

Pinellas County Schools

Winter Sports Protocols 2020-2021



Director of Athletics: Albert Bennett

Table of Contents

Basketball.....	1
Soccer.....	4
Wrestling.....	6
Cheerleading-Basketball.....	8

Basketball Practice and Game Guidelines

Pinellas County Athletics

GENERAL REQUIREMENTS

- All athletes must have a current EL2 and EL3 form to participant.
- All athletes must have a signed COVID-19 release form to participate.
- Athletes and coaches must be screened prior to each practice and game using the daily monitoring questionnaire.
- If a player answers “yes” to any of the screening questions, the athlete will not participate in any team activity until cleared by a physician or student stays for home 14 days.
- If a possible COVID-19 case is identified, the school’s administration will be notified by the coach immediately.

PRACTICES

- All athletes and coaches will be screened each day before entering the gym for practice using the daily COVID-19 questionnaire.
- No more than 25 participants are allowed in the gym for practices at one time. The exception to this policy is during official try-outs. During try-outs students should be kept in pods of 20 or less. Example-two groups of 20 for a total of 40 in the gym.
- Face coverings must be worn as players enter and exit the facility. Players have the option of wearing a mask/face covering during practice and competitions, but it is not required.
- Locker rooms should not be used during practices. All athletes should come dressed ready to practice.
- Players should bring their own filled water bottles and towels. No water will be provided during practices.
- Coaches and trainers should always wear a mask.
- Breaks should be scheduled to allow players time to sanitize hands.
- Organize the bench/gym area so each player has their own area to keep their personal equipment including water and towel.
- No spectators are allowed in the facility during practices.

GAME PROCEDURES

- Each team should have enough hand sanitizer to satisfy the needs of the sideline/ bench personnel.
- Individuals should not share water bottles or towels during the game.
- When possible, benches should be arranged to allow players and other bench personnel to social distance.
- The chairs that players and coaches use should be sanitized before and after games.
- Players should wear a mask when not participating in the game. In addition, coaches and other bench personnel should always wear a mask.
- When players are waiting to substitute into the game they need to maintain distance from other players waiting to substitute
- Provide an area for officials that is social distanced from teams but not separate from gym building.

EQUIPMENT CLEANING AND DISINFECTING

- All equipment will be sanitized before, during hydration breaks, and at the end of each practice.
- During contests game balls should be wiped down at end of each quarter. Two game balls should be used so a clean ball can be added to play when needed.
- Each program will have paper towels and spray sanitizer to clean equipment and surfaces.

Basketball Practice and Game Guidelines

Pinellas County Athletics

OFFICIALS

- PAR will be strictly following the FHSAA recommended COVID-19 safety guidelines. These guidelines will be sent out prior to the start of the season.
- Officials should be provided a designated parking area apart from the public. Officials will/should arrive to the site or facility dressed in their uniforms (uniform tops may be put on at the facility). Do not expect to shower at the facility.
- If an official becomes symptomatic at a contest, he/she should be moved to a designated quarantine area with a mask in place until they are transported from the facility.
- Masks – If officials decide to wear masks, they must be completely black and unadorned (PAR may order masks). Highly suggest some type of whistle cover if masks are not worn. Black medical latex gloves or gloves designed specifically for officiating may be worn during the game.
- Pre-game with referee and head coaches only – no captains, U1 and/or U2. No handshakes or fist bumps with coaches. Social distance with the coaches. Masks must be worn. Keep meeting brief.
- When meeting with the table after the coaches meeting, referee will wear a mask. Keep meeting brief.
- Game ball given to officials in locker room. Sanitized and not used for warm-ups. If possible, leave in the dressing room until the U2 takes the jackets, then retrieve the game ball and give to the R.
- Highly suggesting 2 sanitized balls to be placed at the end of each court in case game ball goes into the stands and is touched by a fan.
- Host school should ensure game ball is sanitized during time outs and between quarters.
- Electronic whistles are permitted to be used.
- Eliminate the jump ball by either a coin toss or giving the visiting team the ball to start.
- When conferencing with coaches/table/administration, masks must be worn. Social distance as much as possible. Would highly suggest that if it is a rule/situation that needs to be discussed, get together as a crew (masks on), discuss and then the R talk to the coaches about the result of the situation.
- Coaches can lower masks to communicate with players during live balls (Administration).
- Bench personnel – social distancing and masks (Administration).
- Table personnel – limited to official scorer and time – visiting book can be behind the table if possible; if not, on their bench (Administration).

TRAVEL

- Players and coaches will be screened prior to entering the bus using the COVID-19 questionnaire.
- All away games must be 75 miles or closer through December 18th.
- No more than 36 people can ride on a school bus. The first two rows of seats behind the driver will not be occupied.
- The travel party to away games should be limited to players on the roster, coaches, and other essential personnel.
- Players should travel/arrive in uniforms (Both Varsity and Junior Varsity teams)
- Masks must be worn on the school bus, van, or charter bus.
- Players will social distance to the greatest extent possible on bus trips.
- Coaches will keep a bus seating chart for athletes riding the bus to and from games as documentation.
- If ride sharing is used, the same individuals should ride together to each game or practice.
- Communicate ahead of time with the host schools on bus parking, locker room use, and bench seating.

Basketball Practice and Game Guidelines

Pinellas County Athletics

LOCKER-ROOM

- The host school will provide visiting teams a locker room for pregame and halftime meetings only. The host school must have a process to identify that the visiting team locker room has been cleaned and not reentered after cleaning.
- Participants and staff must wear a mask/face covering while in the locker room.
- Players are not allowed to shower or change clothes in the locker rooms. Players should arrive to the game dressed in their uniform.

FAN

- To begin the season there will be a 35% capacity limit set for all Pinellas County gymnasiums. The capacity levels will be reassessed monthly.
- Both sides of the gym should be open to allow for social distancing of spectators.
- The first three rows of bleachers behind each bench should be left open to allow a “buffer zone” between the players and spectators.
- Fans will be required to wear masks while in Pinellas County Schools gymnasiums.
- Six-feet social distancing should be maintained between individuals not living in the same household.
- Concessions stands will sell only pre-prepared wrapped food and drinks.
- All ticketing for games will be e-tickets sold through the GoFan website.
- If announcer is available, public address announcements will be made periodically before, during, and after contest to follow PCS and CDC guidelines. These public address announcements will be provided to schools.
- In the event of persistent non-compliance of health protocols, spectators may be asked to leave the gymnasium.
- Fans must exit the gymnasium immediately following the game.

OTHER GUIDELINES

- There will be no handshakes between teams before or after games.
- All athletic training rooms, meetings rooms, and other gathering rooms should be cleaned before and after use by the teams.



Safety of the athletes, coaches, officials, and fans is our priority.

The basketball protocols listed above are subject to changed based on updated CDC recommendations.

Soccer Practice and Game Protocols

Pinellas County Athletics

PRACTICE PROCEDURES

1. All athletes are required to have the COVID-19 Wavier Form on file.
2. All athletes should report dressed and ready for practice. Players must wear masks upon entering and exiting the training location.
3. Each coach and athlete should be screened for COVID-19 symptoms using the COVID-19 Athlete/Coach Monitoring Form upon entering the facility.
4. Face coverings **must be worn** during warmup activities. Social distancing must be maintained during warmups and drills.
5. Players must bring your own filled water bottles with their name on the bottle. No water will be provided during training or games.
6. Organize the sideline area so each player has their own area to keep their personal equipment including water for hydration breaks.
7. No spectators are allowed in the facility during practices.

GAME PROCEDURES

1. Limit participation in the coin toss to one referee and a single captain and coach from each team.
2. Rosters are submitted directly to the officials at the coin toss.
3. Limit bench personnel to observe social distancing of 6 feet.
4. Pre-game and halftime huddles need to be socially distanced and physical contact such as handshakes avoided.
5. Ball boys/girls are not recommended. Adequate numbers of game balls should be arranged around the field to minimize time spent by players retrieving balls.
6. Celebrations should social distance and not involve physical contact.
7. Substitutes must socially distance near the midfield stripe.
8. No post game handshakes or team huddles. Players must leave the field in a timely manner after the game.
9. Maintain social distance.
10. Sanitize equipment and surfaces.

EQUIPMENT CLEANING AND DISINFECTING

1. All equipment will be sanitized before, during hydration breaks, and at the end of each practice or game.
2. Each program will have paper towels and spray sanitizer on hand for equipment and surfaces.

OFFICIALS

1. Referees/officials will be following FHSAA recommended guidelines.
 - Referees must complete their own specific COVID-19 pre-screening prior to entering the stadium.
 - Referees must wear masks when entering and exiting facilities.
 - Bring their own water bottle.

TRAVEL

1. Players will be screened prior to boarding the bus using screening questionnaire.
2. Players will wear masks during bus trips.
3. Players will social distance to the greatest extent possible on bus trips. (36 people is the maximum allowed to ride on the school bus at one time)
4. Coaches should keep a seating chart for athletes riding the bus to and from games.
5. Communicate ahead of time with the host schools.
 - Examples of details to be covered include but are not limited to, the following:
 - Parking
 - Where to enter facility
 - Bench area seating (how many players can be accommodated to maintain social distancing)
6. If ride sharing is used, the same individuals should ride together for each game or practice.

Soccer Practice and Game Protocols

Pinellas County Athletics

FANS

1. Fans will wear face coverings except when actively eating or drinking.
2. A spectator limit of 35% of stadiums' capacity will be in place to start the season.
3. Six-foot social distancing should be maintained between individuals not living in the same household.
4. Concession stands will sell only pre-prepared, wrapped food and drinks.
 - Public address announcements may be made periodically before, during, and after the contest to follow the PCS guidelines.
 - **Regular season contests:** "The FHSAA encourages you to stay at least six feet away from others when possible, wear face coverings at *INSERT SCHOOL NAME* events, and wash your hands frequently. Together, we can slow the spread of the coronavirus."
 - **Post-season contests:** "The FHSAA encourages you to stay at least six feet away from others when possible, wear face coverings at FHSAA events, and wash your hands frequently. Together, we can slow the spread of the coronavirus."
5. Fans must exit the stadium immediately following the match.
6. In the event of persistent non-compliance participants may be asked to leave the facility.

OTHER GUIDELINES: COVID Specific Information

What are the signs and symptoms of COVID-19?

Symptoms may appear 2-14 days after exposure to the virus. The symptoms may range from mild to severe.

Symptoms may include:

- 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
- Diarrhea

What to do if a student or staff become ill with COVID-19 symptoms during practice, event, or during transportation to or from an event?

- Every effort will be made to isolate the ill individual from others, until the student or staff member can leave the school or event
- If student, parent/guardian will be contacted immediately, and arrangements will be made for the student to be picked up
- Ill individual will be asked to contact their physician or appropriate healthcare professional for direction

Return of student or staff to athletics following a COVID-19 diagnosis?

- Quarantining the individual and possibly the team for 10-14 days may be required if diagnosed
- Student or staff must have medical clearance from their physician or appropriate healthcare professional, determined to be non-contagious, fever free (without fever-reducing medicine), improvement in respiratory symptoms (cough, shortness of breath), no vomiting or diarrhea.

Safety is our priority, so the protocols and guidelines are subject to changes based on CDC recommendations.

References:

FHSAA Return-To-Participation Guide, Resources and Fall Sports Considerations
US Soccer Grassroots – Play On



Wrestling Protocols

Pinellas County Athletics

GENERAL PROTOCOLS

- Have hand sanitizer and wipes available at the table.
- Wash stations or sanitizer at the mat side.
- No one touches the score sheet except the scorer. All bout sheets must have mat numbers on them.
- If writing implements are used, they should be sanitized and not shared with anyone.
- Disinfect the mats before and after the competition.
- Towel/bucket to clean shoes off before stepping on the mat.
- No fans permitted for November and December.
- Athletes and Coaches are required to wear masks off the mat.
- Participate/host smaller events. (more duals, less large tournaments) 6 Team Max

COACHES

- Masks are required on and off the mat.
- Two coaches only allowed in the corner.
- Eliminate post-match handshakes.
- Must use the COVID-19 questionnaire to check students in each day.
- Must document practice groups in their practice plans.
- Provide athletes with skin wipes to use before and after practice and competition.
- Coaches should let parents know that they can watch in-County competitions via Pixellot.

WRESTLERS

- DO NOT WRESTLE IF YOU ARE SHOWING SIGNS OR SYMPTOMS OF COVID-19.
- Use wipes.
- Stagger weight classes, so athletes are not all in chairs on mat-side.
- Must wear masks off the mat when not competing.
- No pre- and post-match handshakes.
- No handshakes with coaches' post-match.
- Wash practice gear daily.
- Do not share practice gear. (This includes head gear/clothing/knee pads/shoes)
- Disinfect headgear/knee pads/shoes daily.

PARENTS

- Make sure your child and immediate household members are free from illness before participating in practice and competition (if there is doubt stay home)
- Provide personal items for your child and clearly label them.
- Disinfect your students' equipment after each game or practice. Knee pads, headgear, and practice clothes disinfected daily.

Wrestling Protocols

Pinellas County Athletics

HOSTING DUAL TOURNAMENTS (NOV/DEC ONLY)

- Two mats per gym maximum. This allows both bleachers to be deployed for maximum seating and distancing capacity.
- Two mats only.
- Maximum of 6 teams per event in November and December.
- Schools may wrestle on multiple mats.
- Mats may be removed when not needed as teams are eliminated.

HOSTING TRADITIONAL TOURNAMENTS (NOV/DEC ONLY)

- Two mats, 6 Teams
- No bracket will be larger than 6 individuals.
- The limit of wrestlers is a maximum and shall not be exceeded.

OTHER

- No out of county travel through December 14th.
- JV season end date of January 15th.
- Daily attendance log and practice partner record needs to be kept.
- Must be able to submit list of opponents or brackets for tournaments of who an athlete wrestled.
- The sub-committee will meet again on 12/20 via Teams to discuss the remainder of the season.
- Teams should schedule as they normally would for January-March with the understanding that there is no guarantee that restrictions will be lifted.



Cheerleading Protocols
2020-2021 Basketball Season
Pinellas County Athletics

- PCS cheerleaders can perform at home girls' and boys' basketball games ONLY.
- Cheerleaders can perform chants from the bleachers and cheers from mid court during breaks in play. (masks required)
- Cheerleaders should always social distance as much as possible and wear a mask at all times. This includes when they are entering and exiting the gym and during cheers/chants.
- Cheerleaders are not permitted to perform team stunt until further review.
- Cheerleaders should stay at least 6 feet from the spectators.
- Schools should create a buffer zone between cheerleaders and spectators.
- Cheerleaders should not share equipment or apparel with team members.
- Frequent breaks should be provided for cheerleaders to hydrate and sanitize hands.

*This is not an exhaustive list and there might be additional steps individual schools can take to increase safety.
Everyone should stay vigilant about the health of the members of the team and coaches.*

PCS guidelines for cheerleading will be reviewed and updated prior to January 5th, 2021.

