

COVID PROTOCOLS FOR BMS SPRING SPORTS

Superintendent Rioux and Nurse Jodoin will train all of the coaches regarding COVID Protocols for BMS Spring Sports.

Athletic Director Jim Molkenthin to distribute all of the written protocols and waivers to athletes and parents to review and sign off on.

STAY HOME WHEN SICK

- If you have [symptoms of COVID-19](#), have been diagnosed with COVID-19, are waiting for COVID-19 test results, or may have been exposed to someone with COVID-19, you must stay home and not participate in any sports.
- Tell a coach or staff member if you don't feel well.
- Coach to immediately separate sick individual with COVID-19 symptoms (i.e., fever, cough, loss of taste or smell) and call parent for pick-up.
- Coach to call Superintendent Rioux and/or Nurse Jodoin to report sick individual.
- Sick individual to go home or go to a healthcare facility, depending on how severe their symptoms are, and follow CDC guidance for caring themselves.
- If a coach or staff member is calling an ambulance to bring someone to the hospital, call first to alert them that the person may have COVID-19.
- Coach to advise the parent of a sick athlete to follow the Exclusion and Return to School Protocol on the Baldwin Middle School website and to call the school nurse during school hours the next day to report illness.
- Individuals who find out during his or her sport activity that they have had close contact with a person who is positive for COVID-19 must be separated from their team and sent home.
- If a COVID exposure occurs during any of the spring sports, timely notifications are critical.
- Coach to contact Superintendent Rioux and/or Nurse Jodoin ASAP if a COVID exposure is reported to him or her.
- Individuals who have had close contact with a person diagnosed with COVID-19 need to stay home and self-monitor symptoms and follow the Exclusion and Return to School Protocol on the Baldwin Middle School website. In addition, those individuals must not gather with other athletes for engagement in team sports prior to completion of a full 10-day quarantine requirement.
- If a coach, staff member, or athlete gets diagnosed with COVID-19 after they have participated in any of the spring sports, they are responsible to notify Superintendent Rioux and/or Nurse Jodoin immediately, so that contact tracing may begin ASAP.
- Coaches to maintain daily careful rosters of which players, coaches and ancillary staff that attend each practice and game (if applicable), and have current contact information. This information will help contact tracing activities to occur more smoothly by Superintendent Rioux and Nurse Jodoin.
- All student athletes who test positive for COVID-19 shall be restricted from returning to athletics for 10 days. They may then begin the gradual return-to-play guidance from the American Academy of Pediatrics as appropriate.

PHYSICAL DISTANCING

- Reduce physical closeness between players, coaches and staff members.
- Exclude nonessential visitors and spectators to reduce the risk of virus transmission.
- Coaches to maintain sport practice groups in consistent pods of small sizes (e.g., 7th grade pod) that do not mix as much as possible. This will help limit team-wide outbreaks of SARS-CoV-2 infection.
- Small pods allow for easier contact tracing and fewer numbers of athletes needing to be quarantined should someone test positive for COVID-19.
- Space players at least 6 feet when possible on the field (e.g. during warmup, skill building activities, simulation drills, while explaining rules).
- Keep space between players in the practice areas, including on the sideline, dugout, and bench.
- Coaches to focus on building individual skills, like batting, throwing, and strength training.
- Increase distance for high-intensity activities.
- Avoid high fives, handshakes, fist bumps or hugs.
- Coaches to remind athletes to avoid congregating in the parking lot or near the field during or after all sporting activities.
- Encourage parents or guardians to wait in or near their cars at pick-up times.
- Limit the use of carpools if possible. When riding in an automobile, encourage players to go home in the car with persons living in their same household.

MASKS

- Coaches and staff members are required to wear a cloth face covering at all times during spring sports.
- Athletes should always wear a cloth face covering when between practice drills, while not on the playing field, on the sidelines, arriving at or departing from the playing fields and during shared transportation to/from the spring sport.
- Coaches to encourage the correct use of masks, by making sure that staff and athletes are covering their noses and mouths.
- Coaches to review proper use, removal, and washing of masks with all players.
- Coaches to have additional masks on hand in case a player forgets one or needs to replace a moist mask with a dry one.
- If a player's mask gets wet, be sure to have them change it as it may be more difficult to breathe through.
- Mask breaks to be taken when appropriate. Mask breaks to be taken in a designated area approved by the coaches. Athletes should remain at least 6 feet away from all other individuals when taking the mask break.

HAND HYGIENE/RESPIRATORY ETIQUETTE

- Coaches, staff and athletes to clean or sanitize their hands before and after practices, games, and sharing equipment.
- Hand sanitizer that contains at least 60% alcohol to be brought to all sport activities by the coaches, placed in a safe location for all athletes to use.

- Do not allow spitting and encourage everyone to cover their mouth and nose with a tissue when coughing and sneezing. Used tissues should be thrown in the trash and hands sanitized immediately.
- Coaches to advise athletes to avoid, singing, chanting, or shouting.

ADEQUATE SUPPLIES

- Nurse's office to supply all coaches with a first aid bag with supplies that support healthy hygiene. Supplies include hand sanitizer containing at least 60% alcohol, tissues, disinfectant wipes, hand wipes, masks, disposable gloves.
- Coaches are responsible for requesting a refill of supplies from the nurse's office as needed.

CLEANING AND DISINFECTION

- Coaches and staff to clean frequently touched surfaces on the fields or playing surfaces at least daily, or between uses as much as possible.
- Shared objects and equipment (e.g., balls, bats) to be wiped down with at least 60% alcohol wipes between uses.

SHARED OBJECTS

- Coaches to discourage athletes from sharing items that are difficult to clean, sanitize, or disinfect.
- Coaches to recommend, if possible, that athletes bring their own equipment such as bats, helmets, water bottles, etc...
- Do not let athletes share towels, clothing, or other items they use to wipe their faces or hands.
- Keep each player's belongings separated from other's
- Athletes should not share food or drink.

Given the ever-changing nature of the pandemic, these protocols may be revised prior to the end of the season.