



Medway Athletics

Return Plan for Athletics
August 27, 2020

Jeff Parcels, Athletic Director

(Disclaimer: this process is subject to change based upon future pandemic related information as it becomes available)





Thank you for being patient...

We understand how unsettling the past few months have been and how anxious everyone is for this information. We thank you for being patient and positive throughout the waiting stage and we are excited to finally share our plan to return to athletics in a safe and healthy manner.

After receiving final guidance from the MA Executive Office of Energy and Environmental Affairs (EEA), the MA Department of Elementary and Secondary Education (DESE) and our governing body for athletics, the Massachusetts Interscholastic Athletic Association (MIAA), Medway Public Schools and the Tri-Valley League feel that we have a solid plan in place for the fall season.

Our main focus, is and has been, the health and safety of all our student-athletes!

Athletic Seasons for 2020-2021



Fall Season (1): earliest possible practice/tryout date is September 18th and the season ends no later than November 20th. *There will not be any Sectional or State Tournaments per MIAA.*

Winter Season: earliest possible practice/tryout date is November 30th and the season ends no later than February 21st. *No decisions have been made by the MIAA regarding postseason tournaments for this season.*

Fall Season (2) or 'Floating Season': earliest possible practice/tryout date is February 22nd and the season ends no later than April 25th. *No decisions have been made by the MIAA regarding postseason tournaments for this season.*

Spring Season: earliest possible practice/tryout date is April 26th and the season ends no later than July 3rd*. *No decisions have been made by the MIAA regarding postseason tournaments for this season.*

(*)=may be earlier per school contracts.

What sports will run this fall...



We will offer the following sports during Fall Season 1...

Varsity and JV Coed Golf: tryouts begin on 9/18 and the first contest is no earlier than 9/25.

Varsity Boys Cross Country: tryouts begin on 9/26 and the first contest is on 10/10.

Varsity Girls Cross Country: tryouts begin on 9/26 and the first contest is on 10/10.

Varsity and JV Boys Soccer: tryouts begin on 9/26 and the first contest is on 10/10.

Varsity and JV Girls Soccer: tryouts begin on 9/26 and the first contest is on 10/10.

Varsity and JV Field Hockey: tryouts begin on 9/26 and the first contest is on 10/10.

(All levels of Football, Volleyball and Cheer will be moved to the Fall Season 2 or Floating Season)

What sports will run this fall...



Middle School Athletics

The Tri-Valley League athletic directors have discussed Middle School Athletics and although it is not a league activity we all recommend to our administrations that we do not offer middle school athletics for the Fall 1 Season of the 2020-2021 school year.

We do not have the ability to have an athletic trainer on site at the middle school and the athletic director will be unable to be at the middle school to oversee the athletic program during the fall season.

We have looked into possible programming with Community Education and Parks and Recreation and you are welcome to refer to those groups for potential offerings.

EEA Sport Risk Levels...



The MA EEA has developed a level of risk for all sports with certain rules pertaining to each level.

Lower Risk Sports (Fall Season Sports)

Golf, Boys Cross Country and Girls Cross Country

Moderate Risk Sports (Fall Season Sports)

Field Hockey, Boys Soccer, Girls Soccer and Volleyball (Volleyball being moved to Floating Fall Season 2)

Higher Risk Sports (Fall Season Sports)

Cheer and Football (these will be moved to the Floating Fall Season 2)

Our league divided into PODS...



After extensive discussion on how best move our league forward during this uncertain time, the Tri-Valley League has decided to divide the league into two geographic pods.

POD 1: Ashland, Bellingham, Holliston, Hopkinton, **Medway** and Norton

POD 2: Dedham, Dover-Sherborn, Medfield, Millis, Norwood and Westwood

These pods were designed by a mileage model to limit travel amongst schools. Each pod has 3 TVL Large and Small teams. Teams will only play teams within their pod and will not crossover into the other pod. TVL schools will not participate in non-league contests or scrimmages during the Fall 1 Season.

Practice sessions...



The entire TVL have established new practice limitations for the Fall 1 Season.

- Preseason practice seasons can take place every day with one day off within a seven day period.
- Once regular season contests begin, practice sessions will be limited to 3 sessions in a Monday-Friday period. Medway practice sessions will take place on Tuesday, Thursday and Friday.
- Medway practice sessions will be limited to 2 hour sessions.
- EEA has limited the amount of players/coaches on any one playing surface to 25 people.
- Training activities for 'moderate and higher risk sports' must be performed in "cohorts" of the same small group of individuals that performs all training activities together and without interacting with other individuals or cohorts.
- Cohorts can be no larger than ten (10) participants and the same cohort assignments must be used for every training session or class. Participants cannot be a member of multiple cohorts, nor can cohort assignments rotate.
- Training areas or boundaries must be marked so that training cohorts are separated in all directions by at least 14 feet. Cohort sizes should be capped by the number of available training areas based on the size of the facility and in no event more than 25 people on a playing surface.

Games, meets and matches...



- The Tri-Valley League has established that all games and meets will take place on Saturdays and Sundays and golf matches will continue to be played during the week with possible weekend matches.
- Each school will play against another school on both Saturday and Sunday (home and away) for sports other than Golf.
- Team rosters will be limited to 20 participants per team on days of a game or meet.
- Golf rosters will remain at 8 per team for a match.

The Tri-Valley League has voted to not have spectators at any of our events for the Fall 1 Season. All of our home events will be live-streamed via the NFHS Network.

Individual Sport Modifications...



Due to the various guidance for athletics put forth by the EEA and adopted by the MIAA, various sports will see rule changes and modifications to play for this upcoming school year.

Although we do not like the idea of *drastic* changes to the way games, meets and matches are played, we must follow all rules and regulations to have the safest possible athletic contests for all involved (players, coaches and officials).

The MIAA sport committees will be issuing their sport modifications for the 2020-2021 school year by August 28th.

In order to have a safe and productive season all team members and coaches must adhere to these sport modifications at all times.

Transportation for School Athletics...



Medway Public Schools will continue to offer transportation to all athletic contests. All guidelines regarding social distancing must be adhered to and this will require more buses than usual for our athletic trips. JV and Varsity teams will no longer be able to travel on the same bus to events.

We will need to provide a school bus for our two golf teams as we cannot fit the team and equipment on the minibus due to the new guidelines for transportation.

Masks or face coverings must be worn at all times while traveling on school transportation. No eating or drinking will be allowed on school transportation and seating arrangements must be adhered to.

Event Day Management...



- The Tri-Valley League has voted to not have fans at any of our athletic events during the Fall 1 Season. We will be live-streaming all of our home contests at Medway HS.
- All teams arriving to Medway HS should come dressed and ready to play. Locker rooms will not be available for any teams. We will have bathroom facilities available at Hanlon Field.
- All visiting team coaches will provide an accurate roster of all team members including coaches and a cell phone and email address for each member.
- Hand sanitizer and hand washing must take place while utilizing bathrooms at the Coakley Building. A custodian must be on duty to assist with cleaning and disinfecting.
- All areas around the team benches and scorers table must be sanitized between events.
- Hand sanitizer must be available on both team benches and scorers table.
- Disinfectant wipes will be used to sanitize equipment and balls throughout the contest.
- Our athletic trainer will be available at all athletic contests with the exception of golf.
- All coaches and event staff must wear a face covering at all times.
- All team members must wear a face covering at all times with the exception of what is allowed per EEA/MIAA.
- All bench areas and team members must remain socially distanced at all times.
- All team members must bring their own labeled water bottle.

Practice Days Management...



- Student-athletes who are in school on a practice day will be the only ones allowed in the locker room and each team grouping will have a specific time to get in and get out in a safe manner.
- If you are on a remote learning day, you should arrive to practice no earlier than 5 minutes before the posted start time and in your practice gear ready for practice.
- Hand sanitizer will be issued to each team member/coach before each practice session begins and will be available throughout practices and at the conclusion of practice.
- All team members/coaches are required to bring their own labeled water bottle to practice and the athletic department will provide water for refills.
- All areas around the team benches and scorers table must be sanitized between events.
- Disinfectant wipes will be used to sanitize equipment and balls throughout practice sessions.
- Our athletic trainer will be available at all athletic practice sessions with the exception of golf.
- All coaches and event staff must wear a face covering at all times.
- All team members must wear a face covering at all times with the exception of what is allowed per EEA/MIAA.
- When not actively in a drill or teaching session, team members must remain socially distanced at all times.
- Before entering the school building/locker room area, you must use hand sanitizer and wash hands in the locker room.

Athletic Training Room...



- Before entering the Athletic Training Room you must wash hands/use hand sanitizer.
- Upon entering the Athletic Training Room you must sign in.
- There is a 3 person limit in the Athletic Training Room at all times.
- Anyone in the Athletic Training Room must wear a face covering at all times.
- If anyone has or begins to show symptoms of COVID-19, he/she will report directly to the Athletic Trainer for assessment. Anyone with symptoms must be picked up by a family member and if at an away contest will not be allowed to travel home on the team bus.
- If you did not attend school or remote sessions due to feeling ill, you are required to stay at home and are not allowed to attend a contest or practice session.

Coaching Out of Season (MIAA Rule 40)



The MIAA Board of Directors gave each Principal the ability to waive Rule 40 for the 2020-2021 school year. After careful and diligent conversation surrounding this ruling, the TVL Athletic Directors as well as all schools within MIAA District 7 (36 schools) are encouraging all Principals to not waive Rule 40 for this school year.

In general, this is not the year to open up coaching out of season. This would mean that any and all teams could be on our facility doing activities at any time. Due to the stringent rules pertaining to COVID-19 precautions that all athletic departments need to adhere to as well as the liability of any and all such practice sessions by teams 'out of season', we feel it is much too difficult to manage at this time.

We will allow our coaches who are currently out of season to meet with their team candidates but those meetings must be optional. There cannot be any expectation that a student-athlete attend any meeting that is considered out of season based on the seasons listed above. NO sport-specific physical activity or direct coaching/practices will be allowed. Rule 40 will stay in place for the 2020-2021 school year for all TVL and District 7 schools*.

(*) a formal vote has taken place for TVL schools but not officially for other District 7 schools at this time.



Health and Safety!

Wear your mask, distance yourselves and wash your hands!!

GO MUSTANGS!