



Fort Calhoun Pioneer Athletics

Winter Activities

Spectators in the Stands Policy (All Winter Sports)

- **Competition Gym**
 - **75% Capacity (1200)**
 - **Any spectators may attend**
 - **Gate will be closed if capacity reaches 1200**
- **Aux Gym**
 - **Immediate Family and Grandparents Only**
 - **75% Capacity (150 Total)**
 - Home spectators sit behind home bench
 - Away spectators sit behind away bench
 - No Students Section
 - **Must clear gym at the completion of participants game-**
 - Only attend the game that your son or daughter is participating in.
 - A Team Players and Parents- Please empty the gym at the completion of the A Team game
 - B Team Players and Parents- Please empty the gym at the completion of the B Team game
 - C Team Players and Parents- Please do not attend the A and B Team games. Please wait until the end of the B Team game to enter the gym.

Tournaments

- See COVID at Fortcalhounschoools.org for detailed information for each tournament.

Teams in the Stands

- Teams need to sit together in the bleachers in the labeled designated area. Location will be a section of bleachers directly behind the bench. Teammates should stay with team for the entirety of the trip. Masks are required while not in competition. 6 feet of separation at all times.

Concessions:

- Open and Available

Safety Procedures

- Sanitize all equipment used after practice and games.
 - Basketball should not be sanitized more than once a week.
- Hand sanitizer before and after practice or activities.
- Foggers/Sprayers should be used to sanitize equipment and practice/playing area that applies.



- Temperature Checks
 - If a student has been at school, no temperature check needs to be taken before practice.
 - If it's not a school day and temperatures have not been taken, coaches are responsible for temperature checks for all participating members.
- Team Meals- No team meals on school premises.
- Social Distance as much as possible during practice, pre and post game.
- Team Meetings/Film- Mandatory Masks/Socially distance as much as possible. Teams may need to break into multiple groups with different coaches to socially distance.

Masks

- Masks are required at all times until players are in Full Competition Mode
 - Full Competition Mode-
 - Scrimmage, games, live wrestling, and high level conditioning
 - High-level Conditioning- Athletes may take mask down during the running session. Once complete, masks need to be put back on as they recover.
 - Clarification- During most conditioning sessions, athletes recover next to one another while breathing heavily. If athletes can be properly distanced, masks can stay down during the recovery process. If athletes can not distance, masks need to be worn during the recovery process.
 - Masks Required During
 - Light conditioning, drill work, chalk talk, breaks, time outs, pre and post practice/game speeches, and any other time players are not in Full Competition Mode.
 - **This is NOT a suggestion. This is required.**
 - **Masks should not be worn on an athletes chin during times masks are required. It is the coach's responsibility to monitor.**
 - Masks during games/matches
 - Bench athletes are required to wear a mask.
 - The only athletes that can take off their masks include the 5 players on the court or wrestler on the mat who are competing.
 - Coaches- Mask are required at all times.

Locker Rooms- Traveling

- If possible, have uniforms on and be ready to compete without using a locker room. Some schools may not offer locker rooms to visiting teams.
- This will be discussed by AD's before the competition.



- Try to prepare for competition without having to use a locker room. If you need a locker room, be prepared to stagger by grade or competition level so we can social distance.

Locker Rooms- Showering

- Morning Practices-
 - Due to Covid 19, it is a necessity that our athletes shower after morning competition/practices. Showering and sanitizing is our expectation before school starts and athletes join classes.
- Away Activities-
 - Due to Covid 19, it is a necessity that our athletes shower after games/matches on the road. Showering and sanitizing is our expectation before athletes get on the bus.

FC Locker Rooms-

- Masks are required in the locker rooms
- Stagger groups of 8-10 in the locker room at one time before school, after school, and after practices/games.
- **It is the responsibility of the coaching staff to ensure our attendance in the locker rooms is staggered.**

Transportation

- Mandatory Masks on buses and vans
- Meals cannot be provided on the bus. Meals must be eaten before athletes get on the bus/vans.
- Cheerleaders
 - Will not travel to any away activities
- Vans- Limited to 11 Riders
- JV/Varsity Buses
 - Separate girls and boys- front to back
 - Keep teams separated to the best of your ability
 - Assigned seating is encouraged when players have to share a seat

NFHS Live Streaming- New Gym Games Only

- <https://www.nfhsnetwork.com/schools/fort-calhoun-high-school-fort-calhoun-ne>