March 10, 2021

Dear Belmont Hill Parents & Students,

I am excited to be writing today with our current plans and protocols for the school’s spring athletic season. We will offer all of our traditional spring athletic offerings. A few sports will begin during the second week of spring break. The entire program will return to play post-spring break on April 1. Each of our coaches is 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. Belmont Hill Athletics 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 2 - March 1, 2021. 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
PROGRAM OVERVIEW
The ISL has decided that traditional interscholastic league competition is not possible this spring; however, they have approved interscholastic competition between those schools who wish to participate. Belmont Hill will participate in interscholastic competition, just as we did in the fall and winter seasons. As such, we have worked to provide our traditional spring offerings and afford our boys a needed chance to exercise while also working on critical skill development in their spring sport of choice. Each of our offerings will certainly comply with all relevant state guidelines and regulations. As was the case in the fall and winter, in order to best balance the needs of safety, the boys’ needs, faculty, and our academic schedule, athletics will be offered during the week by division after classes (2:00 to 3:30 PM) as follows:

**Middle School** – Tuesdays & Fridays
**Upper School** – Mondays, Wednesday, and Thursdays
*Varsity practices may run from 2:00 to 4:00 PM

We will also provide optional athletic programming on Saturdays for all our sub-varsity teams throughout the spring depending on interest. We do expect to have required Saturday sessions for all of our varsity teams.

Students may choose from the following spring offerings:

- Baseball
- Crew
- Golf (Varsity only team, tryout required)
- Lacrosse
- Sailing
- Tennis
- Track & Field
- **Strength & Conditioning** (Upper and Middle School)
- Drama/Theater
- Waiver (Any student may choose to waive out of athletics for the spring season)

*Some sports will have limited numbers based on Covid safety and/or facility limitations.*

INTERSCHOLASTIC COMPETITION
The ISL agreed to review the efficacy of interscholastic competition season by season. In the fall and winter, the ISL approved interscholastic scrimmages/play for those schools interested in participating. Belmont Hill was one of the league member schools who participated and we will participate interscholastically in the spring as well. We expect, at a minimum, to schedule varsity contests on Saturdays in any spring sports that can be played safely and in compliance with state guidelines and regulations. In the fall and winter seasons, we were also able to offer interscholastic competition for our JV and 3rd teams and we hope to be able to continue to do so in the spring. Interscholastic competition with respect to our other sub-varsity teams will be considered if our league and pandemic conditions allow for it.
TRANSPORTATION
In a number of our spring offerings boys will need to be transported to off campus venues. These include:

- **Crew:** Belmont Hill Boathouse
- **Golf:** Various golf courses, Stonemeadow driving range
- **Sailing:** Winchester Boat Club
- **Tennis:** Pequossette Playground Tennis Courts

Boys will be transported by school bus, mini bus, or van to and from each location. In the case of Golf, Sailing and upper school Crew, those boys will not be back in time to make the afternoon buses home. Those boys will need their own transportation home from Belmont Hill (or the appropriate boathouse if the student prefers) after those practices. All relevant state guidelines and regulations will be followed with respect to this transportation.

It is important to note that boys participating on certain spring varsity teams will not make the evening bus service at the end of the day. These sports include: **Baseball; Crew; Golf; Lacrosse;** and **Sailing.**

SPORT PREFERENCES
All boys were asked to complete a spring season preference form. Due to COVID-19 regulations and facility limitations, numbers may be limited in certain sports. We will do our best to honor boys’ selections and provide them with the opportunity to play the sport they have chosen, however in some instances this may not be possible.

We believe that our facilities can accommodate Upper School demand in most cases, although we may experience some constraints in strength & conditioning. In the Middle School, we have reached our limit of 32 students in tennis. Our current plan will be to offer MS tennis in two different groups on the two Middle School days (Tuesday & Friday) to 16
boys at a time in order to accommodate the 32 boys. We will then offer a second session each week on Saturday to each group for those boys that are interested, which would give each group two sessions each week. The two Middle School tennis groups will be grouped by ability. We hope to complete this grouping within the first two weeks of the season. If your son has signed up for Middle School tennis, you will receive additional information regarding the groupings and practice schedule.

**VARSITY SELECTIONS**

The process for varsity selections for baseball, crew, and lacrosse will begin the second week of spring break (3/22 through 3/27). Those students participating in athletics during spring break are required to be COVID tested. Testing will take place at the Jordan Athletic Center on Friday, March 19 and/or Monday, March 22 as follows:

**Friday, March 19, 2021**
- Baseball – 12:00 to 12:45 PM
- Lacrosse – 12:45 to 1:30 PM
- Crew – 1:30 to 2:00 PM

**Monday, March 22, 2021**
- Baseball, Crew, & Lacrosse – 8:30 to 9:30 AM

No student will be allowed to participate during the second week of spring break without a negative Covid test taken on either 3/19 or 3/22.

We may opt to keep a few more students on varsity groups than usual, but it is important that students and families realize that this year is unique. Making a “varsity” ability grouping in this particular year should in no way suggest or guarantee that a boy will be placed on this varsity team next year. In the current environment, our focus is to group boys with appropriate peers to best serve their development, to help them continue to grow as athletes, and to let them have some fun. We will all need to keep a sense of perspective in this regard.

Varsity tryout/practices for varsity Golf, Sailing, Tennis, and Track will begin after spring break on Thursday, April 1.
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.** 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, Wednesdays, and Thursdays; Middle School – Tuesdays and Fridays). On those days, boys should come to school in athletic attire. (i.e. sweat pants, sweatshirt, shorts, t-shirt, etc…) Boys should take into consideration the expected weather/temperature and wear appropriate attire.

There will be NO 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 bat, etc.)

**Boys should not bring equipment into their classes. Boys may leave equipment at the following locations:**
- On the wall along the track by the Jordan Center (If their first class is in Jordan)
- Along the front wall outside of the Morse Building. (If their first class is on the academic side of campus)
- Behind the Prenatt Music Center

**Additional personal apparel and footwear:** (e.g. outerwear, hats, cleats, socks, etc.)
- Please consider the expected weather and bring appropriate attire

**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 sports assigned playing venue or meeting space. In order to help maintain social distancing and de-densified masked groups, students will proceed down to athletics in staggered groups by sport. *Those sports heading off campus will be released first followed by on campus sports 10 minutes later as follows.*

1:35 Release: Crew • Golf • Sailing
1:45 Release: Baseball • Lacrosse • Tennis • Track

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

FORM II, III, V, & VI: Cut across the Chapel Lawn, down the hill, and across the varsity soccer field. Proceed directly to your sports 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**: 5th Baseball – 5th Field; 4th & JV Baseball – JV Field; 3rd & Varsity Baseball - Varsity Baseball Field
- **CREW**: Out front of Jordan for the bus to the boathouse.
- **GOLF**: Retrieve their equipment from the Golf room and proceed to their van.
- **LACROSSE**: 3rd & Varsity Lacrosse - Turf field inside of the track; 4th, 5th & JV Lacrosse - back Turf field
- **SAILING**: Retrieve their equipment from the Sailing room and proceed to their van.
- **STRENGTH & CONDITIONING**: Main corridor outside entrance to the Cross Fitness Center
- **TENNIS**: 3rd & Varsity Tennis – Jordan Center tennis courts; JV Tennis – Out front of Jordan for bus off campus courts
- **TRACK & FIELD**: End of the track with the high jump and pole vault mats

Bathroom Use:
Boys are encouraged to use the restrooms on the academic side of campus prior to athletics in order to decrease crowding in Jordan.

The following restrooms will be open for use in Jordan:
- The public men’s restroom across from the trophy case
- The restrooms in the main locker room area

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 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, as well as the Sports Medicine Room and the outer lobby adjoining the room. Athletes shall observe strict social distancing while waiting to be seen by an athletic trainer.

- 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 or Room. Once seen by an athletic trainer, the student MUST report to the playing venue where 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 Hamilton Chapel
- **Form I** – In front of the Robsham Arts Center (Upper Parking Lot)
- **Form II** – The entrance area to Dorm Quad (Top of the Lower Parking Lot)
- **Form III** – The front of the Jordan Athletic Center
- **Form IV** - In front of Robsham Arts Center (Upper Parking Lot)
- **Form V** - The entrance area to Dorm Quad (Top of the Lower Parking Lot)
- **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.