

Hollis Brookline Cooperative School Board  
Wednesday, August 26, 2020  
Hollis Brookline Middle School Library  
All times are estimates and subject to change without notice

- 6:00 Call to Order
- 6:05 Appointment of a process observer  
Agenda adjustments  
Approve meeting minutes
- 6:10 Nomination, resignations, and correspondence
- 6:15 Public Input
- 6:30 Discussion
  - Update on staffing needs for reopening
  - Update on Athletic Plan
  - Update on Anti-Racism and Equity Work
- 7:00 Deliberations
  - To see what action the Board will take regarding the Superintendent's recommendation for staffing
- 7:05 Update from Process Observer
- 7:15 Non-Public under RSA 91-A:3 II (a) compensation and/or (c) reputation
- 7:30 Motion to Adjourn
- 7:30 Non-Meeting Teacher Negotiations

# HB Athletics - Fall Reopening

## Objectives

It is our goal to deliver an athletic experience that aligns with and complements the reopening plan of the Hollis Brookline Cooperative School District, and allows for the ability to pivot and transition quickly between models as needed, without detracting from the experience itself. It is our belief that the athletic experience is integral to the social-emotional well-being of students across the district, and essential to providing some form of normalcy as we transition into an abnormal educational setting.

## Policies and Procedures

### General

- Start Date: HBHS - September 8th (set by the NHIAA)  
HBMS - September 9th (first day of school)
- State of New Hampshire [Safer at Home Guidance for Youth and Amateur Sports](#) and guidance from the [NHIAA](#) will be strictly adhered to, including sport-specific adopted NFHS considerations.

### Health and Safety

- Daily health questionnaire required for coaches and players prior to participation.
  - Administered by coaches, on site
  - Answering yes to any question will result in removal from participation.
- Any athlete or coach who shows any COVID-19 symptoms, as identified by the CDC, shall be removed from participation and isolated until transportation home becomes available
- No athlete or coach shall return to train/practice until they are deemed safe to do so per district guidelines
- Athletes and coaches shall maintain 6 feet of separation when not engaged in physical activity.
- All athletes and coaches should be instructed to immediately leave after practice to shower.
- Hygiene Stations
  - Set up at each field and gym
  - Hand sanitizer, wipes or spray with paper towels, and a waste basket included at stations
  - Players and coaches must wash or sanitize hands when entering and exiting any playing area (practices and games)
  - All equipment will be cleaned and sanitized by coaches and athletes following use, including, but not limited to: balls, pads, sticks, training aids, etc..
- Water
  - No community water coolers allowed
  - No sharing of water bottles
  - Players must bring own bottle (school-provided as needed)
- Equipment
  - Each team will have designated area to store bags and equipment
  - Athletes encouraged to leave bags in their vehicles when possible
  - Bags should be spread out at 6 ft. intervals on fields and in gyms
  - No sharing of personal equipment will be allowed
- Locker Rooms
  - Usage limited to small groups from the same team and as needed
  - Players encouraged to arrive for practices already dressed when possible
  - No locker room access for visiting teams - arrive ready to play

- Pick-up/Drop-off
  - Athletes and coaches shall not arrive more than 15 minutes prior to start of any event
  - Athletes and coaches shall leave immediately following any event
  - Congregating on fields, courts, and in parking areas shall not be permitted
  - Parents shall remain in vehicles when dropping off and picking up athletes

### **Practice Procedures**

- No practices to start prior to 3:00 PM @ HBMS and 3:30 PM @ HBHS
  - This allows time for cleaning of facilities and health checks
- No combined practices (V and JV teams practice separately)
- Varsity limited to 1.5 hours, JV/MS/Intramural limited to 1 hour
- No spectators allowed at any practice session (coaches and athletes only)
- All teams must follow established "Return to Play" plan (see below)
- Classroom/Film Sessions
  - No face-to-face classroom or film sessions allowed
  - Sessions to occur via Zoom or Google Meet

### **Home Game Procedures**

- General
  - Limit weekday games when possible
  - Facilities open 1 hour prior to game time for warm-ups
  - Only one game per field per day will be allowed
    - This allows for necessary cleaning and limits exposure between schools
  - Number of games occurring simultaneously on campus will be limited when possible
  - Any equipment used (balls, sticks, etc.) shall be sanitized between each quarter or half
  - No handshakes
  - No group huddles
- Visiting Teams
  - Players and coaches subject to established sanitization procedures
  - No access to locker rooms - Must arrive in gameplay attire
  - Must bring their own equipment and balls
  - Will not be permitted on field or court in excess of 60 minutes prior to game time
  - Visiting schools will be notified and must agree to abide by all established policies prior to the start of season.
- Spectators
  - (2) spectators per player and coach (home and away)
  - Team and visiting school must submit "guest list" prior to arrival
    - Guests will check-in prior to game and receive ticket or stamp
  - Allowed to enter spectator area 30 minutes before game time
  - Must exit immediately following game play
  - Spectators will not be permitted on court or field of play at any time

### **Transportation Procedures**

- Limit weekday travel as much as possible
- 1 person per seat (23 passengers per bus)
- Encourage parental transportation to and from events when possible
- With parent approval, allow students to transport themselves
- With parent approval, allow multiple athletes to travel together

### **Eligibility Requirements**

- Physical - Required every 2 years, within calendar year for incoming 7th and 9th graders
  - Relax requirement at HS to NHIAA standard (1 physical for all 4 years of HS)
  - Relax requirement at MS to permit athletes that fall within 3 years to participate
- ImPact Testing - Required every 2 years
  - Allow athletes an extra year on ImPact tests (3 instead of 2)
  - Only ImPact test athletes that do not fall within the 3 year requirement
- Academic Requirement - Passing 4 classes in Quarter 4 (HS)
  - NHIAA allowing principals to waive requirement on case-by-case basis
- Covid-19 Risk Agreement/Waiver - New (see below)
  - All athletes and parents must sign with FamilyID Registration

### **Tiers of Participation**

Each team will be assigned a tier based on most current information and degree of risk. Once assigned Interscholastic or Intramural, teams may transition between that tier and Skill Development or Remote at the discretion of administration.

<b>Interscholastic</b>
<ul style="list-style-type: none"><li>- Play NHIAA and TCA recognized sports</li><li>- Localize schedules to minimize travel</li><li>- Limit weekday games as much as possible</li></ul>
<b>Intramurals</b>
<ul style="list-style-type: none"><li>- Coach run</li><li>- Play in-district only</li><li>- Potential Offerings: Soccer, Field Hockey, Volleyball, Golf, Cross Country, Bass Fishing</li><li>- Potential to replace recognized sports with alternatives (i.e: Football with Flag Football)</li><li>- Potential to add non-traditional activities: Floor Hockey, Dodgeball, etc.</li><li>- Number of teams and formatting based on registrations</li><li>- Limit players on field when possible (i.e: play 7v7)</li></ul>
<b>Skill Development</b>
<ul style="list-style-type: none"><li>- Coach run</li><li>- Focus on skill development and conditioning</li><li>- No full-field/court scrimmaging or game-play</li></ul>
<b>Remote</b>
<ul style="list-style-type: none"><li>- Coach run</li><li>- Zoom meetings to discuss strategy and sports-related topics</li><li>- Remote workouts provided for athletes</li><li>- Additional general athletic opportunities provided (i.e.: HB Open, Run Club, etc.)</li></ul>

**Tier Chart**

The following chart will be used to place teams in the appropriate tier. Placing each team allows the freedom to continue with some sports at certain tiers, when others may need to pivot.

<b>Level</b>	<b>Sport</b>	<b>Interscholastic</b>	<b>Intramural</b>	<b>Skill Development</b>	<b>Remote</b>
<b>V</b>	Bass Fishing				
	Cheerleading				
	Cross Country				
	Field Hockey				
	Football				
	Golf				
	Soccer - Boys				
	Soccer - Girls				
	Soccer - Unified				
	Volleyball				
<b>JV/FR</b>	Field Hockey				
	Football				
	Soccer - Boys (FR)				
	Soccer - Boys (JV)				
	Soccer - Girls				
	Volleyball (FR)				
	Volleyball (JV)				
<b>MS</b>	Cross Country				
	Field Hockey				
	Soccer - Boys				
	Soccer - Girls				
	Volleyball				

**Proposed Intramural Activities (as needed)**

- Bass Fishing - No alternative needed
- Cheerleading - Dance
- Cross Country - Run Club
- Field Hockey - 7v7 Field Hockey
- Football - Flag Football
- Golf - Frisbee Golf
- Soccer - 7v7 Soccer
- Volleyball - No alternative needed

## Proposed Interscholastic Schedule

- Play the same school in all applicable sports each week (6 weeks total)
  - Potential Opponents: Milford, Souhegan, Conval, Pelham
- Weekly Schedule
  - Monday - Zoom/Film Sessions (reevaluate at tournament time)
  - Tuesday - Practices only
  - Wednesday - Cross Country meet
  - Thursday - Practices only
  - Friday - Volleyball game
  - Saturday - Boys Soccer, Girls Soccer, Field Hockey, Football/Cheer games
  - Sunday - JV Jamborees (still developing)
- Same school hosts all V events, V Football/Cheer and MS plays opposite
- Home/Away
  - Week of 9/14 - Team A @ Team B  
Team C @ Team D
  
  - Week of 9/21 - Team A @ Team C  
Team D @ Team B
  
  - Week of 9/28 - Team D @ Team A  
Team B @ Team C
  
  - Week of 10/5 - Team B @ Team A  
Team D @ Team C
  
  - Week of 10/12 - Team C @ Team A  
Team B @ Team D
  
  - Week of 10/19 - Team A @ Team D  
Team C @ Team B

### Benefits

- Playing on Saturdays allows the ability to spread out over the course of the day and for one "crowd" to exit before bringing another one in
- Gives everyone a 6-game/meet schedule for the regular season
- Limits weekday transportation issues to Wednesday and limits any school to school exposure/contact that may occur with our regular student population
- Playing one school each week helps with contact tracing and streamlines communication
- No physical practices on Mondays limits contact even further, provides extra day of rest, and helps prevent overuse injuries

The outlying sports in this model that we would need to look at are:

- Unified Soccer - Weekend games would be difficult to schedule.
- Golf - Subject to course availability - we have very little control over golf days.
- Bass Fishing - Model doesn't apply
- Volleyball - Plays in Division I

## **Fall Reopening - Return to Play**

### **Week 1 (60 minute sessions)**

#### Day 1

15 minutes - Dynamic Warm-up  
30 minutes - Light Skills Practice  
Tempo Runs x10 - Allow Full Recovery

#### Day 2

15 minute - Dynamic Warm-up  
30 minutes - Light Skills Practice  
Shuttle Runs 6x15:30s (Note: 1:3 work to rest ratio)  
i.e. You can run 3 lines and do 15 seconds of work

#### Day 3

15 minutes - Dynamic Warm-up  
30 minutes - Light Skills Practice  
Tempo Runs x10 - Allow Full Recovery

#### Day 4

15 minute - Dynamic Warm-up  
30 minutes - Light Skills Practice  
Shuttle Runs 6x15:30s (Note: 1:3 work to rest ratio)  
i.e. You can run 3 lines and do 15 seconds of work

#### Day 5

15 minutes - Dynamic Warm-up  
45 minutes - Light Skills Practice

#### Day 6

15 minutes - Dynamic Warm-up  
45 minutes - Light/Medium Skills Practice

#### Day 7

15 minutes - Dynamic Warm-up  
45 minutes - Light Skills Practice

### **Week 2 (75 minute sessions)**

#### Day 8

15 minutes - Dynamic Warm-up  
45 minutes - Light/Medium Skills Practice  
Shuttle Runs 8x15:30s (Note: 1:3 work to rest ratio)  
i.e. You can run 3 lines and do 15 seconds of work

#### Day 9

15 minutes - Dynamic Warm-up  
45 minutes - Light Skills Practice  
Tempo Runs x12 - Allow Full Recovery

#### Day 10

15 minutes - Dynamic Warm-up  
45 minutes - Light/Medium Skills Practice  
Shuttle Runs 8x15:30s (Note: 1:3 work to rest ratio)  
i.e. You can run 3 lines and do 15 seconds of work

Day 11

15 minutes - Dynamic Warm-up  
45 minutes - Light Skills Practice  
Tempo Runs x12 - Allow full recovery

Day 12

15 minutes - Dynamic Warm-up  
60 minutes - Light/Medium Skills Practice

Day 13

15 minutes - Dynamic Warm-up  
60 minutes - Medium Skills Practice

Day 14

15 minutes - Dynamic Warm-up  
60 minutes - Light Skills Practice

Day 15 through remaining season

Follow routine as outlined below (Normal, Pre-Game, Post-Game)

### **Regular Practices**

#### **Normal Practice Day**

15 minutes Dynamic Warm-up  
60-105 minutes Skills Practice  
1-2 300 yard shuttle runs  
4-6 150 yard shuttle runs

#### **Pre-Game Practice**

15 minutes Dynamic Warm-up  
60-105 minutes Skills Practice  
9-16x15:30s Shuttles

#### **Post Game Practice**

15 minutes Dynamic Warm-up  
60-105 minutes Skills Practice  
14-16 Tempo run

### **Conditioning Drills**

Tempo Runs - are between a jog and an all out sprint - it's all about pacing. Rest until your heart rate is right below 120bpm or 30 seconds.

Intervals/Shuttles - The first part of the interval is done with an 8-10 maximum effort and the second part is done with a 4-6 effort for recovery.

300/150 Yard Shuttles - Set cones or markers 25 yards apart [Tip: Start fast & stay fast]



## **Covid-19 Agreement/Waiver (DRAFT)**

As the parent/ legal guardian I authorize my child's full participation in athletics as offered by the Hollis Brookline Cooperative School District and acknowledge that participation in these activities is completely voluntary. I further understand that my or my child's failure to comply with the guidelines established by the district regarding safety, including guidelines related to limiting the spread of COVID-19, or to comply with the instructions of coaches, trainers, advisors, and activity leaders regarding such guidelines, will result in my child's removal from participation in these activities.

### **Assumption of Risk and Medical Clearance**

I agree and understand that participating in activities with other students carries inherent risks including potential exposure to or contraction of COVID-19 or other infectious diseases, injuries (whether severe or minor), permanent damage, or even death. This assumption of risk includes participation in activities on or off the campus of the Hollis Brookline Cooperative School District, and includes the risks associated with participation athletics during the COVID-19 pandemic. My child is covered with family insurance in the event of an accident or injury. I attest my child is in good health and has no restrictions covering participation in the activities, including any symptoms of COVID-19. I agree that if my child experiences any symptoms related to COVID-19, including cough, shortness of breath or difficulty breathing, nasal congestion, fatigue, fever, chills, muscle aches, headaches, sore throat, nausea or vomiting, diarrhea, and/or loss of taste or smell, my child will not participate in activities until their symptoms have cleared and they produce a negative PCR test for COVID-19.

I agree and understand there are specific guidelines in place in order to participate in activities and understand that even if coaches, trainers, advisors, activity leaders, and students follow these guidelines, the district cannot guarantee that students will not contract COVID-19 while participating in activities.

### **Release Waiver**

In consideration for my child's participation in activities with the Hollis Brookline Cooperative School District, I, (for myself and on behalf of my minor child), agree to forever release and discharge the district and its officers, faculty, trustees, employees, donors, and other agents and representatives (together, the "Released Parties") from, and agree not to sue for any and all liability or claims I (or my child) may have for any causes of action, liability, losses, or damages arising or resulting from property damage and loss, personal injury, emotional distress, illness, disability, or death, related to my child's participation in activities, including participation in activities during the COVID-19 pandemic. This release is for any type of claim, including breach of contract, negligence, fraud, or any other type of suit and includes losses alleged to be caused by the negligence of the district and the Released Parties, to the fullest extent permitted by law but does not include claims for intentional wrongdoing.