

## **Summer 2020 – Athletics and Activities Reentry for Birmingham Public Schools** *Participation in athletics or activities is completely voluntary and will not factor in team selections*

This is a guideline for the Reentry of Athletics and Activities to return to practice and/or conditioning based on the Governor's 6 phases to return and the MHSAA, the governing body of Michigan Athletics, guidelines on summer sports activity.

The Governor has stated that the Birmingham area has reached Phase 4 of her plan which is **Improving**. It allows gatherings of large groups of 100 people outdoors while social distancing.

1. Birmingham Public Schools Athletic Clubs and Activities, and Outside Groups can start using the OUTDOOR areas of our district beginning on June 15, 2020. **The buildings will remain closed during this period.**
2. Only outdoor workouts and practices are allowed at this time following the physical distance guidance and outdoor limits of 100 or fewer if school district facilities are open.
3. All MHSAA out-of-season summer coaching regulations continue to apply (e.g. **voluntary, not part of team selection**, etc.).
4. Consider organization to prevent groups from gathering at entrances/exits to facilities to limit crossover and contact, including staggering starting/ending times.
5. Workouts/practice sessions should be conducted in pods. "Pods" are made up of students in the same small group always working out together. This ensures more limited exposure if someone develops an infection. There must be a minimum distance of 6 feet between individuals at all times.
6. Any student who prefers to wear a cloth face covering should be allowed to do so. It is recommended that cloth face coverings be worn by students. Exceptions are swimming, distance running or other high-intensity aerobic activity, or while playing an instrument.
7. Coaches, and other personnel are encouraged to wear cloth face coverings at all times and are strongly encouraged to wear cloth face coverings whenever physical distancing is not possible.
8. There should be no shared equipment (towels, clothing, shoes, or sport-specific equipment) when possible between students.
9. Students should wear their own appropriate workout clothing (do not share clothing); individual clothing/towels should be washed and cleaned after every workout/practice.
10. Locker rooms, dressing rooms, and music rooms will remain off limits at this time.

Sport-Specific Activity and Workouts-Effective June 15

**Pre-Workout Screening:** *Before a child can participate, every student athlete must engage in a pre-workout screening.*

- All coaches and students should be screened daily for signs / symptoms of COVID-19 prior to participating, including a temperature check. This check may take place onsite or be completed and verified prior to arrival onsite (at home, for example). Any person

with a temperature greater than 100.3 degrees should not participate and be sent home.

- Responses to screening questions for each person should be recorded and stored so that there is a record of everyone present in case a student develops COVID-19. These records must be kept confidential. Sample form at MHSAA.com.
- Any person with positive symptoms reported should not be allowed to participate, should self-isolate, and contact their primary care provider or other health-care professional. Involve local health departments if positive cases of COVID are discovered.

### **ALL SPORTS AND ACTIVITIES: Maintain Physical Distancing with OUTDOOR activity only!**

**Activities:** Band, Orchestra, Choir, Theater, Forensics, Debate, and others...

- Activities must be conducted with physical distancing of 6 feet and will take place outdoors. All shared equipment should be cleaned intermittently during practices and workouts.

**Low Risk Sports:** Cross Country, Dance, Figure Skating, Golf, Pom Pon, Sideline Cheer, Skiing, Swimming & Diving, Tennis, Track & Field

- Activities must be done with physical distancing of 6 feet! All athletic equipment, including balls, should be cleaned intermittently during practices and workouts.
- Cross Country and Track & Field: Runners should maintain at least 6 feet of physical distancing between individuals, no grouping (i.e., starts and finishes).
- Dance: No physical contact, moves and jumps only, with physical distancing.
- Figure Skating: Indoor rinks remain closed. Conditioning with physical distancing.
- Golf: Maintain appropriate physical distancing 6 feet apart.
- Pom Pon: No physical contact, moves and jumps only, with physical distancing.
- Sideline Cheer: No physical contact-chants and jumps, only, with physical distancing.
- Swimming: Some outdoor pools will open; indoor pools remain closed. Swim relays need to maintain physical distance. Divers must use physical distancing when waiting for the board. Activity must take place outdoors.
- Tennis: Must keep physical distance if playing singles and doubles. Wipe down rackets and clean balls after use.
- Track & Field: No sharing of implements / equipment. Padded equipment should be cleaned between uses. Common equipment such as relay batons should be cleaned intermittently during practices and workouts.

**Moderate Risk Sports:** Baseball, Basketball, Bowling, Girls Lacrosse, Gymnastics, Ice Hockey, Soccer, Softball, Volleyball, Waterpolo

- Baseball: All players must be physically distant. Players should not share gloves, batting gloves, helmets and catcher's equipment. Common equipment, such as the ball, must be cleaned as permitted during a practice or workout session.

- Basketball: Drills are allowed that keep all players physically distant; there should be no physical contact or close proximity of players. Common equipment, such as the ball, must be cleaned as permitted during a practice or workout. Activity must take place outdoors.
- Bowling: Indoor bowling centers remained closed.
- Girls Lacrosse: Drills are allowed that keep all players physically distant; there should be no physical contact or close proximity of players. Common equipment, such as the ball, must be cleaned as permitted during a practice or workout. Players should not share lacrosse sticks.
- Gymnastics: Equipment must be cleaned between rotations of athletes. Physical distancing must be maintained. Training must take place outdoors.
- Ice Hockey: Indoor rinks remain closed. If an outdoor rink is used for roller hockey, drills are allowed that keep all players physically distant and there should be no physical contact or close proximity of players. Common equipment, such as the puck, must be cleaned as permitted during a practice or workout. Players should not share hockey sticks.
- Soccer: Drills are allowed that keep all players physically distant; there should be no physical contact or close proximity of players. Common equipment, such as the ball, must be cleaned as permitted during a practice or workout session.
- Softball: All players must be physically distant. Players should not share gloves, batting gloves, helmets and catcher's equipment. Common equipment, such as the ball, must be cleaned as permitted during a practice or workout session.
- Volleyball: Drills are allowed that keep all players physically distant; there should be no physical contact or close proximity of players. Common equipment, such as the ball, must be cleaned as permitted during a practice or workout session. Activity must take place outdoors.
- Waterpolo: Indoor facilities remain closed: If using an outdoor pool, drills are allowed that keep all players physically distant; there should be no physical contact or close proximity of players. Common equipment, such as the ball, must be cleaned as permitted during a practice or workout session.

**Higher Risk Sports:** Boys Lacrosse, Competitive Cheer, Football, Wrestling

- Boys Lacrosse: Drills are allowed that keep all players physically distant; there should be no physical contact or close proximity of players. Common equipment, such as the ball, must be cleaned as permitted during a practice or workout. Contact with other players is not allowed. Players should not share lacrosse sticks or face off.
- Competitive Cheer: Conditioning and individual technique/choreography work. No physical contact-chants and jumps, only, with physical distancing. Activity must take place outdoors.
- Football: Drills are allowed that keep all players physically distant; there should be no physical contact or close proximity of players. Common equipment, such as the ball, must be cleaned as permitted during a practice or workout. Contact with other players

is not allowed, and there should be no use of tackling dummies / shields/ sleds.  
Protective equipment other than helmets is prohibited; helmets may not be shared.

- Wrestling: Conditioning, mirror drills with spacing, no contact. Wrestlers may drill without touching a teammate (as long as physical distancing is adhered to). Activity must take place outdoors.

**Birmingham Public Schools understands that this situation is fluid, and the Governor may move the status to Phase 5 in the Birmingham area, but phases can regress. We will continue to monitor these phases and take appropriate actions. We will revisit these guidelines and continue to communicate on the progression or regression of steps based on the future government direction.**

### FALL SPORTS

<b>Football</b>		
Head Coach	Brendan Flaherty	BFlaherty2@birmingham.k12.mi.us
<b>Cross Country</b>		
Boys Head Coach	Dan Inloes	Dinloes@birmingham.k12.mi.us
Girls Head Coach	James Sherman	Jsherman@birmingham.k12.mi.us
<b>Girls Golf</b>		
Head Coach	Andre White	Awhite@birmingham.k12.mi.us
<b>Tennis</b>		
Head Coach	Dave Farmer	daf222@msn.com
<b>Girls Swim/Dive</b>		
Head Coach	Daniel Torriglia	dtorriglia@gmail.com
Dive Coach	Matt Egbers	matt_egbers@yahoo.com
<b>Volleyball</b>		
Head Coach	Jessica Prepolec	jesseprepolec@gmail.com
<b>Boys Soccer</b>		
Head Coach	Greg Perkins	greg12117@hotmail.com
<b>Boys Water Polo</b>		
Head Coach	Robert Sala	grovespolo@gmail.com

### YEAR ROUND

<b>Pom Pon</b>		
Head Coach	Madison Sewell	madisonsewell19@gmail.com
<b>Cheer</b>		
Head Coach	Danielle Beauregard	dbeauregard@birmingham.k12.mi.us

### WINTER SPORTS

<b>Boys Basketball</b>		
Head Coach	Benny White	Coachbwhite@hotmail.com
<b>Girls Basketball</b>		
Head Coach	Ant'Juan Simpkins	teamsimpkins@gmail.com
<b>Co-ed Bowling</b>		
Head Coach	Tim Allen	timothyallen1221@gmail.com
<b>Gymnastics</b>		
Head Coach	Rebecca Bajorek	rebajorek@gmail.com
<b>Boys Hockey</b>		
Head Coach	Zack Warson	zack.warson@gmail.com
<b>Girls Hockey</b>		
Head Coach	Mick Singelyn	micks.hockey@gmail.com

<b>Figure Skating</b>		
Head Coach	Jennifer Jeffrey	polkadotsjh@wowway.com
<b>Ski Team</b>		
Head Coach	Larry Morris	themorrisgroupllc@gmail.com
<b>Boys Swimming</b>		
Head Coach	Ricky Forrest	rforrest@birningham.k12.mi.us
<b>Wrestling</b>		
Head Coach	Joe Jones	groveswrestling@gmail.com

### **SPRING SPORTS**

<b>Baseball</b>		
Head Coach	Shawn Morrison	smorrison@birningham.k12.mi.us
<b>Boys Golf</b>		
Head Coach	Andre White	awhite@birningham.k12.mi.us
<b>Lacrosse</b>		
Head Boys Coach	Nick Stensen	nicholas.stensen@gmail.com
Head Girls Coach	Jen Dunbar	jdunbar8@gmail.com
<b>Girls Soccer</b>		
Head Coach	Greg Decourval	gdecourval@birningham.k12.mi.us
<b>Softball</b>		
Head Coach	Brian Baldrige	Bbaldrige@birningham.k12.mi.us
<b>Girls Tennis</b>		
Head Coach	Dave Farmer	daf222@msn.com
<b>Track</b>		
Head Boys Coach	Brendan Flaherty	BFlaherty2@birningham.k12.mi.us
<b>Girls Water Polo</b>		
Head Coach	Claire LaSota	clairelasota@gmail.com