



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^o 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 1st (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.