

# **Bangor High School**

## **Returning to Athletics**

### **Addendum to the BSD Reopening Plan**

**DRAFT: September 16, 2020**



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**Bangor School Department 2020**

## BHS Athletics: Ad Hoc Committee for Returning to Play

The ad hoc committee provides broad perspective and advisory input to the Superintendent, who is solely responsible for athletics policy / practice recommendations to the Bangor School Committee.

<b>Member</b>	<b>Role</b>
Dr. Betsy Webb	Superintendent of Schools
Dr. Kathy Harris-Smedberg	Assistant Superintendent of Schools
Paul Butler	Principal, Bangor High School
Steve Vanidestine	Athletic Director, Bangor High School Principal
Warren Caruso	Chair of the Bangor School Committee
Timothy Surette	Vice Chair of the Bangor School Committee
Dr. Thompson McGuire	BHS Sports Medicine Doctor; Downeast Orthopedics
Thomas Marshall	BHS Head Athletic Trainer
Roger Huber	BHS Cross Country Coach
Alan Mosca	BHS Indoor & Outdoor Track Coach
Kate Robichaud	BHS Cheerleading Coach
Carrie Smith	Bangor School Department Parent
Annie Grant	Bangor School Department Parent
Sarah Quirk	Bangor School Department Parent
Marci Parizo	Bangor School Department Parent
Brandon Bond	Bangor School Department Parent
Amy St. Peter	Bangor School Department Parent
Suzette Johnston	Bangor School Department Parent
Travis Noyes	Bangor School Department Parent
Christine Lally-Kendall	Bangor School Department Parent
Margo Miller	Bangor High School Athletics Secretary
Heather Hopkins	Bangor High School Office Manager
<b>Consultants to the committee:</b>	
Dr. Kristen Martin	BSD School Physician
Patty Hamilton	City of Bangor Director of Public Health
Tracy Willette	City of Bangor Director of Parks & Recreation
Members of Community Health Leadership Board (Bangor, Maine)	

## TABLE OF CONTENTS

<b>Disclaimer and Assumption of Risk</b>	4
<b>Message from BHS Administration</b>	5
<b>Returning to Athletics Amid Covid-19: Overview</b>	6-8
State of Maine context	
Extension of the BSD Reopening Plan	
What will sports look like?	
Communication	
<b>Getting Started: What Families Need to Know</b>	8-9
Academic Eligibility	
Participation Forms	
Physical Examination	
Primary care provider Covid-19 evaluation	
Assumption of Risk and Waiver of Liability Related to Covid-19	
When do BHS Athletics start?	
<b>Returning to Athletics Amid Covid-19: BHS Fall Sports</b>	9-14
Safety and Prevention Procedures for all Sports	
Sports-specific Procedures	
Cross Country	
Field Hockey	
Football (7 vs. 7)	
Golf	
Soccer	
<b>Returning to Competition: Winter Athletics</b>	15
<b>Returning to Competition: Spring Athletics</b>	15
<b>Roles and Responsibilities</b>	15
Administration	
Coaches	
Parents / Families	
Students	
<b>Appendix A:</b> Assumption of the Risk and Waiver of Liability Relating to COVID-19 (FINAL)	
<b>Appendix B:</b> Covid-19 Consultation and Primary Care Provider Clearance Form (DRAFT)	
<b>Appendix C:</b> CDC Covid-19 Symptoms and Self-Check Questions	
<b>Appendix D:</b> Final MPA Guidelines for Fall Athletics (Link Only}	

**Disclaimer**

The Bangor School Department reserves the right to change this document at any time. It is our understanding that the CDC and the State of Maine will continue to provide updated information regarding the reopening of Maine schools. We began our planning process in May, understanding that changes would need to be made. However, it made sense to start the planning process early given the complexities of the situation brought on by COVID-19. Additionally, we continue to seek feedback from our community, as well as gather updated and more current information that would allow us to be well informed and better prepared when reopening Bangor schools.

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**Assumption of Risk**

The Bangor School Departments needs all people to understand that the World Health Organization has classified the COVID-19 outbreak as a pandemic. COVID-19 is a highly contagious and dangerous disease. The Bangor School Department has implemented preventative measures based on current CDC guidelines to lessen the risk of exposure to COVID-19. However, the BSD cannot guarantee that there is no risk. Participation in school activities carry with it certain inherent risks related to COVID-19 transmission that cannot be eliminated regardless of the care taken to avoid such risks. Parents/guardians will need to make informed decisions regarding students attending school that best addresses the needs of each family.

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## Message from BHS Administration



BHS Athletics Families,

Welcome you back to participation in athletics at Bangor High School-- words that we are excited to write but nonetheless give us a great deal of caution as Maine and the world contend with Covid-19. As we settle successfully into a school routine, we have taken direction from the school reopening plan to develop this plan for a safe and healthy resumption of competitive sports.

You are likely aware that Maine grappled extensively with the question of resuming high school athletics throughout the summer. In early September, the final guidelines and requirements for offering sports were released to schools. Those documents combine with the district's reopening plan to form the foundation of this plan for a safe return to BHS athletics.

Please read the following plan carefully and seek any clarification necessary to support your student's participation in the athletics program. Parents / guardians are asked to help support safe participation in the following new ways:

1. Ensure completion and submission of screening and release forms that relate specifically to Covid-19. These documents can be found in the appendix and are required before a student is allowed to participate in athletics.
2. Support your student in following the safety and prevention guidelines outlined in the plan, beginning with daily self-assessment for Covid-19 symptoms. [The CDC online coronavirus self-checker](#) is quick and easy, and students will be asked to confirm having completed a self-check with coaches daily. As with the academic program, students are asked to stay home if they feel sick.
3. Understand and accept that the current 100 person limit (including athletes, coaches and officials) on outside gatherings per the Governor's Executive order results in no spectators attending our games. However, we are nearing agreement with a media company to live stream some or all games and will share that information once known.

While these new elements present some challenges and changes to how you and your student participate in athletics, we are confident that the benefits and joy that come from a high-quality athletics experience will endure provided that we all take seriously our role in safety and prevention.

Thank you-- and Go Rams!

Paul Butler, Principal

Steve Vanidestine, Athletic Director

## Returning to High School Athletics in Maine Amid Covid-19: Chronology and Documents

Document, Link, Date Published	Authors	Summary Overview
<a href="#">Return to Competition for Competitive Athletics and Activities in Maine</a> August 27, 2020	Maine Principals' Association (MPA) Sports Medicine Committee	Developed and authored by the MPA Sports Management Committee, these guidelines for operating fall athletics were approved by the MPA Interscholastic Management Committee and made public on August 27, 2020.
<a href="#">MPA Response Letter</a> September 1, 2020	Governor Janet Mills Commissioner Pender Makin	The letter identifies concerns about the consistency of MPA Guidelines with Maine public health policy, Maine Department of Education's Framework for Returning to Classroom Instruction, and with guidance for community sports from the Maine Department of Economic and Community Development. The letter urges the MPA to delay the start of athletics and to resolve the concerns through revised guidelines.
<a href="#">Maine Department of Economic and Community Development: General Guidance for Community Sports Activities</a> September 1, 2020	MDECD Leadership	The Governor's response to the MPA references these guidelines because of the overlap between the types of sports activities overseen by the MPA and MDECD (even though each organization has separate authority / oversight). This MDECD guidance establishes its Framework for Assessing the Risk of Sports and Recreation Activities. It assigns to each sport a Risk Level (Low, Moderate, Higher) and establishes the Types of Play (indoor / outdoor, nature of competition, travel) that are allowable.
<a href="#">MPA, MSBA, MSSA &amp; Mills Administration Statements on Fall Sports in Maine</a> September 2, 2020	MPA Leadership; Governor Mills; MSSA Leadership; MSBA Leadership	A joint statement released by all named organizations (and Governor Mills on behalf of involved state agencies) that pledges cooperative belief in the value of athletics and affirms the need for an additional one-week delay for the MPA to revise its return-to-play guidelines to ensure their consistency with public health policy and best practice for safety and prevention.
<a href="#">MPA, MSSA, and Mills Administration Release Revised Fall School Sports Guidance</a> September 10, 2020	MPA Leadership	The news release announces that the MPA had reached agreement with the Governor and all state agencies on updated guidance for fall school sports. The revised "School Sports Guidance: Return to Competition for Competitive Athletics and Activities in Maine" is now in line with all State of Maine health and safety protocols. In addition to substantive safety and prevention changes, the plan establishes that prior to starting any school-based activity each school must receive approval from their local governing board (school committee, in most instances).
<a href="#">Return to Competition for Competitive Athletics and Activities in Maine (REVISED)</a> September 10, 2020	Maine Principals' Association (MPA) Sports Medicine Com.	

### Extension of the BSD Reopening Plan

Athletics programming at Bangor High School will align with the general safety and prevention protocols approved by the Bangor School Committee in the district's reopening plan (link [HERE](#)). This plan for returning athletics is also committee-approved as an addendum to that document and identifies the areas of alignment with the district plan while also establishing the protocols that are specific to athletics and the individual sports by season.

### County Color Designation (Green, Yellow, Red)

Consistent with the district reopening plan, BHS athletics programming will occur when Penobscot County is coded Green by the State of Maine, a designation that permits full-time, face to face learning.

If the county designation changes to Yellow or Red, athletics practices and games will stop, and the question of resuming athletics will be considered only when a Green designation returns.

Should Bangor High School close temporarily for any reason related to Covid-19, athletics practices and games will cease and will resume only when formally communicated by administration.

### What will sports look like?

Our goal is to offer competitive athletics safely, which is possible only when everyone involved in the program embraces their safety and prevention role before and after every practice and game. Those expectations are made clear in later sections of this plan.

The most significant but necessary change is that games will take place without spectators due to the current state-mandated maximum of 100 total people for outdoor gatherings. However, each team will have a "Senior Night" game that complies with the Governor's Executive Order and involves parent(s) on site. Additionally, we are working on plans to live stream game(s) with those details to be announced.

While the nature of day-to-day participation as an athlete, coach, or parent may change amid Covid-19, we are confident that all will adjust quickly and with the same success observed in our students, teachers and staff in the daily academic program.

### Core Elements of BHS Fall Athletics:

- ❖ Tryouts / team selection will occur according to a calendar shared by coaches.
- ❖ Teams will practice or compete in games daily, including some Saturdays.
- ❖ Practices may not take place indoors and will be held virtually or canceled in bad weather.
- ❖ Fewer games will be played against mostly regional teams in / adjacent to Penobscot County.
- ❖ Travel to / from games will be by bus with the possible need for some private transportation.
- ❖ The nature of play in some sports has been altered for safety and prevention.
- ❖ The status of post-season playoff status is not known at the time of this publication.

### Communication

Communication during this time is more important than ever, beginning with communication between the student-athlete / family and the coaches. Coaches will provide clear expectations and directions on how and when to communicate with them on daily / routine matters related participation and logistics.

We strongly encourage use of the BSD App for communication among teams. Individual teams can be set up as distinct communication groups within the BSD App, which is wholly compliant with district communication policy between students and staff, including coaches.

Communicating with BHS Offices:

<b>BHS Main Office</b>	Paul Butler, Principal: <a href="mailto:pbutler@bangorschools.net">pbutler@bangorschools.net</a> ; 992-5501
	Heather Hopkins, Office Manager: <a href="mailto:hhopkins@bangorschools.net">hhopkins@bangorschools.net</a> ; 992-5502
<b>BHS Athletics Office</b>	Steve Vanidestine, Athletic Director: <a href="mailto:svanidestine@bangorschools.net">svanidestine@bangorschools.net</a> ; 992-5507
	Margo Miller, Athletics Secretary: <a href="mailto:mmiller@bangorschools.net">mmiller@bangorschools.net</a> ; 992-5507
<b>BHS Online Calendar:</b> <a href="https://calendar.google.com/calendar/u/0/r?trp=false&amp;sf=true">https://calendar.google.com/calendar/u/0/r?trp=false&amp;sf=true</a> [Game schedules are posted and updated immediately when changes are necessary]	

## Getting Started: What Families Need to Know

### Who may participate in BHS Athletics?

Students must be enrolled in any of the three return options (full-time, hybrid, remote) and engaged in learning as determined by attendance and performance. Students must also complete and submit all participation forms prior to participating in any sports activity.

### Academic Eligibility

Student grades are monitored frequently by coaches and the Athletics Office. Students must earn passing grades in all courses prior to being selected for a team. Eligibility to participate is monitored frequently, and students who are not passing all courses at quarter or semester breaks.

### Participation Forms

Families must submit all participation forms prior to participating. These forms are provided in the Appendix and on the BHS Athletics website.

1. Physical Examination Form: Documents that a physical examination of the student has been completed after the end date of the grade eight year and covers a student for participation in all four years of high school unless otherwise required due to an injury or other health reason.
2. Assumption of Risk and Waiver of Liability Related to Covid-19: Ensures parent / guardian understanding of the contagious nature and potential health impacts of coronavirus and documents their acceptance of risk and release of liability for the schools.
3. Covid-19 Consultation and Primary Care Provider Clearance Form: Ensures consideration / consultation with the PCP regarding the risks of exposure for family members and other close contacts and documents the PCP's determination that participation is safe for the student.

### **When do BHS Athletics start?**

Athletic practices will begin following approval of this plan by the Bangor School Committee, a step that was newly required under the final revision of MPA Guidelines issued on September 10. The first countable contest in any fall sport can be no sooner than September 24. Under MPA rules, there are no minimum number of games that must be played in order for teams to qualify for any post-season competition.

### **Returning to Play Amid Covid-19: BHS Fall Athletics**

#### **Overarching Safety and Prevention Practices in Place for all BHS Fall Teams**

The following practices are a combination of safety and prevention measures that are drawn from the MPA Guidance and / or are articulated BSD Reopening Plan.

Please note: **Masks** as referenced in this document may not be substituted by gaiters or buffs. **Shields** may not be worn without formal approval based on medical documentation.

1. All coaches and administrators will complete Covid-19 awareness and prevention training through the NFHS course [COVID-19 for Coaches and Administrators](#).
2. All team members and coaches must verbally attest to completing a Covid-19 self-screening prior to practicing or competing each day. [Link to CDC Coronavirus Self-Checker](#).
3. All coaches and team members must stay home if they are feeling ill or have any symptoms.
4. Each team (including visiting teams for home games) will maintain a date-specific attendance log, a practice that supports contact tracing should a participant test positive for coronavirus.
5. Locker rooms will not be in use. Coaches will develop and implement safe, private, and distanced processes for dressing and preparing for practices / games.
6. Athletes should arrive at practice / games just prior to the start time and be dressed and ready. Anyone dropping students off is asked to not congregate at those times.
7. Team members must bring and use their own water containers for practices and games. Water containers should be distinctly marked and stored away from others when not in use.
8. Team members are asked to store personal play gear / equipment in secure, clearly marked bags and to place them away from others in an area designated by each team coach.
9. Practice / game facility schedules will stagger use by successive teams whenever feasible and will combine with arrival / dismissal procedures to limit close contact among different groups.
10. Portable sanitizing stations will be accessible throughout practice / game facilities and players will be directed to disinfect their hands frequently, including upon arrival and just prior to leaving.

11. Coaches will develop and implement practice and game routines that promote and maintain 6' distancing between team members whenever feasible.
12. Sidelines and other non-play areas of game facilities will be clearly marked in a manner that directs team members where to stand in order to maintain 6' distancing.
13. Masks must be worn on busses and during practices and games when team members are not engaged in vigorous physical activity, including as they enter and leave the practice or game site.
14. Masks are required for all coaches, staff, officials and for team members when they are not competing in live play. This includes time-outs, breaks between game periods, and on sidelines.
15. Athletes are permitted (but not required) to wear masks while they compete in live play during a practice session or a game.
16. Game equipment will be shared only when absolutely necessary, and any equipment that must be shared will be sanitized as often as feasible.
17. Laundering of uniforms, masks, and team-issued attire are the responsibility of individual families. Please communicate with your coach if this requirement is a difficulty for your family.
18. Facility cleaning and sanitization will be consistent with the district reopening plan.
19. Emergency response / exit plans for all BHS facilities are in place and will be communicated to coaches and players routinely.
20. District policy and practices for responding to a positive case of coronavirus are in place for all school programs, including athletics.

## **Sport-Specific Safety and Prevention Plans for Fall Athletics**

### **Cross Country Competition (Excerpted from the MPA Guidance)**

1. Coaches are responsible for picking up race packets prior to race. Face coverings must be worn when picking up packets.
2. Courses will be widened to 6" feet at their narrowest point.
3. Course sections where runners potentially overlap should maintain enough width for 6 feet of spacing between athletes.
4. Meet directors should designate areas for team tents that are at least 20 feet apart. Participants should not congregate under the tent and should maintain appropriate 6' spacing.
5. Cross country meet organizers should consider using staggered, wave, or interval starts.

6. Starting lines should be divided to accommodate 6' distancing based on the number of runners. Waves should be stationed 6' apart.
7. Athletes should arrive at the starting line ready to run and therefore should not wear warm-up clothing to the starting line.
8. Runners must wear face coverings to the start line of the race. Options include a disposable mask that can be discarded prior to starting or a cloth mask that can be carried throughout the race. Trash receptacles should be available at the starting line for athletes to discard face coverings.
9. Pack running should be discouraged and runners should strive to maintain 6' of distance throughout the race.
10. The finish corral should be widened to encourage distancing. Runners should try not to collapse at the finish line.
11. Runners should disperse immediately after they finish the race, return to their team area and put on a face mask.
12. Post-race hugs, handshakes, high fives, and fist bumps are eliminated.

#### **Field Hockey Competition (Excerpted from the MPA Guidance)**

1. There will be no pregame introductions. Players will proceed to their field positions for the start of play.
2. Players may elect to wear gloves during game play.
3. Players are permitted (but are not required) to wear masks / face coverings during game play.
4. Mouth guards should be kept in the mouth throughout the competition. If the mouth guard is taken out a player's hands should also be washed or disinfected before continuing to play.
5. Four game balls on each sideline should be available for rotation into the play and should be cleaned and sanitized throughout the contest.
6. Players should avoid touching the ball with their hands whenever possible. The stick or the feet should be used to move the ball during the stoppage of play and on the sidelines.
7. The substitution area is limited to one athlete per team. Substitutes should maintain 6' distance from the team benches, head table, and opposing team substitutes. A visual field marking in the substitution box is encouraged so that opposing team substitutes maintain 6' distancing.

8. If a member of either team is carded, the use of chairs is discouraged. The player should take a knee and remain 6” distancing from the substitution area as well as the head table.
9. An additional minute is recommended after the first and third quarter (and between any overtime periods) to allow players to access water bottles and masks before meeting the coach.
10. In place of a shaking hands, teams are asked to offer a good sportsmanship wave to opponents following the conclusion of the game.

### **Football Competition (Excerpted from the MPA Guidance)**

1. The classification of traditional football as “High Risk” for transmission of coronavirus resulted in the shift to a 7 vs. 7 competitive format that reduces the number of players on the field. Additionally, coaches are not permitted on the field.
2. The defensive team bears responsibility for avoiding physical contact during game play. Teams and players will be penalized for excessive contact, including potential removal from the game.
3. Game play is limited to passing in order to advance the ball, and rules are in place to control and prevent physical proximity to the passer. Blocking on the line of scrimmage is not permitted.
4. In place of tackling to stop a ball carrier, teams may choose a flag football approach (removing a flag that is loosely clipped on the hip area of an offensive player) or one-hand touch (placing a single hand on the ball carrier) to end an offensive play.
5. Receivers are permitted and encouraged to wear gloves during game play.
6. Players are permitted (but are not required) to wear masks / face coverings during game play.
7. Schools may play up to ten games through November 14 and only against teams from their geographic region. No playoff season will be sponsored.

### **Golf Competition (Excerpted from the MPA Guidance)**

1. Schools must adhere to local course competition rules in relation to COVID-19 accommodations.
2. Normal golf groups (twosomes, threesomes and/or foursomes) are permitted.
3. Limit use of golf shop and retail operations to maintain social distancing guidelines. A mask must be worn prior to entering a pro shop or clubhouse for any reason. If 6”distancing cannot be maintained, coaches will prohibit golf shop access prior to the competition.
4. To limit congestion, limiting field size and starting from one tee only is recommended. Also, consider the expanded spacing of starting times (10 minutes apart for groups of 3 and 12 minutes

apart for groups of 4) to match the course policy on tee time intervals. Consider keeping players in the vicinity of the putting green to minimize congregation on the first tee.

5. Congregating after the round needs to be minimized and monitored by all to ensure proper distancing.
6. Players should not touch nor remove the flagstick at any time. Should a flagstick need to be adjusted (i.e. leaning the wrong way) a putter or towel should be used to adjust the flagstick. If a player accidentally removes a flagstick, there is no penalty, and the player must replace the flagstick and sanitize prior to playing their next stroke. If a player makes a stroke with the flagstick out of the hole, it will result in a two-stroke penalty. If a player does this more than one time, then the player will be disqualified.
7. Bunker rakes and ball washers should not be on the course. If they are on the course, then they should not be used. In the case of a bunker, the players will be allowed to take a preferred lie of one club length no nearer the hole and remain in the bunker. The preferred lie in the bunker is a lift, clean and place (not drop). The player cannot build a lie in the bunker and should try to smooth out footprints only upon exit with one's foot.
8. Tees, pencils and ball-markers and sharpies will not be available. Players must bring their own equipment and food/beverage as needed. Do not plan on water provided by the course as water must be a refill station only. Please ensure players are properly hydrated as conditions warrant.
9. Sanitized paper cards will be available but not exchanged. Players will verbally agree on the hole-by-hole scoring and that verbal agreement will act as a signature. A score is official once the players have left the scoring area (which may be a designated area determined by the coaches).
10. Electronic scoring is allowable for regular season competition. The exchange of scorecards by players is discouraged and verbal confirmation of scores may be accepted.
11. 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.
12. It is recommended that practice facilities not be used after the round and that all players be encouraged to depart immediately when finished.
13. Only coaches are allowed to ride in a cart. If a player must ride, then the cart must be sanitized, and the rider must ride alone. Another player or competitor cannot put their bag on the cart and walk.
14. Coaches and courses must have a foul weather plan (thunder storm, for example) or for another event that could cause a quick departure from the course and the potential for congregation.

**Soccer Competition (Excerpted from the MPA Guidance)**

1. There will be no pregame introductions. Players will proceed to their field positions for the start of play.
2. Student-athletes should keep their mouth guards in their mouth throughout the competition. If the mouth guard is taken out a player's hands should also be washed or disinfected before continuing to play.
3. Ball runners must always wear masks and maintain 6" distancing. Additional game balls may be placed around the outside of the field to limit contact with the ball.
4. Ball runners are encouraged to use their feet to return balls to designated areas. Teams are responsible for retrieving balls on the bench side of the field.
5. The substitution area is limited to one athlete per team. Substitutes should maintain 6' distance from the team benches, head table, and opposing team substitutes. A visual field marking in the substitution box is encouraged so that opposing team substitutes maintain 6' distancing.
6. Athletes, coaches, and game personnel should sanitize hands and game balls after the first natural stoppage following the 20:00 mark of both halves and when entering or exiting the playing area.
7. If a game ball is touched by an outside person, that ball should be removed and sanitized prior to reusing.
8. Slide tackling is suspended if players are within 6 feet of another player, which is to avoid tripping over or falling on top of one another. Any slide tackle within 6 feet of an opponent will result in an indirect free kick for a dangerous play. It is allowed outside of 6 feet because it is a legal method of tackling a ball when a slide can save it from going out of bounds.
9. Throw-ins and corner kicks will have restrictions to help prevent physical contact to play the ball. At the time of a throw in or corner kick into the penalty box (including the arc at top of the penalty box) there may only be 5 offensive players and 5 defensive players plus the goalie in the penalty box at the time of the throw or kick. Other players may enter the box once the throw or kick has been played.
10. On all indirect and direct free kicks, players must reasonably remain at least 3 feet from each other (an arm's length) in order to eliminate the traditional wall and jostling for positioning in front of a goalkeeper. By rule, players will need to provide 10 yards from the ball prior to the kick.
11. The drop-ball restart has been suspended, and the referee will instead award an indirect free kick to whichever team is deemed to be in possession (must follow 2020 NFHS rule change).

## Returning to Play: Winter Athletics

[Pending MPA Guidance for Winter Sports]

## Returning to Play: Spring Athletics

[Pending MPA Guidance for Spring Sports]

## Summer Athletics Programming

[Pending MPA Guidance for summer activities]

## Roles and Responsibilities Related to Safety and Prevention

### BHS Administration

- ❖ Complete the training course on Covid-19 and facilitate its completion by coaches.
- ❖ Develop and communicate the return plan for athletics to coaches and students.
- ❖ Ensure compliance with the plan at all levels through direct supervision and monitoring.
- ❖ Supervise games, including receiving and orientation of visiting teams and officials.
- ❖ Field and address issues and concerns related to safety and prevention.
- ❖ Maintain ongoing communication with coaches, district administration, and the MPA.

### BHS Coaches

- ❖ Complete the training course Covid-19 and apply that learning at every practice and game.
- ❖ Understand and communicate sport-specific prevention plans to team members and families.
- ❖ Model and expect all team members to practice individual and team safety and prevention.
- ❖ Maintain and share records / documents accurately and timely with administration.
- ❖ Field and address issues and concerns related to safety and prevention.
- ❖ Actively pursue understanding of / compliance with prevention measures at away venues.

### Student-Athletes

- ❖ Complete a [self-screen for Covid-19 symptoms](#) daily and report as directed to your coach.
- ❖ If you are not feeling well, understand that you must stay home.
- ❖ Take the lead of your coach and follow all safety and prevention practices every day.
- ❖ Prioritize academics as you enjoy healthy, safe participation in the sport you love.

### Parents / Families

- ❖ Guide your student through the daily process of [self-screening for Covid-19 symptoms](#).
- ❖ Understand and support your student in following the safety and prevention measures.
- ❖ Seek and share information related to your student's healthy participation in athletics.
- ❖ Help your student prioritize academics in balance with the joy of participating in sports.



Appendix B

**Bangor High School Athletics**

**DRAFT: 9.14.20**

Fax: 941-6212

Phone: 992-5507

Email: [svanidestine@bangorschools.net](mailto:svanidestine@bangorschools.net)

**Covid-19 Consultation and Primary Care Provider Clearance Form**

State of Maine guidelines for participation in youth sports activities include parent / guardian consultation with primary care providers to determine if team sports participation is safe for the student, with consideration given to members of the household or other close contacts who may be at higher risk if exposed to coronavirus.

**Family Section: Please complete and forward to the primary care provider for your student:**

Parent / Guardian Name: \_\_\_\_\_

Student Name: \_\_\_\_\_

Do you have concerns about a member of your household or other close contact(s) who may be at higher risk if exposed to coronavirus?                      **Yes**                      **No**

Parent / Guardian Signature: \_\_\_\_\_ Date: \_\_\_\_\_

**PCP Section: Please complete and return to the parent / guardian:**

\_\_\_\_\_ Team sports participation is determined to be SAFE for the above named student.

\_\_\_\_\_ Team sports participation is determined to be UNSAFE for the above named student.

PCP Signature: \_\_\_\_\_ Date: \_\_\_\_\_

**Submit completed forms to the school in-person or electronically via:**

Bangor High School Fax Number: 941-6212

Bangor High School Email: [svanidestine@bangorschools.net](mailto:svanidestine@bangorschools.net)

## Appendix C

### Bangor High School Athletics: Covid-19 Self-Check Resource

#### CDC Covid-19 Self-Check Questions:

1. Are you feeling sick?
2. In the last two weeks, did you care for or have close contact (within 6 feet of an infected person for at least 15 minutes) with someone with symptoms of COVID-19, tested for COVID-19, or diagnosed with COVID-19?

Table. Many symptoms of COVID-19 are also present in common illnesses

Symptoms of COVID-19	Strep Throat	Common Cold	Flu	Asthma	Seasonal Allergies
Fever or chills	X		X		
Cough		X	X	X	X
Sore throat	X	X	X		X
Shortness of breath or difficulty breathing				X	
Fatigue		X	X	X	X
Nausea or Vomiting	X		X		
Diarrhea	X		X		
Congestion or Runny Nose		X	X		X
Muscle or body aches	X	X	X		

Note: The table above does not include all COVID-19 symptoms

#### Source:

<https://www.cdc.gov/coronavirus/2019-ncov/community/schools-childcare/symptom-screening.html>

## Appendix D

[\[Link to Final MPA Guidelines for Fall Athletics\]](#)