

College View Academy

Fall 2020 Athletic Adaptations

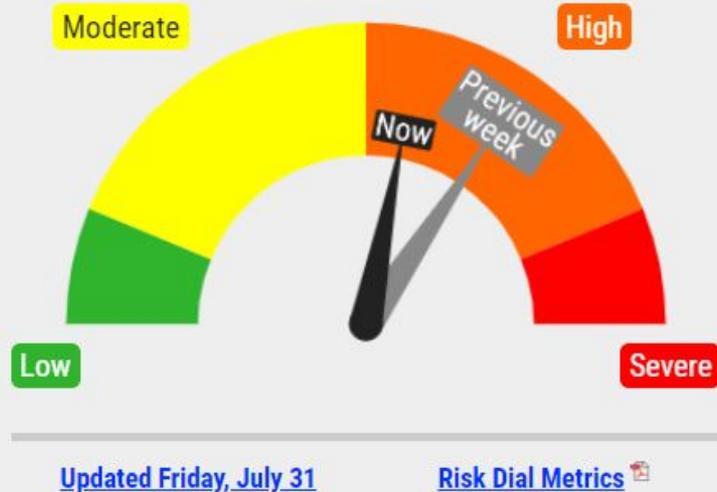


Recommendations

The following recommendations are based on findings by the CDC, the NSAA, local Lancaster county health departments, the CVA Covid-19 taskforce which includes medical professionals as well as an infectious disease epidemiologist, and the NAD Athletic Directors.



High Risk of COVID-19 Spread



This COVID-19 Risk Dial provides a summary of current conditions in the Lincoln-Lancaster County community. Each color incorporates federal and national guidance published by public health experts and is coupled with specific guidance.

Five key measures are used to determine the position of the Risk Dial: **Case Numbers; Testing Capacity; Positivity Rate; Contact Tracing; and Hospital Capacity.**

This is only guidance and does not replace federal, state, or local directed health measures. At-risk and vulnerable populations should take stringent precautions.

Lincoln/Lancaster County Risk Dial

Recommendations/Adaptations

1. All practices & meets will take place outside.
2. All coaches/sponsors/athletes will be screened prior to participation.
 - a. Anyone with a temp ≥ 100.4 F should not participate and will be sent home.
 - b. Any person with signs or symptoms of Covid-19 will not be allowed to participate.
3. All coaches/sponsors/athletes will wear masks unless they are actively participating in a physical activity.
4. All students must bring their own water bottle - water coolers cannot be used for refilling personal water bottles.
5. Students will compete with staggered start times. Multiple course options will be given to maintain social distancing.
6. Coaches/sponsors/athletes riding in school transportation must wear a face covering. Windows should be open as much as possible. 1 person per seat in the vehicle.
7. Parents will be encouraged to drive their own child(ren) as much as possible.
8. Coaches: Brady Darrough & Teresa Edgerton



Cross Country - grades 7-12

Recommendations/Adaptations



1. All coaches/sponsors/athletes/fans will be screened prior to entering the gym:
 - a. Anyone with a temp ≥ 100.4 F will be sent home.
 - b. Any person with signs or symptoms of Covid-19 will not be allowed to participate.
2. All coaches/sponsors/athletes/fans/officials/score table personnel will wear masks unless they are actively participating in a physical activity. (Masks must be worn when entering/exiting the gym for all athletes.)
 - a. Athletes in the game will be the only people not wearing masks.
3. All athletes must bring their own water bottle.
4. Players will handle only their own equipment such as water bottles.
5. Teams will not change benches between sets.
6. Players will have designated spaces for their personal belongings.
7. Players/coaches will not high five or shake hands, this includes the pregame and postgame handshakes.
8. Players will not huddle/gather between points.
9. At time out huddles, players and coaches will be encouraged to maintain at least 3 feet of distance, and players will be encouraged to hold a "sweat towel" in front of their face when not drinking water. The coach will be wearing a mask.
10. Bench seating will allow for at least 3 feet of distance between seats.
11. Locker rooms will be closed, athletes will need to arrive dressed in their uniform. Players can change shoes on the bench.
12. Athletes will sanitize their hands each time they transition on/off the court of play.
13. Volleyballs will be sanitized and replaced with a clean one between sets.
14. Coaches/sponsors/athletes riding in school transportation must wear a face covering. Windows should be open as much as possible. 1 person per seat in the vehicle.
15. Parents will be encouraged to drive their own child(ren) as much as possible.
16. The pre-game warm up and player substitutions are still being evaluated.
17. Coaches: John Hauck, Amy Zabokrtsky, Peter Luke

Volleyball

JV/Varsity/Catholic League/YMCA



Gym & Fan Recommendations/Adaptations

1. No more than 25% (75) of gym capacity (300) including athletes will be allowed in the gym.
2. All fans will need to sit separated by family groups at games.
3. No concessions will be sold in the CVA gym and no one will be allowed to eat inside the gym.
4. Immediate members of the athletes families will be the only fans allowed into the gym.
5. Fans will be encouraged to cheer by clapping and not screaming.
6. Cheerleaders from the visiting schools will not be allowed as they are not essential to the game.
7. Refs will be allowed to use an alternate noise making device instead of a whistle if they choose to.
8. The visiting score keeper will not sit at the home score table.
9. Anyone who enters the gym must sign in and give a contact phone number. This information will be compiled onto a computer by a member of the CVA staff so that fans are not touching and devices or pens.
10. No one will be allowed to gather on the stage - it will be used for seating of players who are not actively in the game such as a JV player in a varsity game or a varsity player in a JV game.

Volleyball
JV/Varsity/Catholic League/YMCA