 4 or fewer teams be limited to a maximum of 12 participants from each team.

- Cross country meets should consider using staggered, wave or interval starts.

***Possible Rule Modifications:***

- Consider widening the course to at least 6 feet at its narrowest point.
- Consider using finish corrals and FAT timing for larger meets as easier to distance at finish.
- If no FAT timing system is available, consider alternative means of finish place and time to reduce congestion at finish line. If sticks are used for determining place, disposable sticks are recommended by race.
- Consider using image-based equipment at the finish line to assist with picking places and reducing congestion.

***PRE AND POST RACE CEREMONY:***

**Pre and Post Race Ceremony:**

- Establish cross country specific social distancing meet protocols including the elimination of handshakes before and after the race. o The use of team tents on site is discouraged.
- Teams are expected to provide individual water for their athletes and discourage the use of water stations and open cups.

***CONSIDERATION FOR CROSS COUNTRY OFFICIALS:***

**Please review the General Considerations for Officials.**

- Follow social distancing guidelines:
- Pre and Post Meet conferences.
- Clerking at the start line.
- Tabulations and posting of results.
- Consider using electronic whistles.

**Return to Competition: General Considerations for Golf**

**The NFHS has determined that GOLF is a lower risk sport (sports that can be done with physical distancing or individually with no sharing of equipment or the ability to clean the equipment between uses by competitors).**

### **COMPETITION CONSIDERATIONS:**

- Schools may adhere to local course competition rules in relation to COVID-19 accommodations.
- Social distancing of at least 6 feet should be maintained at all times. No hugging, shaking hands, or fist bumps for support/encouragement.
- Normal golf groups are permitted.
- Limit use of golf shop and retail operations to maintain social distancing guidelines. If social distancing cannot be maintained, golf shop access should be prohibited prior to the competition.
- To limit congestion, limiting field size and starting from one tee only is recommended. Also, consider the expanded spacing of starting times (12 minutes apart for groups of 3 and 15 minutes apart for groups of 4)
- Tees, pencils and ball-markers and sharpies will not be available. Players must bring their own equipment and food/beverage as needed.
- Electronic scoring is permitted for Regular Season competition. The exchange of scorecards by players is discouraged and verbal confirmation of scores may be accepted.
- To limit congestion, it is recommended that a window of time be established for players to access practice facilities before their round based on their starting times.
- It is recommended that practice facilities not be used after the round and that all players be encouraged to depart immediately when finished.

### **Return to Competition: General Considerations for Soccer**

**The NFHS has determined that SOCCER is a moderate risk sport (sports that involve close, sustained contact, but with protective equipment in place that may reduce the likelihood of respiratory particle transmission between participants OR intermittent close contact OR group sports OR sports that use equipment that can't be cleaned between participants).**

### **SOCCKER RULES CONSIDERATIONS:**

#### **PREGAME CONFERENCE:**

- Limit attendees to head referee or center referee, the head coach from each team, and a single captain from each team.
- Move the location of the pregame conference to the center of the field. All

individuals should maintain a social distance of 6 feet.

- No handshakes prior to and following the Pregame Conference.

***BALL INDIVIDUALS:***

- Encourage social distancing of 6 feet. When possible, additional game balls may be placed around the outside of the field to limit contact with the ball. Ball holders are encouraged to use their feet or wear gloves to return balls to designated areas or field players.

***TEAM BENCHES:***

- Encourage bench personnel to observe social distancing of 6 feet.
- Team areas may be expanded to promote social distancing.

***SUBSTITUTION PROCEDURES:***

- Maintain social distancing of 6 feet between the substitute, officials and/or teammate(s) by encouraging substitutions to occur closer to the center line.

***OFFICIALS TABLE:***

- Limit to essential personnel who includes home team scorer and timer with a recommended distance of 6 feet between individuals.
- Visiting team personnel (scorer, statisticians, etc.) are not deemed essential personnel and will need to find an alternative location.

***PREGAME, HALF-TIME AND POST MATCH CEREMONY:***

- No pregame world cup introduction line pre-half team huddles on the field. Send players to their field positions with bench personnel lined up on the touch line (6 feet apart) for introductions.
- Water bottles are discouraged on the field of play and should be used off the playing surface.
- Goalkeepers are encouraged to keep a water bottle behind the net for the purpose of wetting their gloves rather than spitting.
- Coaches are encouraged to hold pre-game, half-time and post-game meetings socially distant and off the playing surface, where possible.
- No post game shaking hands.

## ***SOCCER RULES INTERPRETATIONS:***

### ***EQUIPMENT AND ACCESSORIES:***

- Cloth face coverings are permitted.
- Gloves are permitted.

### ***LEGAL UNIFORM:***

- Long sleeves are permitted.
- Long pants are permitted.
- Under garments are permitted but must be of a similar length for the individual and a solid like color for the team.

### ***OFFICIALS UNIFORM AND EQUIPMENT:***

- Long-sleeved shirt/jackets are permitted.
- Electronic whistles are permitted.
- Face coverings are permitted.
- Gloves are permitted.

### ***CONSIDERATION FOR SOCCER OFFICIALS:***

- Please review the General Considerations for Officials.
- Officials may use electronic whistles during contests but must be aware of increased risk of inadvertent whistles.
- Social distancing guidelines should be employed during the contest for officials when interacting with coaches and student-athletes (ex. penalties or carding)

### **Return to Competition: General Considerations for Tennis**

***The NFHS has determined that TENNIS is moderate risk (sports that involve close, sustained contact, but with protective equipment in place that may reduce the likelihood***

**of respiratory particle transmission between participants OR intermittent close contact OR group sports OR sports that use equipment that can't be cleaned between participants.)**

**\*Tennis could potentially be considered "Lower Risk" with appropriate cleaning of equipment and use of masks by participants.**

#### **TENNIS MATCH CONSIDERATIONS:**

##### ***PRE-MATCH CONFERENCE:***

- Limit attendees to any pre-match conference between athletes and coaches. Make sure to maintain social distancing of 6 ft.

##### ***TEAM AREAS:***

- Make sure team personnel observe social distancing of 6 ft.

##### ***DURING MATCHES:***

- Between points, use your racquet or foot to advance the tennis balls back to your opponent. *Also, avoid using your hands when returning balls to another court.*
- Maintain physical distancing if changing ends of the court.
- Avoid touching your face after handling a ball, racquet or other equipment.
- *Wash your hands promptly if you have touched your eyes, nose or mouth.*
- When playing doubles, coordinate with your partner to maintain physical distancing, where possible.
- Wash your hands thoroughly or use a hand sanitizer before, during (between sets), and after play.
- Clean and wipe down your equipment, including racquets and water bottles. *Use new balls and a new grip, if possible.*
- Use only your own towels and water bottles. Avoid sharing food and touching common surfaces such as court gates, fences, benches, etc.

##### **TENNIS BALLS:**

*Although unlikely, it's possible that a tennis ball can transmit the COVID-19 virus, as virtually any hard surface can transmit the disease. Here is an extra precaution you can take to keep safe when playing tennis, if feasible:*

- Use four or six tennis balls.

- Open two cans of tennis balls that do not share the same number on the ball.
- Take one set of numbered balls, and have your playing partner take a set of balls from the other can. (Have one player mark their balls for easier identification.)
- Proceed with play, making sure to pick up your set of numbered balls only. Should a ball with the other number wind up on your side of the court, do not touch the ball with your hands. Use your racquet head or feet to advance the ball to the other side of the court.

### **Return to Competition: General Considerations for Volleyball**

**The NFHS has determined that VOLLEYBALL is a moderate risk sport (sports that involve close, sustained contact, but with protective equipment in place that may reduce the likelihood of respiratory particle transmission between participants OR intermittent close contact OR group sports OR sports that use equipment that can't be cleaned between participants.**

**\*Volleyball could potentially be considered "Lower Risk" with appropriate cleaning of equipment and use of masks by participants.)**

### **VOLLEYBALL RULES CONSIDERATIONS:**

#### **PRE-MATCH CONFERENCE:**

- Limit attendees to the first referee, head coach, and one captain from each team.
- Move the location of the pre-match conference to center court with one coach and one referee positioned on each side of the net. All four individuals should maintain a social distance of 6 feet.
- Suspend roster submission at the pre-match conference. Rosters should be submitted directly to the officials' table before the 10-minute mark.

#### **TEAM BENCHES**

- Suspend the protocol of teams switching sides/benches between sets.
- Home team will select their bench prior to the match and remain on the same side for the duration of the match.

- Team areas may be expanded to promote social distancing outside of playable areas.

***DECIDING SET PROCEDURES:***

- Move the location of the deciding set coin toss to center court with team captains and the second referee maintaining the appropriate social distance of 6 feet. A coin toss, called by the home team, will decide serve/receive.
- Suspend the protocol of teams switching sides/benches before a deciding set.

***SUBSTITUTION PROCEDURES:***

- Maintain social distancing of 6 feet between the second referee and the player and substitute by encouraging substitutions to occur within the substitution zone closer to the attack line.

***OFFICIALS' TABLE:***

- Limit to essential personnel (which includes home team scorer, libero tracker and timer), with a recommended distance of 6 feet between individuals.
- Visiting team |personnel (scorer, statisticians, etc.) are not deemed essential personnel and will need to find an alternative location.

***VOLLEYBALL OFFICIALS MANUAL CONSIDERATIONS:***

***PRE AND POST MATCH CEREMONY***

- Establish volleyball specific social distancing match protocols including the elimination of handshakes before and after the match.

***VOLLEYBALL RULES INTERPRETATIONS:***

***EQUIPMENT AND ACCESSORIES:***

- Cloth face coverings are permitted.
- Gloves are permitted.

***LEGAL UNIFORM***

- Long sleeves are permitted.

- Long pants are permitted.
- Under garments are permitted, but must be unadorned and of a single, solid color similar in color to the predominant color of the uniform top or bottom.

**OFFICIALS UNIFORM AND EQUIPMENT:**

- By state association adoption, long-sleeved, all-white collared polo shirt/sweater is permitted. (Electronic whistles are permitted.)
- Face coverings are permitted.
- Gloves are permitted.

**CONSIDERATION FOR VOLLEYBALL OFFICIALS:**

- Please review the General Considerations for Officials.
- Officials are permitted to use electronic whistles but must be aware of signaling difficulties when using both hands and the increased chance of inadvertent whistles.
- Use of a three ball rotation system should be considered for matches. This would allow for periodic sanitation of the balls.

**Phase of Sports in Pennsylvania**

**Phase 3 (PA State Green) after July 1<sup>st</sup> (or sooner if PIAA allows)**

**Pre-workout/practice/contest Screening:**

- All coaches and students should be screened for signs/symptoms of COVID-19 prior to a workout, practice, or contest. Screenings may include a temperature check. (See Appendix for COVID-19 Screening Form)
- Responses to screening questions for each person should be recorded and stored so that there is a record of everyone present in case a student develops COVID-19
- Any person with positive symptoms reported should not be allowed to take part in workouts, practices, and/or contests and should contact his or her primary care provider or other appropriate health-care professional

**Facilities Cleaning:**

- Adequate cleaning schedules should be created and implemented for all athletic facilities to mitigate any communicable disease
- Athletic facilities should be cleaned prior to arrival and post workouts and team gatherings, high touch areas should be cleaned more often
- Weight Room Equipment should be wiped down after individual use
- Appropriate clothing/shoes should be worn at all times in the weight room to minimize sweat from transmitting onto equipment surfaces

Physical Activity:

- Pre-season conditioning may begin and the official start of the fall season is August 17, 2020.
- Modified practices may begin for Moderate and High risk sports (practices must remain non-contact and include social distancing where applicable)
- Students should refrain from sharing clothing/towels and should be washed after each practice, including pinnies
- All athletic equipment that may be used by multiple individuals should be cleaned intermittently during practice and events as deemed necessary
- Hand Sanitizer should be used periodically as resources allow
- Spotters for maximum weight lifts should be stationed at each end of the bar

Hydration:

- Students MUST bring their own water bottle. Water bottles must not be shared.
- Hydration stations (water coolers, water fountains, water cows, water troughs, etc.) should not be utilized
- MMI has indoor touchless water bottle refilling stations and will have bottled water on hand at contests for emergency purposes.

Limitations on Gatherings:

- As per State and Local Guidelines - No fans are permitted to attend PK-12 sports contests per the PIAA until further notice.
- When not directly participating in practices or contests, social distancing should be considered and applied when possible among athletes, coaches, officials, and staff.



The COVID-19 pandemic has presented athletics across the world with a myriad of challenges concerning this highly contagious illness that primarily attacks the upper respiratory system. Some severe outcomes have been reported in children, and a child with a mild or even asymptomatic case of COVID-19 can spread the infection to others who may be far more vulnerable.

While it is not possible to eliminate all risk of furthering the spread of COVID-19, MMI will take the necessary precautions and comply with guidelines from the federal, state, and local governments, CDC, PA DOH, as well as the NFHS and PIAA, to reduce the risks to students, coaches, and their families. As knowledge regarding COVID-19 is constantly changing, MMI reserves the right to adjust and implement precautionary methods as necessary to decrease the risk of exposure for our staff, students, and spectators. Some precautionary methods in the MMI Recovery Plan for Participation in Sports include but may not be limited to:

1. Health screenings prior to any practice, event, or team meeting with participation in the activities being limited and/or prohibited where an individual displays positive responses or symptoms.
2. Encourage social distancing and promote healthy hygiene practices such as hand washing, using hand sanitizer, etc.
3. Intensify cleaning, disinfection, and ventilation in all facilities.
4. Educate Athletes, Coaches, and Staff on health and safety protocols.
5. Require Athletes and Coaches to provide their own water bottle for hydration.

**By signing this form, the undersigned voluntarily agree to the following Waiver and release of liability. The undersigned agree to release and discharge all claims for ourselves, our heirs, and as a parent or legal guardian for the Student named below, against MMI Preparatory School, its Board of Directors, successors, assigns, officers, agents, employees, and volunteers and will hold them harmless from any and all liability or demands for personal injury, psychological injury, sickness, death, or claims resulting from personal injury or property damage, of any nature whatsoever which may be incurred by the Student or the undersigned relating to or as a result of the Student’s participation in athletic programs, events, and activities during the COVID-19 pandemic.**

The undersigned acknowledges that participating in athletic programs, events, and activities may include a possible exposure to a communicable disease including but not limited to MRSA, influenza, and COVID-19. The undersigned further acknowledges that they are aware of the risks associated with COVID-19 and that certain vulnerable individuals may have greater health risks associated with exposure to COVID-19, including individuals with serious underlying health conditions such as but not limited to: high blood pressure, chronic lung disease, diabetes, asthma, and those whose immune systems that are compromised by chemotherapy for cancer, and other conditions requiring such therapy. While particular recommendations and personal discipline may reduce the risks associated with participating in athletics during the COVID-19 pandemic, the risk of serious illness, medical complications and possible death does exist.

We knowingly and freely assume all such risks, both known and unknown, even if arising from the negligence of others, and assume full responsibility for the undersigned Student’s participation in athletics during the COVID-19 pandemic. We willingly agree to comply with the stated recommendations put forth by MMI to limit the exposure and spread of COVID-19 and other communicable diseases. We certify that the undersigned Student is in good physical condition or believe the undersigned Student to be in good physical condition and allow participation in this sport at our own risk.

Sport: \_\_\_\_\_

Signature of Parent/Guardian: \_\_\_\_\_ Date: \_\_\_\_\_

Signature of Student Athlete: \_\_\_\_\_ Date: \_\_\_\_\_

**A full, printable copy of the MMI Recovery Plan for Participation in Sports is located on the MMI website.**



# Student-Parent Athletic Handbook Form

The Student-Parent Athletic Handbook is available to view and/or download on the MMI Athletic Website ([www.mmiprep.org](http://www.mmiprep.org)). Once the Handbook is completely read, the student- athlete and the parent(s)/guardian(s) must sign and date this form.

**I have read and fully understand the Student-Parent Athletic Handbook and agree to comply with all the rules and regulations.**

Athlete's Name: \_\_\_\_\_ Grade: \_\_\_\_\_

Athlete's Signature: \_\_\_\_\_ Date: \_\_\_\_\_

**I have read and fully understand the Student-Parent Athletic Handbook and agree to comply with all the rules and regulations.**

Parent/Guardian's Name: \_\_\_\_\_

Parent/Guardian's Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Parent/Guardian's Name: \_\_\_\_\_

Parent/Guardian's Signature: \_\_\_\_\_ Date: \_\_\_\_\_

**\*\*This form must be signed and dated and turned into the Athletic Department before the student-athlete can participate in any athletic contest\*\***