

## **General Guidelines for Athletics at St. Stephens Indian Schools:**

### **General Information:**

- SSIS will provide activities for all students who have passed a physical and deemed not a person with possible prohibitive medical concerns.
- All students must have passed 5 classes the previous semester and are currently passing 5 classes to meet the WHSAA requirements.
  - See the schools eligibility requirements.
- SSIS's regular eligibility policy will still be in effect.
- Coaches, sponsors, and athletes will be screened daily for COVID-19 symptoms prior to participating in any athletics/activities. We will use the WHSAA screening form.
- Face coverings are optional while athletes are actively participating but are required at all other times while in the building.
- Coaches must always wear face coverings while in the building.
- Locker rooms will be sanitized everyday.
- Boys and Girls will practice in separate facilities.
  - In the event that practice has to be held in the same facility, practice times will be staggered.
- If students or coaches do not follow the mask rules they will receive one warning and then they will be asked to leave practice.

### **Transportation:**

- Practice from 1/26/21 to 2/15/21
  - All athletes will be responsible for their own transportation to and from practice.
  - A yukon will be available after practice in the event that a student does not have a ride.
- From 2/15/21-End of Season
  - Athletes coming to school on Monday/Tuesday will be allowed to ride the bus to school and take the activity bus home. Athletes who are in distance learning during this time will be responsible for their own transportation to practice. They will be allowed to ride the activity bus home.
  - Athletes coming to school on Wednesday/Thursday will be allowed to ride the bus to school and take the activity bus home. Athletes who are in distance learning during this time will be responsible for their own transportation to practice. They will be allowed to ride the activity bus home.
- For bus rides, coaches will create a seating chart to aid with social distancing.
- Boys and Girls will take separate buses.
- In the event that fans are allowed to attend events, parents will be given the option to transport their students to and from athletic events. In this scenario, the school is not responsible for fuel or meals.
- For games within 35 miles of the school, the school will allow players to drive themselves to and from the games. Players must have a valid driver's license/insurance and they are only allowed to drive themselves. They are not allowed to transport other athletes. In this scenario, the school is not responsible for fuel.
  - For safety reasons we highly encourage all athletes to ride the bus.

### Athletic Events

- Officials, event workers, and scorekeepers will be screened for temperature and other COVID-19 symptoms prior to entering the gymnasium, field or other contest area.
- Event workers and scorekeepers will be required to wear masks.
- Until further notice, no spectators will be allowed.
- Anyone with a fever over 100.4°F or demonstrating any other COVID-19 symptoms will not be allowed to enter the facility.
- Custodians will sanitize all areas of the gym and other areas of the school that are used on demand or at the end of the contest(s).
- Water coolers will be provided. Teams are required to bring their own water bottles. No cups will be provided.
- A ball rack will be supplied behind each bench. The rack will be sanitized at half-time and after each game.

### Fans

- Until further notice, no spectators will be allowed.

### Basketball Specific Guidelines:

- Hand sanitizer and masks will be readily available.
- Face coverings are optional while athletes are actively participating but are required at all other times while in the building.
- Coaches are required to wear a mask at all times.
- Balls will be sanitized frequently throughout practice and games.
- Players will do their best to social distance during practice.
- Coaches are encouraged to utilize small group/pod drills as much as possible. However, being a small school we understand that this may be difficult to achieve.
- Practice plans are required to aid in contact tracing (A basic practice plan is below. Coaches will be required to do a more detailed plan).
- Each team will have their own ball bag and ball cart.
- Equipment will not be shared (except basketballs and ball racks).
- During Home Games:
  - Water coolers will be provided. Teams are required to bring their own water bottles. No cups will be provided.
  - A ball rack will be supplied behind each bench. The rack will be sanitized after each game.
  - Only 12 players are allowed to suit up for each game.
    - Players will have assigned seating on the bench to aid with contact tracing.
    - Players not playing (JV during Varsity and Varsity during JV and Girls during Boys and Boys during Girls) will have an assigned seating area.
- See WHSAA guidelines below for more information

### Basic Practice Plan:

- Players are required to wear a mask at all times, but are not required during active play.
- Coaches are required to wear a mask at all times.
- Players will be responsible for their own water bottles. One water bottle will be provided to each athlete at the start of the season.
- Practice Plan
  - 3:45-4:00- Athletes get dressed
  - 4:00-4:10- Team Meeting/Announcements
  - 4:10-4:20- Warm-up Drills
  - 4:20-4:35- Defensive Drills
  - 4:35-4:50- Offensive Drills
  - 4:50-5:10- Team Drills
  - 5:10-5:20- Conditioning
  - 5:20-5:30- Athletes get dressed and ready for the bus

**Coaches are encouraged to utilize small group/pod drills as much as possible. However, being a small school we understand that this may be difficult to achieve.**

## **BASKETBALL CONSIDERATIONS**

Each school should develop a plan with their local health officials to successfully complete the winter season. Below are considerations to include in your plan.

### **Special Considerations for the use of the following equipment:**

- Basketballs
- Backboards and Rims
- Scorer's table
- Ball Bags
- Ball Cart(s)
- Individual Student Equipment / Personal Items
- Any item that is held or contacts the body (i.e. blocking shield/ dummies)
- Shooting, rebounding and/or passing machines
- Medicine Balls
- Water Bottles
- Gloves are permissible for all players, coaches and officials.
- Each team is responsible for its own towels, hand sanitizer and med kit

### **Special Considerations for the use of the following components of the facility:**

- Sidelines/Team Bench
- Warm-up areas
- Ticket Booths
- Entry/Exit Gates
- Concessions
- PA Systems
- Bleachers
- Bathrooms
- Locker Rooms
- Weight Training Facilities
- Hydration stations

**Practices** – Screenings, face coverings and individual hygiene of all participants should be followed in accordance with WHSAA Smart Start Guidelines and the WHSAA Screening/Monitoring form should be utilized.

- Workouts/practices should be conducted in “pods” of participants with the same players working out together to limit overall exposure (post players, wings, guards, etc.). It is recommended that the “pods” stay with the same level of competitors when possible (ex. 9th, JV, Varsity, Middle School A & B Teams).

- When in a scrimmaging situation, keep the same groups of players together as much as possible.
- Practices should be limited to team members only. No outside groups or individuals should be used during practice. (This would include no alumni scrimmages)
- Detailed, timed practice plans should be utilized to assist in contact tracing should it be needed.
- Participants should maintain the recommended six feet of distancing between individuals.
- No sharing of equipment (except basketballs).
- Sanitizing of hands and equipment, as necessary.
- Encourage players to not lick their hands and then wipe their shoes.
- Face coverings are optional while athletes are actively participating but are required at all other times while in the building.
- Coaches must always wear face coverings while in the building.

**Events** – WHSAA Smart Start Guidelines must be utilized for all events.

- Regular season contests will be individual contests only. Each level will be allowed 18 contests.
- Teams may have more than one contest in a day but must keep teams separated to meet social distancing guidelines. Contests must be scheduled to allow for appropriate cleaning and sanitizing when new teams come to the facility. Only two teams per gym will be allowed.
- To limit bench personnel, no more than 12 players may be suited up.
- For contact tracing purposes, it is also recommended there be assigned seating for bench personnel.
- A designated seating area should be assigned for those participants, at each level, that are not suited up during the current contest.
- Teams should go directly to their end of the court for warm-ups. Social distancing from the opponent should always be maintained during the warm-up periods.
- Each team should bring their own warm-up balls. Host school could supply a cart for each team that has been sanitized.
- Each game will begin with the visiting team having the first possession of the game. Alternating possession will be used the remainder of the game. For each overtime, the alternating possession will continue for the first possession of each overtime.
- Pre-game will consist of the Referee, maintain social distancing, asking each head coach if their players are properly equipped. There will be no coach and captain pre-game. No handshakes will take place.
- No pre or post game handshakes will take place.

- At the end of the contest, each team will line up on the free throw line extended on their bench side. Announcements will be read, and teams will wave acknowledging a good game.
- Participants must always wear face coverings while in the building except when playing during the game.
- Coaches must always wear face coverings while in the building.
- All event workers must always wear face coverings while in the building. Gloves may be worn when appropriate.
- There should be no team dinners during the season to assist in limiting exposures.
- No pre or post game gatherings should take place to assist in limiting exposure. (i.e. Tailgating, BBQ's, etc.)

**Post Season:**

Quadrant play on Thursday of Regional Week. Cross quadrant play on Saturday of Regional Week.

State –

- 1A on Wednesday & Thursday, March 3 & 4, 2021
- 2A on Friday & Saturday, March 5 & 6, 2021
- 3A on Wednesday & Thursday, March 10 & 11, 2021
- 4A on Friday & Saturday, March 12 & 13, 2021