



## **Winter Mitigation Strategies: Pending EPC and PIAA approval of 11/20/20 start date**

**Due to wrestling, basketball, and competitive cheering considered to be high risk sports, certain protocols will be put into place to help mitigate COVID-19 and keep our athletes, coaches, officials, event workers, and spectators safe.**

### **Scheduling:**

- In county model of competitions for league schedule.
- Once regular season has begun, consideration may be given to scaffold more competitions dependent on the maximum number of allowable contests.
- With approval of the Superintendent, consideration for scaffolding to allow for competitions within the same geographic area dependent upon health conditions. (Pike, Lehigh, Northampton Counties).

### **Events:**

- Sequester teams where applicable.
- Avoid high-fives and post-game handshakes.
- Establish clear entry and exit areas.
- No visitor locker room use, arrive on site ready to compete.
- Provide seating for team members where they can be properly spaced out on the sideline. Masks will be worn.

### **Screening:**

- Trainers will screen athletes with temperature checks and a health and safety survey prior to participation in practice or games.
- EPC has approved a screening verification process amongst athletic trainers prior to leaving for an away event.

### **Sanitizing:**

- Frequently touched surfaces and equipment will be consistently sanitized.
- Wrestling mats will be sanitized prior to practices and matches as well as after.
- Locker room use will be limited by home teams. Locker rooms will not be used by visiting teams.
- Showering after practice will be required (High School Wrestling).
- Hand sanitizer will be readily available.

## **Sport Specific Mitigation**

### **Basketball:**

- Limited locker room use...those distance learning on a particular day for practice or a game should come dressed and ready.
- Masks are to be worn when not actively engaged (Neck Gaiters are encouraged).

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- Frequent sanitization of basketballs.
- Utilization of smaller groups (pods) instead of one on one.
- Same group uses same basketballs.
- Limit traditional 5 on 5 drills where applicable.
- Chairs may be placed in the gym or bleachers may be rolled out for students to sit socially distanced during down time.

### Cheerleading:

- Reduce time spent stunting and tumbling.
- During cheer routines, space out 6 feet apart unless performing competitive cheer routine.
- Frequent sanitizing of cheering mats.
- Athletes should not share pom poms, megaphones, or signs.
- Keep stunt groups together in their cohorts. Refrain from mixing and matching bases and tops from different groups.
- Keep other stunt groups distanced from other stunt groups when possible.

### Swimming:

- Frequent sanitizing of frequently touched surfaces such as rails.
- Require athletes to arrive at venue already in competitive attire or provide alternative accommodations for swimmers to change that allows for 6 feet of social distancing.
- No shared towels or head caps.

### Wrestling:

- There should be no shared towels, clothing, headgear, or shoes.
- Individuals should wear their own appropriate workout clothes for practice and use clean clothes daily including sanitizing shoes and headgear before and after practice.
- Sanitize wrestling mats and any used equipment before and after use.
- Athlete should shower immediately after individual matches.
- Limit individual practice group numbers within the overall team practice so that the number of wrestlers drilling with each other is reduced. Avoid switching wrestlers from one group to another during a given practice. Additionally, restrict the number of support personnel and others coming into practice to minimize the risk of spread.
- Only opposing individual wrestlers should come into direct contact with one another.

## Spectator Guidelines

The EPC Mountain Division (Monroe County) has agreed on the following spectator attendance guidelines for winter sports.

- 2 passes per home athlete and coach.
- Visiting spectators will **not** be permitted.

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- It is recommended that teams leave after their contest and do not stay for the following contest (i.e. At the conclusion of a boys freshman basketball game they leave, and after a boys JV basketball game they leave unless double rostered on varsity).
- Use visiting side bleachers only to keep spectators away from athletes and coaches.

### **PIAA Guidance for Winter Sports**

[http://www.piaa.org/assets/web/documents/Return\\_to\\_Competition\\_Winter.pdf](http://www.piaa.org/assets/web/documents/Return_to_Competition_Winter.pdf)