Medford Public Schools
COVID19
Athletic Plan
The Medford Athletic Department

All students that wish to participate must register at [https://medford-ar.rschooltoday.com/](https://medford-ar.rschooltoday.com/) and have an updated physical turned in to the nurses office for clearance.

**WINTER TRYOUT SCHEDULE**

- **SWIMMING**- Dec. 14th & 15th 2:45-4:30 @ MHS SWIMMING POOL
- **GYMNASTICS**-Dec. 14th & 15th 3:30PM-5:30PM @ MHS GYMNASTICS ROOM
- **GIRLS BASKETBALL**-Dec. 14th, 15th & 16th 5:30-7:30pm @ COOPER GYMNASIUM
- **BOYS BASKETBALL**-Dec. 14th, 15th & 16th FRESHMEN & SOPHS. 4:30-6PM,… JRS. & SRS. 6:30-8PM @ COOPER GYMNASIUM
- **GIRLS HOCKEY**-Dec. 14th 3-4PM, Dec. 15th 4-5PM @LOCONTE RINK
- **BOYS HOCKEY**- Dec. 14th 4-6PM, Dec.15th 5-6PM Dec. 16th 7-9PM @LOCONTE RINK

**WINTER SPORTS COMPETITION**

- **GIRLS HOCKEY** - Start January 11th
- **GYMNASTICS** - Start January 11th
- **BOYS & GIRLS BASKETBALL** - March 1- April 10th ( Preseason conditioning February 1-26)
- **BOYS HOCKEY** - March 1- April 10th ( Preseason conditioning February 1-26)
- **SWIMMING** - March 1- April 10th ( Preseason conditioning February 1-26)

**Mandatory COVID-19 Testing for All Student Athletes and Students Participating in In-Person Extracurricular Activities**

Effective February 8, 2021, all students participating in interscholastic athletics or in-person extra-curricular activities will be required to participate in the COVID-19 testing program. This condition of participation does extend to students in Cohort D who are learning remotely but participating in the school district’s athletic or in-person extra-curricular programming. Cohort D students will be given a specific time between 1:00pm and 4:00pm on Wednesdays to come to Medford High School and visit the COVID-19 testing station starting next week. Failure by a student athlete or club participant to obtain a negative COVID-19 test in the preceding week - on Monday (Cohorts A/B, Wednesday (Cohort D), or Thursday (Cohorts A/C) will result in a suspension of eligibility for that student.
Coach & Staff Protocols

- Coaches are required to follow the MIAA Winter 2020 Rules Modifications and Guidelines. [These comprehensive guidelines can be found here.]
- Staff will follow all Medford Public schools protocols for dealing with COVID 19 illness.
- Athletic Directors will monitor coaches/staff by doing daily symptom checks.
- The single most important thing to do if anyone has symptoms or has had direct contact with someone known to be COVID-19 positive is to STAY HOME.
- Coaches will go through COVID19 training for coaches through the NFHS.
- During a medical emergency/first Aid the athletic trainer will treat using a mask, shield and gloves.
- Coaches/Staff must wear a mask at all times.
  - Gaitors are not permissible
- Coaches/Staff must practice physical distancing of 6ft at all times and maintain this for athletes.
- Coaches/Staff must do daily symptom checks and track all athletes at practice daily using athletic sign in forms. (Athletic sign-in forms must be turned in to Rachel Perry daily)
- Symptomatic athletes must be sent home and coaches should notify Rachel Perry immediately. The school nurse will notify the family within 24 hours.
- Coaches must disinfect equipment as needed.
- Coaches will be provided with first aid kits and hand sanitizer.
- Only essential personnel are allowed at practices.
- Coaches will establish pods of athletes for practice to workout together and log the pod attendance for contact tracing efforts.
- Coaches will follow MPS district Covid protocols for quarantine, isolation and return to school after covid exposure or illness.

Athlete Protocols

- Athletes must complete online athletic registration and be cleared through the nurses office to participate.
- Athletes must complete daily symptoms checks.
- Athletes must be COVID tested once a week in order to participate.
- The single most important thing to do if anyone has symptoms or has had direct contact with someone known to be COVID-19 positive is to STAY HOME.
- Athletes must wear a mask at all times including arrival to practice.
  - Gaitors are not permissible
- Athletes must come fully dressed and prepared to practice. Locker rooms are not open.
- Athletes must bring their own filled water bottles to practice. No sharing of water bottles.
- Athletes must practice physical distancing 6 feet apart at all times including arrival to practice.
  - Athlete belongings must be placed six feet apart.
- Athletes must follow MIAA sport specific modifications.
- Athletes will be encouraged to practice health hygiene: wash hands, no spitting, no high fives, avoid touching face with hands. While coaches will have hand sanitizer, students should bring their own hand sanitizer.
- Athletes will follow MPS district Covid protocols for quarantine, isolation and return to school after covid exposure or illness.
Training Room Protocols (Medford High School)

- Athletes and staff must wear a mask at all times when in the training room.
- Athletes and staff must practice physical distancing in the training room.
  - If athletes and staff are waiting outside the training room, physical distance of six feet must be maintained and masks must be worn at all times.
- The training room will be disinfected as needed using CDC approved disinfectant.
- Only 2 athletes will be allowed in the training room at a time.

Medford High School Pool Protocols

- Athletes and coaches must enter the pool area through the back door (door 25), hand sanitize and all athletes and coaches MUST follow direction arrows posted at all times.
- Coaches must do daily symptom checks and track all athletes at practice daily using athletic sign in forms at door 25. (Athletic sign-in forms must be turned in to Rachel Perry daily)
- Athletes, coaches and staff must wear a mask at all times in the pool area, except when in the water.
- Athletes and coaches must practice physical distancing at all times in the pool area.
- The pool office area is open to lifeguards and pool staff only due to COVID distancing guidelines.
- Coaches must request pool equipment as needed so pool staff can follow CDC disinfecting guidelines.
- The pool area will be disinfected as needed using CDC approved disinfectant.
- Athletes must come fully dressed and prepared to practice. Locker rooms are not open for showering. We ask that students shower at home. Locker rooms are available to change after practices using distancing guidelines.
- Coaches and athletes must vacate the pool area and locker rooms by 4:30 in order for proper disinfecting.
- For swim meets we will allow one spectator per athlete.
- All swim meets will be virtual.

Medford High School Gymnastics Room Protocols

- Athletes and coaches must enter the gymnastics room through the door closest to the water fountain and hand sanitize.
- Coaches must do daily symptom checks and track all athletes at practice daily using athletic sign in forms. (Athletic sign-in forms must be turned in to Rachel Perry daily)
- Athletes, coaches and staff must wear a mask at all times in the gymnastics room.
- Athletes and staff must practice physical distancing at all times in the gymnastics room.
- The gymnastics room will be disinfected as needed using CDC approved disinfectant.
- Athletes must come fully dressed and prepared to practice. Locker rooms are not open.
- No spectators allowed for gymnastics meets.
- All gymnastics meets will be virtual.
Medford High School Gymnasium Protocols

- Athletes and coaches must enter the gymnasium through the hallway doors outside the fitness center and exit through gym doors at the back of the building. Athletes must hand sanitize when entering and exiting.
- Coaches must do daily symptom checks and track all athletes at practice daily using athletic sign in forms. (Athletic sign-in forms must be turned in to Rachel Perry daily)
- Athletes, coaches and staff must wear a mask at all times in the gymnasium.
- Athletes and staff must practice physical distancing at all times in the gymnasium.
- The gymnasium will be disinfected as needed using CDC approved disinfectant.
- Athletes must come fully dressed and prepared to practice. Locker rooms are not open.
- For games one spectator will be allowed for each athlete.

Loconte Ice Rink Protocols

- Athletes and coaches must follow the diagram below when entering and exiting Loconte rink.
- Coaches must do daily symptom checks and track all athletes at practice daily using athletic sign in forms. (Athletic sign-in forms must be turned in to Rachel Perry daily)
- Athletes, coaches and staff must wear a mask at all times in Loconte Rink.
- Athletes and staff must practice physical distancing at all times in Loconte Rink.
- Loconte Rink will be disinfected as needed using CDC approved disinfectant.
- Athletes must come fully dressed and prepared to practice with the exception of skates and helmets. Locker rooms are not open.
- For games one spectator will be allowed for each athlete.
The Covid-19 pandemic has introduced many new protocols and procedures for the school district. This prompted the school health team to address a Return to Play Protocol for high school student athletes who have tested positive for Covid-19. There have been reports of post Covid 19 infection cardiac complications in athletes in the medical literature, but at the present time, data is limited and the incidence of these complications is uncertain in young athletes. After review of multiple guidelines from various medical organizations, the school health team has provided this protocol.

All students participating in team sports who have tested positive for the Covid 19 virus are required to isolate, per DPH/CDC guidelines (links below).


Once the isolation guidelines have been met, these student athletes must abide by the following:

1. These student athletes must provide a note from a medical provider indicating the student athlete is able to return to participate in their team sport.
2. Once this note is obtained, the student athlete will be required to complete a five stage graduated return to play protocol (see table 1). This progression will be supervised by athletic department personnel (i.e. athletic trainer) who will make a determination on return to play.

If during this return to play protocol, athletic department personnel determine the student athlete is NOT able to return to play, the student will be referred back to a medical provider to be reevaluated for return to play.

Or

If a student athlete has returned to play and subsequently develops any new cardiorespiratory symptoms during the current athletic season, they will be required to refrain from participating in their team sport and to be reevaluated by a medical provider. In either case, the student athlete may only participate in their team sport when additional documentation from a medical provider is provided.
Once documentation from a medical provider is obtained, the student athlete will again be required to complete the graduated return to play protocol under supervision of athletic department personnel.

All other scenarios or discrepancies not directly addressed by this protocol will be evaluated by school health services on a case by case basis.

**Toni Wray, MS, RN, NSCN, Supervisor of Health Services**  
**Patrick Sabia, MD, Medford Public School Physician**  
**Robert Maloney, Director of Athletics**  
**Rachel Perry, Assistant Director of Athletics**  
**Kathryn Calpino, DPT, ATC, SCS, CSCS Athletic Trainer and Sports Physical Therapist**

**Table 1. Graduated Return to Play Protocol**

<table>
<thead>
<tr>
<th>Stage</th>
<th>Length</th>
<th>Description</th>
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| Stage 1 | Minimum of 2 Days | ● Light Activity: Stationary bike, walking  
● Duration: 15 minutes or less  
● Intensity: <70% age predicted maximum heart rate  
● No resistance training |
| Stage 2 | Minimum 1 Day | ● Moderate Activity: Addition of simple movements (running drills)  
● Duration: 30 minutes  
● Intensity: <80% age predicted maximum heart rate  
● No resistance training |
| Stage 3 | Minimum 1 Day | ● Complex Cardiovascular Training: cutting, pivoting, change of direction, incorporation of ball/equipment  
● Duration: 45 Minutes  
● Intensity: <80% age predicted maximum heart rate  
● Add light resistance training |
| Stage 4 | Minimum 2 Days | ● Normal Training Activity  
● Duration: 60 minutes  
● Intensity: <80% age predicted maximum heart rate |
| Stage 5 | | Full Unrestricted Participation |

## Medford Athletic Department Sign in sheet

**Date:** __________________

<table>
<thead>
<tr>
<th>Name</th>
<th>Time in</th>
<th>Time out</th>
<th>Phone Number</th>
<th>Symptoms: Fever over 100, cough, sore throat, shortness of breath, unusual fatigue, chills, body aches, vomiting, diarrhea, nausea, abdominal pain, loss of smell or taste, rash. OR had direct contact with someone with Covid in the last 14 days?</th>
<th>No Symptoms/initial</th>
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