









Griswold Athletic Department  
**2020-2021 Fall Reopening Plan**

Since last March it has been the hope of the Griswold Athletic Department that sports will return safely to the playing arenas. The summary below is a combination of work that has been collaborated upon by stakeholders from across the state, including CIAC staff, superintendents, principals, athletic directors, the CT High School Coaches Association, athletic trainers and officials. The current situation is extremely fluid and changes to this plan can and will be made daily as necessary. Although our hope is to get back to normal with no restrictions to our sports activities, it is just not feasible at this time. We ask for your support and flexibility as we navigate these uncertain times for the well being of our student-athletes, coaches and staff. Our department is committed to do all we can to ensure the safety of our student-athletes and school community. Although sports at the youth and professional levels are beginning to occur around the country, please understand that Griswold High School Athletics and the CIAC is an education-based extracurricular program and that our priority is the safety of all Griswold students and coaches.

The full CIAC fall sports plan is attached in the reference section of this document. Summarized below are the steps that the Griswold Athletic Department will be taking to begin our fall sports season.

	<p align="center"><b>SPORTS PARTICIPATION</b></p> <p>All high school students are eligible for athletic team participation regardless of hybrid or all distance learning model selection. Academic status will be reviewed.</p> <p><a href="#">GHS - Registration via FamilyID</a>  <a href="#">GMS - Registration via FamilyID</a></p>		<p align="center"><b>SPORTS PHYSICALS</b></p> <p>In accordance with CIAC bylaws, sport physicals are valid for 13 months. In collaborating with the Connecticut State Medical Society, Sports Medicine Committee, the CIAC feel it is appropriate to extend the validation of physicals to 15-months for fall sport athletes only, due to the high demand of medical appointments.</p>
	<p align="center"><b>SPORT START DATES</b></p> <p>September 11, 2020 - First Practice  September 24, 2020 - First Contest</p> <p><a href="#">CIAC 2020-2021 Fall Sports Plan &amp; sport specific summary</a></p>		<p align="center"><b>SCHEDULING</b></p> <p>All contests (including sub-varsity) will be scheduled regionally to limit transportation needs and maintain play within a geographic region to reduce COVID spread across the state. Contests will run from September 24 through October 30.</p>
	<p align="center"><b>DAILY HEALTH SCREENING</b></p> <p>All athletes and athletic staff will perform a daily health screening. This document will be on file with the athletic department.</p>		<p align="center"><b>CLEANING &amp; DISINFECTING</b></p> <p>Griswold Public Schools will plan for adhering to all DPH means and methods for disinfecting and cleaning of schools. All disinfectants being used comply with State of CT and CDC recommendations.</p>










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	<p align="center"><b>HYGIENE</b></p> <p>Athletes, coaches and athletic staff must engage in frequent hand washing or sanitizing upon arrival, after bathroom use, and after coughing or sneezing.</p>		<p align="center"><b>HAND SANITIZER</b></p> <p>Sanitizer will be made readily available to all athletes, coaches, officials, and game workers.</p>
	<p align="center"><b>FACE COVERINGS</b></p> <p>Cloth or disposable face coverings should be worn by all members of the athletic department throughout each phase when not engaging in vigorous activity, such as when sitting on the bench, during chalk talk, interacting with an athletic trainer, etc.</p>		<p align="center"><b>HYDRATION</b></p> <p>Athletes, coaches, and athletic staff shall be required to bring their own water bottles. Water fountain use shall be restricted. Common sources of water will be prohibited.</p>
  	<p align="center"><b>SHARED EQUIPMENT/GAME BALLS</b></p> <p>Ensure athletes do not share equipment to the most extent possible. If shared, clean and disinfect frequently.</p> <p>Game balls will be disinfected before and after every practice and game.</p> <p><b>BENCHES</b> Are allowed to open only if they can be thoroughly cleaned before and after every use, and 6 ft of distance can be maintained. If not, the benches will be removed.</p>		<p align="center"><b>TRAVEL TO GAMES</b></p> <p>The CIAC believes that regional play and modified sub-varsity experiences will assist in elevating some transportation issues and make it more feasible for parents to transport their child. If parents choose to transport their son or daughter to and/or from away contests they must complete the travel release form at least 24 hours prior to the contest for approval. Email requests will be accepted. Parents are not permitted to stay at the contest. <u>Athletes are not permitted to drive themselves to away contests.</u> Athletes must wear a mask on the team bus at all times. We will load the athletes from back to front and then unload from front to back. We will operate at full capacity while maximizing health and safety protocols.</p>
	<p align="center"><b>LOCKER ROOMS</b></p> <p>Locker rooms should be used as little as possible. We are encouraging athletes to be prepared for practices and contests upon arrival to GHS. To minimize exposure, a schedule will be developed by each team's coach when locker rooms are used. We will allow up to 7 students in the locker room at a time. When students must use a locker room to change for a practice or game, social distancing is maintained and masks are worn. Our student-athletes will not have access to locker rooms when we travel for away contests. We will not be providing locker room access to our opponents when they visit Griswold High School. All athletes must bring home their equipment on a nightly basis to wash and disinfect with the exception of helmets and shoulder pads.</p>	  	<p align="center"><b>PRACTICES</b></p> <p>It is expected that athletes make every effort to attend all practices throughout the week. Students that are on distance learning are responsible to get to practice on time ready to participate.</p> <p align="center"><b>COMMUNICATION</b></p> <p>Families should communicate with their coaches regarding practices or team events they cannot attend. There will be no consequences for athletes that cannot attend practice due to transportation issues with proper communication with the coach.</p>







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  	<p align="center"><b><u>SPECTATORS</u></b></p> <p>The Eastern Connecticut Conference has made the decision to not allow spectators during indoor or outdoor contests until further notice. Failure to comply with this rule could jeopardize the contest being played.</p> <p>All parents and guardians should remain in the parking lot when dropping off or picking up their child from practice or a contest. Access to the Griswold High School building is restricted until further notice and only essential personnel will be admitted.</p> <p>Some events will be streamed by the school along with local media outlets. Links to those events will be posted by the athletic department via Twitter, facebook, and athletic website.</p>		<p align="center"><b><u>PLAYOFF TOURNAMENT</u></b></p> <p>The CIAC will collaborate with league commissioners, athletic directors, and coaches to develop a tournament experience during the last two weeks of the fall season if deemed appropriate.. No team will be eliminated from competition during this experience to maximize the number of games each team will be able to play through the fall season.</p>
	<p align="center"><b><u>COVID-19 SYMPTOMS</u></b></p> <p>In the event that a student/athlete discloses that he/she has tested positive for COVID-19, administration and the local department of health should be immediately notified.</p> <p>In addition, the superintendent will be notified by school personnel that a student is suspected of being sick, maintaining confidentiality in accordance with FERPA, privacy expectations, and the Americans with Disabilities Act (ADA).</p> <p><b><i>See below for Dismissal and Returning Guidelines.</i></b></p>		<p align="center"><b><u>SIGNAGE / PHYSICAL CUES</u></b></p> <p>When not directly participating in practices or contests, care should be taken to maintain a minimum distance of 6 feet between each individual. Consider using tape or paint as a guide for athletes and coaches.</p>
	<p align="center"><b><u>WEIGHT ROOMS (TBD)</u></b></p> <p>Weight equipment will be wiped down thoroughly before and after an individual's use of equipment. Any equipment such as weight benches, athletic pads, etc. having holes with exposed foam will be covered. Appropriate clothing/shoes should always be worn in the weight room to minimize sweat from transmitting onto equipment/surfaces. Spotters should stand at each end of the bar.</p>		<p align="center"><b><u>SCHOOL ATTENDANCE</u></b></p> <p>The expectation is for students to be in attendance for every class whether remote learning or present in school.</p> <p>If your son or daughter will be absent or tardy from school (remote or present) please notify the GHS attendance secretary at 860-376-7640.</p>



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	<p><b><u>ECC LEAGUE PROTOCOLS</u></b></p> <p>The ECC has created game protocols for each sport including but not limited to: travel roster size, safe facilities, spectator policy, essential game personnel, face coverings, announcements, filming, hydration requirements, etc.</p>		<p><b><u>OFFICIALS/GAME STAFF</u></b></p> <p>Officials, medical staff, and media will self-screen prior to attending any event.</p>
	<p><b><u>ATHLETIC TRAINER/ROOM</u></b></p> <p>Athletic training rooms are essential to providing care to our student athletes. Student-athletes should only be in the training room under the supervision of our athletic trainer and/or certified coach and must wear a mask at all times. Athletic trainers will work with the coaches to communicate protocols for the training room, including a schedule for visits by athletes.</p>		<p><b><u>TRYOUTS</u></b></p> <p>Any sports team conducting tryouts will conclude them by Wednesday Sept. 16 th. Coaches will use a combination of coachability, effort, skill, fitness, and sport specific knowledge, as a means of evaluation.</p>
	<p><b><u>COVID-19 Advisory Committee</u></b></p> <p>Building Principal: Erin Palonen  Athletic Trainer: Anne Millovitsch  Superintendent: Sean McKenna  Athletic Director: Stephen Cravinho  School Nurse: Dee Tedeshi</p>		<p><b><u>References:</u></b></p> <p><a href="#">Griswold Hybrid Re-open Plan</a>  <a href="#">Griswold FAQ Hybrid Re-Open Plan</a>  <a href="#">Reopen CT: Sector Rules</a>  <a href="#">CIAC 2020-2021 Fall Sports Plan</a>  ECC Covid 19 Protocols</p>

**ADDITIONAL INFORMATION**

**DAILY SCREENING FORM QUESTIONS:** If yes to any of these questions then Any person with COVID symptoms must notify school personnel, be removed from participation, self-isolate, and contact their primary care provider or other health-care professional.

***Do you have?:***

- ❖ Fever or chills
- ❖ Cough
- ❖ Shortness of breath or difficulty breathing
- ❖ Fatigue
- ❖ Muscle or body aches
- ❖ Headache
- ❖ New loss of taste or smell
- ❖ Sore throat
- ❖ Congestion or runny nose
- ❖ Nausea or vomiting

***Have you visited one of the affected states within the last 14 days and for more than 24 hours?***



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**Staff or students showing symptoms will be dismissed immediately from the school building.**

- ❖ These will include but are not limited to:
  - HIGH-RISK Symptoms associated with COVID-19 according to CDC Guidelines and other infectious diseases in children
  - Fever (above 100°F or per clinical judgement with OR without fatigue/body aches/chills)
  - New unexplained loss of taste or smell
  - Respiratory symptoms (cough, lung congestion, persistent shortness of breath)
  - Gastrointestinal symptoms (diarrhea or vomiting)
- ❖ The student or staff member will be sent home until guidelines for returning to school and work are met.
- ❖ Students will remain in an “isolation room” until they can be released to a parent or guardian.
- ❖ Parents/guardians/staff must call their physician and encourage tele-visits for documentation clearing to return to campus.
- ❖ Communication must be provided for filing with the school nurse.
- ❖ Immediate coordination with Ledge Light Health District, including being ready to comply with requests for information from the local health department to assist with contact tracing while maintaining relevant privacy and health laws.

**Return to School or Work**

The ability for students or staff to return to campus will be determined based upon research-based guidance from the Centers for Disease Control (CDC) and coordination with Ledge Light Health District (LLHD).

1. Symptom-based Strategy: “At least 24 hours have passed since recovery defined as resolution of fever without the use of fever-reducing medications and improvement in respiratory symptoms (e.g., cough, shortness of breath); and 10 days have passed since symptoms first appeared.”
  2. Time-Based Strategy (for those asymptomatic but tested positive)
    - a. At least 10 days have passed since the date of their first positive COVID-19 diagnostic test assuming they have not subsequently developed symptoms since their positive test.
    - b. If they develop symptoms, then the symptom-based strategy should be used.
    - c. Note, because symptoms cannot be used to gauge where these individuals are in the course of their illness, it is possible that the duration of viral shedding could be longer or shorter than 10 days after their first positive test.
- ❖ All students and staff returning to campus will immediately report to the school nurse for a health screening before returning to work/classes.
  - ❖ OTHER Diagnosed Conditions:
    1. After the first 24 hours of various antibiotic treatments (ex: strep throat) etc.
    2. As directed per provider’s note with or without restriction.



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**Schools with or getting the NFHSNETWORK Pixellot Cameras:**

NFA - Plainfield - Bacon Academy - Montville - Stonington - Ledyard - Fitch - Waterford - Killingly -  
East Lyme - Wheeler