

Mentor Winter Sports return to activity and competition plan

Prior to participation each student athlete will complete the following:

1. All forms required through FinalForms including the annual physical examination.
2. Mentor Schools waiver of participation

Phase 1 December 7

Practice only. No competitions with the following requirements and guidelines:

1. Modified practices for all sports may begin/resume.
2. Masks must be worn by all coaches based on ODH recommendations. Athletes must wear a mask when entering and exiting the facility as well as when not being physically active.
3. Athletes and coaches should perform a daily health assessment before coming to the school. This includes taking your temperature. Do not come to school if you have a temperature of 100.4 degrees or more with or without medication. Athletes and coaches must stay home until you are fever free with or without medication for at least 3 full days and symptoms have improved for at least 72 hours and at least 7 days have passed since symptoms first began.
4. In order to return you must verify that you have no respiratory symptoms including shortness of breath, difficulty breathing or persistent dry cough. Do not have 2 or more of the following symptoms: fever, chills, repeated shaking with chills, muscle pain, headache, sore throat, loss of taste or smell
5. You may not return to school if you have been in close contact with anyone confirmed to be infected with Covid-19 or showing symptoms of Covid-19 in the last 14 days. Close contact is defined as living with or being within 6 feet of such a person.
6. Attendance must be taken at each practice on the form at the link below. Attendance sheets will verify who is at the facility, but also will verify that the pre-workout screening was conducted by all. Keep all records for each day. This could also be used for contact tracing in the event of a positive test
[.https://ohsaaweb.blob.core.windows.net/files/SchoolResources/OHSAACOVIDMONITORING.docx](https://ohsaaweb.blob.core.windows.net/files/SchoolResources/OHSAACOVIDMONITORING.docx)
7. All attendance forms will be turned into the athletic director at the end of each week per team.
8. No visitors during workouts. This includes volunteers, parents, boosters, alumni, college scouts etc...
9. Locker rooms can be used only if social distancing of 6' can be assured. To that end, if locker rooms are used, every other locker will be disabled and not used to enforce social distancing requirements. Only small groups are permitted in the locker rooms at one time. Coaches should create groups and monitor the groups times in the locker rooms. If locker rooms are not necessary, then they should be avoided. Athletes should show up ready to work out and leave immediately following the workout. Athletes may not congregate in common areas.

10. No shared drinks. All athletes should provide their own water bottles. No food or eating during workouts. No spitting.
11. No more than groups of 20 for indoor athletes and coaches and social distancing must be 6' between all individuals when not actively practicing. Workouts should be conducted in smaller pods as much as possible. For example Freshman, JV and varsity athletes will have different assigned times to practice.
 - a. Each sport will have a plan to divide up teams into smaller groups.
 - b. Groups will be assigned specific practice times.
 - c. Entrance and exit from the facility will be designated so that not to cross groups.
12. Frequent hand washing needs to be promoted. Individuals must wash their hands for 20 seconds with soap and warm water before working out or touching surfaces.
13. Shirts and shoes must be worn at all times.
14. Any equipment used must be cleaned and wiped down thoroughly intermittently during practices and after each group or sessions.
15. No shared equipment between athletes (towels, clothing, or sport specific)
16. Free weight exercises requiring a spotter should be done with spotters on the end of the bar, not overhead.
17. No team meetings, team breaks, high fives, etc...
18. No outside persons including alumni may use the facilities.

Phase 1 week 1 activities:

- Sport specific conditioning and agility
- Individual and partner drill work

Phase 2 week 2 activities:

- Week 1 activities
- Live drills and scrimmage like situations with one's own team

SPORT SPECIFIC GUIDELINES:

CHEERLEADING:

1. Max two 1.5 hour practices per week
2. Freshman, JV and varsity practices at different times
3. Social distancing and masks are required at all practices.
4. Athletes will enter school through gym lobby doors and exit through Paradigm I wing hallway doors.

BASKETBALL:

1. Freshman, JV and varsity teams practice separately with no more than 15 athletes at one practice. Practice limited to 1.5 hours per day per team.
2. Week 1 only individual skill drills and conditioning
 - a. Limit the sharing of balls when possible
3. Week 2 scrimmage and live drills permitted

4. Balls cleaned regularly throughout practice
5. Masks worn at all times when not actively practicing including but not limited to in and out of the facility and before and after practices.
6. Athletes will enter school through gym lobby doors and exit out the side gym doors.

WRESTLING:

1. Practices divided into 2 groups based on weight classes 106-152 and 160-285.
2. Practices limited to 1.5 hours per group
3. Wrestling mats sanitized in between groups
4. Masks must be worn at all times except when actively practicing, including but not limited to, in and out of the facility and wrestling room and before and after practices.
5. Partners should be maintained as much as possible for the 1st 2 weeks. Limit the number of wrestlers that an athlete drills with.
6. Athletes will enter the school through the gym lobby doors and exit through side gym doors.

HOCKEY:

1. All City of Mentor Arena rules must be followed
2. Practices will occur with groups of athletes no larger than 20 skaters
3. Athletes must be masked at all times except when actively practicing but not limited to in and out of the arena and before and after practices. Athletes on the bench must wear a mask.
4. Practices limited to 1.5 hours per group.

BOWLING:

1. All orders governing the operation of bowling facilities must be followed per the Ohio Department of Health orders
2. No more than 20 bowlers can be present at any one time in the alley.
3. Masks must be worn at all times by the members of the bowling team.
4. Practices are limited to 1.5 hours per group.
5. Food and drink must be consumed outside of the bowling area.

GYMNASTICS:

1. Protocols of the Lake Erie Gymnastics School must be followed at all times.
2. No more than 20 gymnasts can be present at one time.
3. Masks must be worn at all times when not actively practicing but not limited to in and out of the facility and before and after practices. Athletes waiting for their "turn" to compete must be masked.
4. Practices are limited to 1.5 hours per group.
5. Equipment must be sanitized in between each gymnast's use.

SWIMMING:

1. All Lake Health protocols must be followed at the facility
2. Athletes will have their temperature screened per Lake Health protocols prior to entering the facility.
3. Athletes must be masked at all times when not in the pool but not limited to in and out of the facility and before and after practices.
4. Practices are limited to 1.5 hours per group. Groups are limited to the regulations established and agreed upon by Lake Health.

Phase 3 - Competition permitted.

General Guidelines

The following procedures will be followed for all practices and games by Mentor Schools participants:

1. Masks must be worn by all coaches based on ODH recommendations. Athletes must wear a mask when entering and exiting the facility as well as when not being physically active. Masks must be worn in locker rooms, training rooms, and any common areas.
2. Athletes and coaches should perform a daily health assessment before coming to the school. This includes taking your temperature. Do not come to school if you have a temperature of 100.4 degrees or more without the use of fever reducing medication. Athletes and coaches must stay home until you are fever free without fever reducing medication for at least 3 full days and symptoms have improved for at least 72 hours and at least 7 days have passed since symptoms first began. In order to return you must verify that you have no respiratory symptoms including shortness of breath, difficulty breathing or persistent dry cough. Do not have 2 or more of the following symptoms: fever, chills, repeated shaking with chills, muscle pain, headache, sore throat, loss of taste or smell
3. You may not return to school if you have been in close contact with anyone confirmed to be infected with Covid-19 or showing symptoms of Covid-19 in the last 14 days. Close contact is defined as living with or being within 6 feet for longer than 15 minutes of a Covid 19 positive individual.
4. Attendance must be taken at each practice on the form at the link below. Attendance sheets will verify who is at the facility, but also will verify that the pre-workout screening was conducted by all. Keep all records for each day. This could also be used for contact tracing in the event of a positive test.
<https://ohsaaweb.blob.core.windows.net/files/SchoolResources/OHSAACOVIDMONITORING.docx>
5. All attendance forms will be turned into the athletic director at the end of each week per team.
6. No visitors or volunteers during workouts. This includes parents, boosters, alumni, college scouts etc.

7. No shared drinks. All athletes are required to provide their own water bottles. No food or eating during workouts. No spitting.
8. Frequent hand washing needs to be promoted. Individuals must wash their hands for 20 seconds with soap and warm water before working out or touching surfaces. Coaches must promote good hand hygiene and respiratory etiquette. The use of hand sanitizer is appropriate when hand washing is not available.
9. Shirts and shoes must be worn at all times.
10. When athletes are not actively competing during practice/game they should maintain proper social distancing in team bench areas and practice areas. Team huddles and meetings should maintain proper social distancing.
11. Athletes should be put into smaller groups who remain together through practice stations rather than mixing groups throughout the practice.
12. Locker rooms should be used with social distancing in mind. Limit the number of athletes in the locker rooms to promote social distancing. Plans should be in place to rotate players through the locker rooms as needed. These plans must be approved by the athletic director prior to practices beginning.
13. Shared athletic equipment should be cleaned as frequently as possible. Athletes should not share towels or other personal items.
14. Weight room protocols of social distancing and maximum capacity of 25 should be followed for the number of athletes and coaches as well as spotting from the end of the bar instead of overhead spotting.
15. Transportation: When riding on buses Masks must be worn at all times by both coaches and athletes. No food or drink on the buses. All Mentor Schools transportation policies must be followed.
16. There must be no congregating before or after practices or games by players, coaches, athletic trainers, officials, or spectators.
17. The Mentor Schools Competition plan will be posted on the athletic department website and sent to all parents and athletes as well as stressing the importance of the self assessment and "know before you go."
18. Signage will be installed at all facilities promoting hygiene, physical separation, and face coverings.
19. Public address announcements will be made promoting physical separation, face coverings, hygiene, and health symptoms throughout the events.
20. The school principal or his/her designee will be the compliance officer to fulfill the requirements of this plan.
21. Coaches/athletic trainers must identify players of high risk of developing serious complications from Covid 19 such as those with asthma, diabetes, or other health problems, and take extra precautions to protect them.
22. Limit time spent on activities where players are in close proximity for extended periods of time during practice (e.g. repeatedly practicing corner or penalty kicks in soccer, rebounding drills in basketball, etc.)
23. Out of state travel for practices and games will not be permitted at this time.
24. Mask use by athletes and coaches at home will be encouraged.

25. Players are encouraged not to carpool to practices and games and only ride in vehicles with others in their own households

Game Day protocols:

1. All persons including coaches, athletes, parents, spectators, contest officials, game day workers and staff need to conduct a symptom check.
 - a. Athletes symptom check will be performed by the coaching staff as everyday procedures require. Any positive symptoms would follow the procedures previously established.
 - b. Coaches should perform a self assessment and if they present symptoms they should remove themselves from the environment and follow previously established protocols.
 - c. Officials and game day event staff - Self screening evaluation will be conducted by the official or game day worker. Upon arrival the host administrator or designee will record the results of the self assessment. If the official or game day worker has symptoms they should not attend the event. If they are at the event the administrator will follow established procedures to remove the individual from the facility and report the event so that Mentor Schools policies are followed.
2. Each bench area, score table and ticketing area should be furnished with hand sanitizer.
3. No sharing of water bottles. Each athlete should provide their own water bottles. If water bottles are not practical then disposable paper cups should be used and disposed of after each use. Coolers of water for each team should be provided for athletes to refill their personal bottles.
4. Team chairs will be disinfected prior to and in between each use. Team chairs will be spaced to meet social distancing requirements.
5. Towels will not be provided. Each athlete should have their own if they require one.
6. Media will be limited to a specific area of the gym or arena.
7. Cheerleaders and band members will be in designated areas. They are required to practice social distancing and must wear masks when not cheering or playing. Direct interaction with other athletes, spectators, or fans is prohibited.
8. Players, volunteers, coaches, athletic trainers, and officials must strictly follow the facial coverings order when out in public.
9. Six feet of social distancing must be maintained between individuals except when necessary in the area of play.
10. Players, coaches, and officials are not to physically contact each other before or after practices or games (high fives, huddles, etc.)
11. A coach or volunteer will be assigned to help monitor and ensure social distancing of teams is occurring.
12. At indoor events and practices ensure that the ventilation systems or fans are operating properly by increasing the circulation of outdoor air as much as possible.
13. Hand sanitizer will be readily available throughout the venues.

PPE use:

1. Athletes must wear masks when they arrive at the event and are leaving the event. They must wear masks in locker rooms, training rooms and common areas when not actually physically active. They should also be worn on team benches when not actively engaged in play.
2. Coaches and game day personnel should wear masks at all times.
3. Officials should wear masks as long as this will not directly impede the effective completion of their duties and responsibilities.
4. Cheerleaders and band members are required to wear masks when not cheering or playing.

Spectators:

1. The ability to have spectators present will be evaluated by the school administration prior to each event. If spectators are permitted event capacity will be the lesser of 15% of capacity not to exceed 300 per the ODH order. The school administration can limit the capacity or prohibit spectators if conditions warrant.
2. Spectators must self evaluate symptoms prior to attending events. Stay at home if you are not feeling well and/or exhibiting symptoms
3. Spectators are required to wear face coverings while attending all events.
4. Spectators are restricted from competition areas and from visiting with student athletes and personnel before or after events.
5. Spectators must practice social distancing with members outside of their direct family parties.
6. Spectators must sit in marked seating areas only to promote social distancing. Spectators not sitting in assigned areas will be asked to move or will be asked to leave the stadium.
7. There can be no congregating in aisle ways, gate entrances, parking lots and common areas before, during and after games.
8. Spectators are asked to leave immediately after the game has ended.
9. Seats will be designated in groups of 4 with 6 feet of distance between groups and will be staggered in every other row.
10. Aisle ways will be marked with directional arrows for the safe flow of spectators.
11. No student sections will be permitted. Students will be required to sit with family members in designated seating areas.
12. One way entrances and exits will be marked.
13. Signage will be posted for social distancing, facemask requirements, and paths of travel along with visual cues for spectators standing in line to ensure social distancing.
14. All available restrooms will be used and will be marked one way entrance and exits where possible to allow for frequent hand washing without crowding.

Ticketing:

Gymnasium events:

1. Tickets will be available online 2 days prior to each game for parents to buy up to 4 tickets using a code that is provided to them.
2. Tickets will be available up to the total gym capacity of 250.
3. All tickets will be sold presale online. There will not be any tickets sold at the gate.

Ice Arena events:

1. Tickets will be available online 2 days prior to the event for parents to buy up to 2 tickets using a code that is provided to them.
2. Tickets will be available until the official Ice Arena capacity is reached as determined by the City of Mentor.
3. All tickets will be sold presale online. There will not be any tickets sold at the gate.

Swimming meets at Spire:

1. Tickets will be available online 2 days prior to each game for parents to buy up to 4 tickets using a code that is provided to them.
2. Tickets will be available up to the capacity as determined by the Spire facility.
3. All tickets will be sold presale online. There will not be any tickets sold at the gate.

Bowling:

1. Spectators will be first come first serve per the regulations of the bowling facility and their State of Ohio regulations.
2. Once capacity is reached no more spectators will be permitted.

Middle School games:

1. All tickets will be sold at the gate.
2. Tickets are 1st come 1st serve and only family members of the participating athletes and parents will be permitted to attend the events.
3. Once the capacity of the facility is reached no more tickets will be sold.

Concessions:

1. Concessions will not be available.

Athletic training rooms:

1. Face masks are required at all times by all in the training rooms
2. Athletic training room maximum occupancy will be posted and social distancing must be observed at all times while in the training room.

3. Taping and treatment tables should be disinfected between each athlete regardless of the physical barrier used.
4. Tables must be placed 6 feet apart.
5. Use outdoor areas to treat or tape when possible.
6. Common surfaces should be disinfected regularly during use and prior and after practices, games and events.
7. Efforts should be made to utilize premade ice bags that can be picked up limiting the number of individuals using ice machines and scoop.
8. Cold or hot tubs should be limited to one individual at a time and cold and hot tub water should be changed between users and tub cleaned and sanitized between users.
9. Individuals being evaluated for Covid 19 should be evaluated in a room completely separate from others. We will use the physician's office in the high school training room for this purpose. If the evaluation occurs in a common room, it will be cleaned and sanitized after the suspected individual is removed and before the room can be occupied again.

Locker rooms:

1. Locker rooms must be cleaned thoroughly before and after each practice and competition.
2. Masks must be worn at all times in the locker room.
3. Showers may be permitted if social distancing requirements can be met.
4. Total number of occupants will be posted in each locker room and must be followed at all times.
5. Teams will need to enter locker rooms in shifts and assign lockers to maintain social distancing requirements. Coaching staff will need to submit a plan for this and monitor compliance.

Transportation:

1. A symptom assessment must be performed indicating no symptoms prior to boarding the buses.
2. Masks must be worn by all athletes and coaches during the duration of the trip.
3. No food or drink permitted on the buses.
4. All Mentor Schools Transportation policies must be adhered to.

Team parties:

1. Team "pasta" parties and gatherings may not take place until further notice.

Cleaning and Sanitation:

1. Time must be allotted between practice sessions and games to allow teams to exit prior to new teams arriving and for proper sanitizing to take place. This will be done by the development of practice schedules and communicating those schedules with the

custodial staff for proper cleaning. Indoor events restrooms and high touch areas will be sanitized at least twice during the event in between team levels.

2. Locker rooms, weight rooms, restrooms, and athletic training rooms must be cleaned and sanitized frequently. A cleaning schedule will be followed on a daily basis to achieve this.
3. Signage promoting hand washing, mask wearing, social distancing and respiratory etiquette will be prominently displayed throughout the facilities.
4. A complete cleaning and sanitizing schedule will be developed to include
 - a. Frequent cleaning of high touch areas
 - b. Allowing adequate time between events for cleaning
 - c. Following protocols for cleaning and disinfecting in Covid 19 case is identified at the event.
 - d. Making hand sanitizer available at all events
5. If a positive Covid 19 case at a venue is found, the venue will be thoroughly cleaned and sanitized along with any other requirements from the Lake County Health District.
6. Sanitizing of seats and flat surfaces will be done between uses of the venue.

Coaching and athlete education:

1. All coaches are required to participate in Covid 19 education developed by the Ohio Department of Health and educate their teams on how to prevent the spread of Covid 19. The coaches will be required to watch the required videos and read the provided information. The Athletic director will record the completion of this requirement. The videos and information that coaches will be required to view are listed below:

[Youth Sports: Tips to Protect Players From COVID-19](#)

[Know the Symptoms of COVID-19](#)

[How Does COVID-19 Spread](#)

[COVID-19 Checklist for Coaches](#)

[COVID-19 Stop the Spread of Germs Poster](#)

[COVID-19 Slow Spread Poster](#)

[COVID-19 Symptoms Poster](#)

Suspected and confirmed cases:

1. Student-athletes, Coaches, Officials, Game day staff and Spectators must stay home if they feel sick, have any COVID-19 symptoms, have contact with anyone with COVID-19 or have tested positive for COVID-19.
2. Student-athletes, Coaches, Officials, Game day staff and Spectators who have come in close contact with individuals who tested positive for COVID-19 (within 6 feet for at least 15 minutes) must self-quarantine for 14 days following exposure.
3. Any student-athlete, coach, official, game day staff or spectator who becomes ill or develops symptoms will be isolated and asked to seek medical care. Individuals will be taken to their vehicle or high school training room isolation room until the individual is able to leave the property. School administrators of suspected individuals will contact their local health department. Student-athletes, parents, coaches and administrators will work with local health boards to identify individuals potentially exposed to facilitate contact tracing. If affected individuals participated in competitive play, the school must notify all opponents played between the date of positive test (date when test taken) and two (2) days prior to the onset of symptoms, plus insure all local health boards are notified.
4. Individuals who test positive for COVID-19, whether symptomatic or asymptomatic, shall not return to sports activities until a documented medical exam is performed clearing the individual prior to the individual returning to participation in practice or contests. The documented medical exam must specifically include an assessment of the cardiac/heart risk of high-intensity exercise due to the potential of myocarditis occurring in COVID-19 patients.
5. Ill and symptomatic individuals must seek Covid 19 testing as soon as possible. Mentor will work with Lake Health to find available testing sites and availability.
6. The Mentor Athletic Department will notify all athletes and parents/guardians associated with the affected team regarding a positive test.

Health District contact:

1. Mentor schools will notify the Lake County Health district prior to any tournaments
2. Mentor Athletic Department will contact the Lake County Health District weekly regarding the status of Covid 19 in the community.