



Northern Garrett High School

James H. Maddy, Principal
86 Pride Parkway Accident MD 21520
jim.maddy@garrettcountyschools.org

Telephone 301-746-8668 Fax 301-746-8942

Northern High Football –Returning to Play Plan

(Weight Room/Conditioning)

The following plan will be implemented starting July 7th and going two days (evenings) a week until the beginning of practice which begins on August 12th.

“Best Practices”

- 1) Athletes will arrive dressed and will not use the locker rooms in the school.
- 2) Through parent contact athletes will be told to stay home if they are not feeling well.
- 3) Before any workout all athletes will have their temperatures checked with an infrared thermometer. Any reading over 100.4 they will be sent home and not allowed to workout.
- 4) Athletes will bring their own drinks. No sharing water bottles etc. of any kind.
- 5) Multiple hand sanitizing stations will be set up.
- 6) Weight room will be divided into 3 different areas. Weight room, Aux gym, and wrestling room. Each room will have workout stations.
- 7) Each room will be limited to 15 or less athletes.
- 8) No spotters will be used so that we can maintain social distancing of 6ft.
- 9) After each athlete uses a piece of weight equipment they will wipe it down with a sanitizer or disinfectant prior to another person using the same equipment.
- 10) Athletes will work out in two waves, 9/10th graders and then 11th/12th graders at different days or times. Would have a 30 min period in between workouts if doing the same day so coaches could wipe down equipment with a disinfectant. This would be only if our numbers would be over the 15 allowed in each of the 3 locations.
- 11) School custodians would be involved with sanitizing the 3 locations each morning after the evening workout.
- 12) Masks will be worn by coaches and athletes.
- 13) Athletes will leave no clothing or any type of equipment in the school or weight room area. Everything will be taken home each day.
- 14) One bathroom will be designated for use. Bathroom in the Coaches office next to the weight room will be used. Sanitizing wipes will be available for use by each person prior to using.
- 15) A Covid tracking log sheet will be completed daily for all participants.

Northern High Football – Returning to Play Plan

(Outside Conditioning)

The following plan will be implemented starting the first week in July and continuing two days (evenings) a week until the beginning of practice on August 12th.

“Best Practices”

- 1) Athletes will arrive dressed and will not use the school or locker room facility.
- 2) Through parent contact athletes will be told to stay home if they are not feeling well.
- 3) Before any workout all athletes will have their temperatures checked with an infrared thermometer. Any reading over 100.4 they will be sent home and not allowed to workout.
- 4) During the conditioning athletes will remain 6 ft. apart to maintain social distancing.
- 5) Workout groups will be split into 15 or less athletes.
- 6) There will be no touching or sharing of any kind of equipment.
- 7) Athletes will bring their own drink. No sharing water bottles etc. of any kind.
- 8) Hand Sanitizers will be available.
- 9) Athletes will leave no clothing or equipment of any kind on or around the practice fields.
- 10) A Covid tracking log sheet will be completed daily for all participants.

Northern High School Volleyball

- 1) Athletes will arrive dressed and will not use the school or locker room facility.
- 2) Through parent contact athletes will be told to stay home if they are not feeling well.
- 3) Before any workout all athletes will have their temperatures checked with an infrared thermometer. Any reading over 100.4 they will be sent home and not allowed to workout.
- 4) Both the main gym and auxiliary gym will be utilized to maintain low numbers.
- 5) The volleyball net will be put up by myself or with minimal help from players.
- 6) Girls will enter building one at a time with appropriate distancing between them.
- 7) No extra bags or equipment will be allowed. Any necessary bags and equipment brought in will be taken home every day.
- 8) There will be no sharing of food or drink.
- 9) Personal items (ie bags and water bottles) will be placed at a distance of 6ft or more around the perimeter of the gym.
- 10) Upon arrival girls will sanitize their hand and forearms, either by washing or hand sanitizer.
- 11) During breaks girls will remain in their designated areas with their belongings.
- 12) Following practice girls will sanitize hands and forearms again. Equipment will also be sanitized with a Lysol spray.
- 13) A Covid tracking log sheet will be completed daily for all participants.

Northern High Golf Covid Precautions and Social Distancing

- 1) There will be no meetings on site of any school properties.
- 2) Through parent contact athletes will be told to stay home if they are not feeling well.
- 3) Before any workout all athletes will have their temperatures checked with an infrared thermometer. Any reading over 100.4 they will be sent home and not allowed to workout.
- 4) All activities will be conducted outdoors.
- 5) USGA Covid and social distancing guidelines will be practiced at all gatherings.
- 6) No bunker rakes.
- 7) Cups modified for no contact.
- 8) No on course amenities.
- 9) 6 ft. distancing at all times.
- 10) Official matches will continue in groups of 4.
- 11) In practice situations groups will stay under 15.
- 12) For all practice meetings players are responsible for their own transportation to and from.
- 13) Any indoor facilities will require players to follow CDC guidelines depending on what phase is in place.
- 14) Liability form will be filled out for each meeting.
- 15) A Covid tracking log sheet will be completed daily for all participants.

Northern High School Girls Soccer Covid-19 Conditioning/Practice Guidelines

All players will be notified in advance before coming to practices and/or conditions of the following:

1. Athletes will arrived dressed and will not use the locker rooms in the school.
2. Through parent contact athletes will be told to stay home if they are not feeling well.
3. Before any workout all athletes will have their temperatures checked with an infrared thermometer. Any reading over 100.4 they will be sent home and not allowed to workout.
4. All players will wear a mask to and from practice (coming and going from cars to designated break station). Mask will be removed when players head to field to start training.
5. The MPSSAA Covid-19 Screening form will be completed for all players.
6. Each player will be assigned their spot for bag and/or water breaks that will be 6 to 10 feet apart. All players must bring their own water bottle with refills available in their bag. Coaches will also carry extra disposable water bottles for backup.
7. Coaches will be the one who will handle the setup and tear down of any soccer equipment used.
8. All equipment will be sprayed down with a chemical that is used to disinfect against the Coronavirus.
9. Hand sanitizer and antibacterial wipes will be located at each practice.

NHS Cheer TEAM - Returning to Cheer Plan

Beginning of practice on August 12th

"Best Practices"

- 1) Athletes will arrive dressed and will not use the school or locker room facility.
- 2) Through parent contact, cheerleaders will be told to stay home if they are not feeling well.
- 3) Before any workout / practices, all athletes will have their temperatures checked with an infrared thermometer. Any reading over 100.4 they will be sent home and not allowed to workout.
- 4) During the conditioning/practice athletes will remain 6 ft. apart to maintain social distancing. Chalk will be used to designate cheer spots for standing, jumping, dancing etc... No stunting will take place until we are in the green stage.
- 5) Groups will be split into 10 or less athletes.
- 6) There will be no touching or sharing of any kind of cheer poms, megaphones etc....
- 7) Athletes will bring their own drink. No sharing water bottles etc. of any kind.
- 8) Hand sanitizers will be available. Gloves will be provided.
- 9) Athletes will leave no clothing or equipment of any kind on or around the practice fields.
- 10) Masks will be worn by coaches and athletes.
- 11) The MPSSAA Covid-19 Screening form will be completed for all players.