

Dual County League



4 season proposal

Mission

The Dual County League strongly believes that *Interscholastic Athletics* can play a vital role in re-engaging our students as we seek to get back to school and to some sense of normalcy. A functioning athletic program will aid in the process of rebuilding the interpersonal connections that would fundamentally support the implementation of any of the instructional academic models being proposed. In the quest to educate the whole student, it cannot be overstated enough the role that Interscholastic Athletics can play in fostering deep and positive social and emotional health outcomes in our collective communities.

Through a modified, competition structure, the DCL seeks to creatively reimagine what is possible within the constraints of the new health and safety protocols that have been established in response to the ongoing pandemic. By limiting competition to division as, we aim to create a sustainable model for school-sponsored athletics throughout the duration of this pandemic.

Energy and Environmental Affairs

K-12 Sports Guidance

August 17, 2020

Risk Level of Sports

- **Lower Risk** • Sports or activities that can be done with social distancing and no physical contact • Sports or activities that can be done individually *Examples: Tennis, pickleball, swimming, catch, disc golf, golf, individual biking, surfing, horseback riding, individual sailing, fishing, hunting, motor sports, no contact exercise classes, gymnastics, cross country, individual crew*
- **Moderate Risk** • Sports or activities that involve intermittent close proximity or limited, incidental physical contact between participants *Examples: Baseball, softball, crew, sailing, track and field, running clubs, team swimming, volleyball, dance class, fencing, field hockey, girls' lacrosse, soccer*
- **Higher Risk** • Sports or activities for which there is a requirement or a substantial likelihood of routine close and/or sustained proximity or deliberate physical contact between participants and a high probability that respiratory particles will be transmitted between participants *Examples: Football, wrestling, rugby, basketball, lacrosse, ice-hockey, competitive cheer, martial arts, ultimate frisbee, boxing, pair figure skating*

DESE Guidance provided by Commissioner

August 18, 2020- (focus on traditional Fall Sports)

- School Participation based on Gov. Baker's color coded virus rates
 - Based on last 14 days and per 100,000 people
 - Red- >8 cases; Yellow -4-8 cases; Green - < 4 cases; White - <5 cases
- Schools in Red district cannot participate in sports
- Schools in Yellow, Green, White can; if remote learning- must receive approval from local School Committee
- Must follow EEA guidelines for individual sport participation, and those set out by MIAA Sports Medicine Committee and the individual MIAA Sports Committees
- Higher Risk Sports- Football, Competitive Cheer, Unified Basketball - no competitions, but allowed practices within EEA guidelines
- Traditional Fall Sports- moderate to low- XC; Golf, Soccer, Girls Volleyball, Fall Swim/Dive; Fall Gymnastics

MIAA Rule Adjustments

- Fall Sports Start Date - September 18, 2020
- Sports Medicine Comm & Sport Committees to meet on safety guidelines all in line with DESE and EEA
- No Fall State Tournaments
- Out of Season Coaching allowed from 9/18/20-7/3/21
- Districts ultimately responsible to follow safety guidelines (SMC, DESE, EEA)
- District responsible to notify opponents and MIAA is town/city Covid rate designation changes to Red.
- MIAA Staff to come up learning opportunities and communication strategies for students, parents, coaches, & AD's.
- MIAA Board of Directors will meet to determine winter season on 10/29/20.
- District Athletic Committees will hear requests for season adjustments
- Students can play all 4 seasons

Timeline

Process for building modifications and guidelines for Fall Sports

- **Aug. 25th** - Sport Committees & Sports Medicine Comm to deliver for sports to meet Level 3 play requirements as outlined by EEA
- **Aug. 27th** - MIAA Covid-19 Task Force reviews SMC and Sport Committee recommendations
- **Aug. 28th** - MIAA Covid-19 Task Force shares finalized sport modifications w/MIAA President and Executive Director
- **Sept. 1st** - Final consideration and action to adopt sport modifications
- **NO DATE**- Each district will need to receive local approval as to what sports will be implemented.
- **Prior to play**- Appropriate planning must be made within local districts to putting measures in place to meet EEA, DESE, MIAA guidelines

Pros & Cons

PROS

- Engages student-athletes in school and sports regardless of the academic model being used (in-person, hybrid or remote)
- Allows for special transportation issues to be resolved with limited budget implications and limits buses needed
- If schools opt out, other schools within that division can still have a schedule created
- Each school, in each of the four sports, would only play certain schools in any given week (contact tracing)
- Allows for low and moderate risk sports not to lose a season

CONS

- Schools could opt out of season
- No traditional league championships
- No Middle School sports
- No MIAA postseason tournaments

Divisions

- Acton Boxboro, Cambridge Rindge & Latin, Concord Carlisle, Lincoln Sudbury, Newton South, Westford Academy
- Bedford, Boston Latin, Waltham, Wayland, Weston

Season 1

- Tryouts and/or practices on Sept 18th through Nov 20th.
- Competitions would begin on 9/30 and end on 11/14.
- Season 1 would consist of the following sports:
 - *Boys and Girls Soccer* (Moderate Risk)
 - *Field Hockey* (Moderate Risk)
 - *Boys Golf* (Low Risk)
 - *Boys and Girls Cross Country* (Low Risk)

Scheduling Proposal

https://docs.google.com/document/d/1V6T_1J0wS2nIfaKWxJeMAoilwTfkfLLFSciZufYVGos/edit?usp=sharing

Additional Seasons

- **Season 2: Nov 30th - Feb 21st (Winter sports)** *Winter Gymnastics, B/G Indoor Track & Field, Swim & Dive. (Low and Moderate Risk) B/G Basketball, B/G Ice Hockey, Wrestling, Alpine Ski, Nordic Ski, Winter Cheer, Dance. (Moderate and High Risk)*
- **Season 3: Feb 22 - April 25th (Floating Season/Fall 2)** *Football, Fall Cheer, Girls Volleyball, Girls Swim (AB & BL) Unified Basketball. (Moderate and High Risk)*
- **Season 4: April 26th - July 3rd (Spring Sports)-** *Baseball, Softball, B/G Lacrosse, B/G Tennis; Boys Volleyball, B/G/U Outdoor Track & Field, Rugby, Sailing, Girls Golf, Crew. (Low, Moderate and High Risk)*

Protocols

- Follow all of the Governor's Office/EEA, DESE, Board of Health, MIAA Sports Medicine and individual School/District Guidelines for Athletics
- Limit crowds to (1) family members per student-athlete. Each athlete will be given (1) league lanyards for admission to games. Lanyards will be a mandatory and visible upon entry and on the sidelines. Coaches and team managers (not in uniform) will also be provided a lanyard.
- All athletes will be required to wear a mask and distance 6 ft. apart while not actively competing (i.e. in the bench area, on the sidelines and on school provided buses).
- All coaches and team personnel will be required to wear a mask and distance 6 ft. apart at all times.
- Officials must arrive in proper officiating gear to the contest, and will be required to wear mask during pre-game instructions.
- Formal Check-in procedure for Spectators (similar to MD's office)

Additional Protocols

- No post-game handshakes (symbolic recognition to be developed).
- No one will be allowed inside schools (Season 1) except for the home team.
- Student-athletes must bring their own water bottles.
- Hand Sanitizer
- No Public restrooms
- S/As must wash their clothes/uniforms after each session
- Students should sanitize their equipment after each session.
- No loitering before of after contests.

Coaching Out of Season Recommendations

1. Your school's principal must agree to allow out-of-season practices.
2. Each coach must create a practice plan and schedule that is approved by the athletic director prior to starting any practices.
3. Sessions must not exceed 2 times per week.
4. All practices must be optional and be open to any interested student-athlete (no schools will subsidize any out-of-season practices).
5. All coaches must follow the state guidelines around their particular sport paying close attention to what you can and can't do at practice based upon the risk level (for example high risk sports must create cohorts of no more than 10 players).
6. No practices are allowed during the two weeks prior to the next season starting.



Questions?