September 11, 2020

Dear Belmont Hill Parents & Students,

I am excited to be writing today with our finalized plans and protocols for the school’s return to athletics this fall season. As you already know, we will have expanded skill-based athletic offerings this fall with the first session beginning on Thursday, September 17. Each coach is being trained in utilizing sport-specific techniques, drills, and protocols that meet or exceed the provided state guidelines. Should you have questions about what this looks like in an individual sport or activity, please feel free to reach out to me directly for more detail. We will operate under the strict guidance of the MASSACHUSETTS REOPENING STANDARDS FOR BUSINESSES and OTHER ENTITIES PROVIDING YOUTH and ADULT AMATEUR SPORTS ACTIVITIES – Phase III, Step 1 Amended on August 13, 2020. I hope you will take a moment to review our protocols. I hope you will not hesitate to contact me with any questions.

Sincerely,

George Tahan
Athletic Director

Click here to read the Massachusetts Standards.
I. GENERAL CONSIDERATIONS:

**Mask Wearing Policy:**
It is required that a triple-layered mask be worn at all times by coaches, staff, athletes, and non-athletes without exception. This includes but is not limited to: during movement to and from venues, stretching, and all static, pseudo-static, proximity situations such as coaches talks, and cool downs. Masks must be worn securely and covering the nose and mouth completely. Additionally, masks are to be worn during all live play situations on the field. Neck gaiters and bandanas are NOT permitted while participating in athletics. Coaches will provide mask and water breaks during practices. Strict social distancing shall be adhered to during all mask breaks. Should an athlete’s mask become damaged or unusable, coaches will have additional new masks available.

**Personal Apparel & Equipment Policy:**
The school dress code will be relaxed on days that boys are participating in athletics (Upper School – Mondays & Thursdays; Middle School – Tuesdays and Fridays). On those days, boys should come to school in athletic attire. (e.g. sweat pants, sweatshirt, shorts, t-shirt, etc.) Boys should take into consideration the expected weather/temperature and wear appropriate attire. There will be NO LOCKEROOMS or LOCKERS provided and NO OPPORTUNITY TO LEAVE ANY PERSONAL ITEMS IN THE ATHLETIC CENTER.

Students should plan to bring the following to and from school each day:
- **Water bottle**
- **Sport specific equipment** (e.g. lacrosse stick/helmet, baseball glove, etc.)
- **Additional personal apparel and footwear** (e.g. outerwear/jacket, hats, cleats, socks, etc.). Please consider the expected weather and bring appropriate attire.

Boys should not bring equipment into their classes. Equipment can be left at the following locations based on the location of the students’ first class:
- On the wall along the track by the Jordan Center.
- Along the front wall outside of the Morse Building.
- Behind the Prenatt Music Center.

PLEASE BE SURE TO PUT YOUR NAME ON ALL PERSONAL EQUIPMENT, especially your WATER BOTTLE.
II. DAY-TO-DAY COVID-19 RELATED POLICIES AND PROCEDURES:

Transition From Academic Day to Athletics:
At the end of the academic day, students shall be released from classes and proceed to their sport’s assigned playing venue or meeting space. In order to help maintain social distancing and de-densified masked groups, students will proceed down to athletics via prescribed routes by Form as follows:

FORM I & FORM IV
Take the path between the Dorms and paved path along parking lot. Proceed directly to your sport’s playing venue or meeting area and report to your coach. Coaches will take attendance.

FORM II, FORM III, FORM V, and FORM VI
Cut across the Chapel Lawn, down the hill, and across the varsity soccer field. Proceed directly to your sport’s playing venue or meeting area and report to your coach. Coaches will take attendance.

Playing Venues and Meeting Areas:
Boys should meet their coaches at the following locations so that attendance can be taken:

- Baseball – Varsity baseball field
- Crew – Fritz Gym
- Cross Country – Far end of the track under the football scoreboard
- Football – Turf field inside of the track
- Golf – Outside of the Jordan Center between the front entrances
- Lacrosse – Back turf field
- Soccer – Grass varsity soccer field
- Strength & Conditioning – On the track next to the stairs to Jordan
- Track – “D” area of track closest to the parking lot (near high jump pit)

Bathroom Use:
Boys are encouraged to use the bathrooms on the academic side of campus prior to coming down for athletics in order to decrease crowding in Jordan. The following bathrooms will be open for use in Jordan:

- The public Men’s Room across from the trophy case
- The rest rooms in the main locker room area
  o The entrance and exit will be monitored to assure that the number of boys allowed in the locker room area is limited and in compliance with COVID guidelines.
Hydration Policy:
Water coolers will be placed at all playing venues. If possible, water bottles should be filled before arrival at each playing venue. Coaches will allot time before, during, and after sessions for boys to fill their water bottles. Water coolers will be equipped with foot pedals to open and close spigots. DO NOT TOUCH THE WATER SPIGOTS WITH YOUR HANDS OR WATER BOTTLE. SPITTING IS NOT ALLOWED.

Athlete Hand Hygiene During Sessions Policy:
Coaches will schedule regular session stoppages for hand sanitizing. Coaches can spray athletes’ hands with hand sanitizer, or have multiple pump bottles accessible, or have athletes carry their own sanitizer for use.

Technique for using hand sanitizer:
- Put product on hands
- Rub all surfaces of hands until hands feel dry
- Do not use clothing or soiled fabrics such as towels to dry sanitizer; allow to fully air dry

Hand hygiene breaks may be coordinated with mask and water breaks. Strict social distancing will be adhered to whenever a mask break occurs.

Sports Medicine Services Policy:
Our athletic trainers will operate out of the Sports Medicine Tent located directly adjoining the aluminum bleachers on the varsity football field. Athletes shall observe strict social distancing while waiting to enter the tent.

- Any student that needs first aid, taping, or injury evaluation prior to the start of a practice must first check-in with their team/coach and then promptly report to the Sports Medicine Tent. Once seen by an athletic trainer, the student MUST report to the field on which their practice is scheduled to occur and check back in with their coach.
- If an injury occurs during a practice, the student MUST report it to a coach who will then notify the sports medicine staff. Injuries will be triaged and assessed accordingly.
- IF IT IS DETERMINED THAT A STUDENT CANNOT RETURN TO PLAY THAT DAY OR THE FOLLOWING, THE STUDENT WILL BE ASKED TO OBSERVE PRACTICE WHILE MAINTAINING MASK USE AND SOCIAL DISTANCING MEASURES. Rehab will be done by
appointment only.

**Weight Room and Strength and Conditioning Spaces Policy:**
The Cross Fitness Center is currently closed to all Belmont Hill students and employees, with the exception of Strength & Conditioning staff and a limited number of S&C Program participants. The corridor outside of the Fitness Center, as well as outdoor spaces, will be used for the S&C Program.

- Students participating in the S&C Program will wear masks during all activities.
- Students will be assigned specific spaces during their workouts to ensure 6’ of distance from other students.
- When using equipment, students will be assigned equipment for the workout, and that equipment will not be shared with other students unless fully sanitized.
- All equipment and surfaces used will be wiped at the end of the workout by the students and/or S&C staff.
- S&C staff will also use sanitization machines to sanitize all equipment.

**End of Day Departure/Student Pick-Up Policy:**
At the end of all athletic sessions all boys will be accompanied by a coach to designated locations where they can be picked up and depart campus.

*Those pick-up locations are as follows:*

- Bus Riders – Parking lot adjoining the Chapel
- Form I – Tent on the Varsity Soccer field
- Form II – Behind the backstop of the 5th Baseball diamond
- Form III – The front of the Jordan Athletic Center
- Form IV – Tent on the Varsity Soccer field
- Form V - Behind the backstop of the 5th Baseball diamond
- Form VI - The front of the Jordan Athletic Center

Any boys who drive to school will be dismissed by their coach and go directly to their cars and depart school. Coaches will stay with boys at each of the pick-up locations until the last boy is picked up.