




NORTH MONTGOMERY 2020-21 PHASED ATHLETIC RETURN TO PLAY PLAN

	Phase I	Phase II - July 20th - August 14th		Phase III
	July 6th - July 19th	July 20th - August 2nd	August 3rd - August 14th	August 15th
	(Normal Summer)			
School Facilities	Open to Essential Personnel and Participants Only	Open to Essential Personnel and Participants Only	Open to Essential Personnel and Participants Only	OPEN
Individual Athlete Participation	15 Total Hours on Campus/Week	Normal Summer Rules and Guidelines	FALL SPORTS PRACTICES BEGIN. NORMAL IHSAA RULES AND REGULATIONS	FALL SPORTS COMPETITIONS BEGIN
	4 Conditioning Sessions/Week - Athlete can attend 1 90 minute Session/Day			
	2 Activity Days/Week per sport - Two Hours per session - Same Sport may NOT occur on consecutive calendar days.	Girls Golf Starts Official Practice on July 31st		
	All Summer Activities are Voluntary	All Summer Activities are Voluntary		
Social Distancing	Encouraged	Encouraged	Encouraged	Encouraged
Face Coverings	Required for everyone except athletes actively participating in strenuous exercise. This includes weight room	Required for everyone except athletes actively participating in strenuous exercise. This includes weight room	Required for everyone except athletes actively participating in strenuous exercise. This includes weight room	Required for everyone except athletes actively participating in strenuous exercise. This includes weight room
People allowed to be in attendance	Essential Personnel ONLY - No Parents, Spectators, Etc...	Essential Personnel ONLY - No Parents, Spectators, Etc...	Essential Personnel ONLY - No Parents, Spectators, Etc...	Spectators, media, and vendors can be present but should implement social distancing.
Alternate Command Structure	Command Structure for Coaching Staff should be established in case of illness.	Command Structure for Coaching Staff should be established in case of illness.	Command Structure for Coaching Staff should be established in case of illness.	Command Structure for Coaching Staff should be established in case of illness.
2020-21 Athletic Physical Status	All athletes must have a valid 2020-21 IHSAA Physical or a valid 2019-20 IHSAA Physical and the entire North Montgomery Physical Packet completed	All athletes must have a valid 2020-21 IHSAA Physical or a valid 2019-20 IHSAA Physical and the entire North Montgomery Physical Packet completed	All athletes must have a valid 2020-21 IHSAA Physical or a valid 2019-20 IHSAA Physical and the entire North Montgomery Physical Packet completed	All athletes must have a valid 2020-21 IHSAA Physical or a valid 2019-20 IHSAA Physical and the entire North Montgomery Physical Packet completed

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Attendance	Attendance must be taken to allow for COVID-19 contact tracing	Attendance must be taken to allow for COVID-19 contact tracing	Attendance must be taken to allow for COVID-19 contact tracing	Attendance must be taken to allow for COVID-19 contact tracing
COVID-19 SYMPTOMS	Any person with symptoms is referred to Hook and then his or her primary care provider and not allowed to participate.	Any person with symptoms is referred to Hook and then his or her primary care provider and not allowed to participate.	Any person with symptoms is referred to Hook and then his or her primary care provider and not allowed to participate.	Any person with symptoms is referred to Hook and then his or her primary care provider and not allowed to participate.
Locker Rooms	NO LOCKER ROOM USE - athletes should report in proper gear and return home to shower at the conclusion.	NO LOCKER ROOM USE - athletes should report in proper gear and return home to shower at the conclusion.	Locker Rooms are OPEN - Practice Social Distancing when possible. If locker rooms or meeting rooms are used, 50 percent capacity is recommended.	Locker Rooms are OPEN - Practice Social Distancing when possible. If locker rooms or meeting rooms are used, 50 percent capacity is recommended. *If the restriction to 50 percent capacity at competitive events creates a hardship and impacts the hygiene or safety of students, a 50 percent or greater capacity is allowed.
Gathering Sizes	Pods of 20 athletes will be established and maintained	Decreased as much as possible to reduce risk - 50% Capacity in large areas (weight rooms, wrestling rooms, etc...)	Decreased as much as possible to reduce risk - 50% Capacity in large areas (weight rooms, wrestling rooms, etc...)	Decreased as much as possible to reduce risk - Larger than 50% Capacity in large areas is allowed if you must.
Equipment	If equipment must be shared, this equipment should be cleaned prior to use and immediately following usage.	If equipment must be shared, this equipment should be cleaned prior to use and immediately following usage.	If equipment must be shared, this equipment should be cleaned prior to use and immediately following usage.	If equipment must be shared, this equipment should be cleaned prior to use and immediately following usage.
Student-Athlete Responsibility	Students are expected to shower at home, wash workout clothing immediately after, wash hands for a minimum of 20 seconds.	Students are expected to shower at home, wash workout clothing immediately after, wash hands for a minimum of 20 seconds.	Students are expected to shower at school or home, wash workout clothing immediately after, wash hands for a minimum of 20 seconds.	Students are expected to shower at school or home, wash workout clothing immediately after, wash hands for a minimum of 20 seconds.
Weightlifting	No Excersises requiring a spotter can be conducted.	Free weight excersises requiring a spotter CAN be conducted with spotters on each end of the bar.	Free weight excersises requiring a spotter CAN be conducted with spotters on each end of the bar.	Free weight excersises requiring a single spotter CAN be conducted.

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Contact Sports (Football Only)	NO CONTACT	CONTACT IS ALLOWED - As defined by Indiana High School Athletic Association		CONTACT IS ALLOWED - As defined by Indiana High School Athletic Association
Hydration Stations	No use of shared Hydration Stations - Personal Water Bottles only!	No use of shared Hydration Stations - Personal Water Bottles only!	No use of shared Hydration Stations - Personal Water Bottles only!	No use of shared Hydration Stations - Personal Water Bottles only!
Competition	NO COMPETITION WITH OTHER SCHOOLS	NO FORMAL COMPETITION (Formal Competition is considered an in-season contest.)	NO FORMAL COMPETITION - Exception Girls Golf. (Formal Competition is considered an in-season contest.) Scrimmages with other teams are allowed - no fans.	FORMAL COMPETITION BEGINS
Facility Maintenance	Cleaning Schedules should be created and implemented for all Facilities and Equipment. Coaches will need to help maintain sanitation.	Cleaning Schedules should be created and implemented for all Facilities and Equipment. Coaches will need to help maintain sanitation.	Cleaning Schedules should be created and implemented for all Facilities and Equipment. Coaches will need to help maintain sanitation.	Cleaning Schedules should be created and implemented for all Facilities and Equipment. Coaches will need to help maintain sanitation.
Individual Athlete Gear and Equipment	NO SHARING OF CLOTHING, SHOES, TOWELS, WATER BOTTLES, ETC...	NO SHARING OF CLOTHING, SHOES, TOWELS, WATER BOTTLES, ETC...	NO SHARING OF CLOTHING, SHOES, TOWELS, WATER BOTTLES, ETC...	NO SHARING OF CLOTHING, SHOES, TOWELS, WATER BOTTLES, ETC...
Appropriate Clothing	All Athletes should wear appropriate clothing, shoes, etc... at all times! Shirts are required at ALL times.	All Athletes should wear appropriate clothing, shoes, etc... at all times! Shirts are required at ALL times.	All Athletes should wear appropriate clothing, shoes, etc... at all times! Shirts are required at ALL times.	All Athletes should wear appropriate clothing, shoes, etc... at all times! Shirts are required at ALL times.
Celebratory and Sportsmanship Acts involving Contact	PROHIBITED	PROHIBITED	PROHIBITED	MODIFIED SPORTSMANSHIP PRACTICES SHOULD BE OBSERVED
Transportation	NO TRANSPORTATION	NO TRANSPORTATION	NO TRANSPORTATION EXCEPT GOLF	NMCSG GUIDELINES COMING