

Return to Sport COVID-19 Plan

Guidelines for Safe Reopening of Hoke County
High Athletics



NCHSAA ATHLETIC CALENDAR 2020-2021

2020-2021 NCHSAA Approved Sports Calendar - Revised 09/08/20

First Practice	November 4
First Contest	November 16
Final Reg. Season Contest	January 8
Cross-Country	
Season Limit	14 Meets
Weekly Limit	2 Meets
Reporting Deadline	Fri., January 8
Regional	Sat., January 16
State	Sat., January 23
Volleyball	
Season Limit	14 Games
Weekly Limit	2 Games
Bracketing	Sat., January 9
1st Round	Tue., January 12
2nd Round	Thu., January 14
3rd Round	Sat., January 16
Regional	Tue., January 19
State	Sat., January 23

First Practice	November 23
First Contest	December 7
Final Reg. Season Contest	January 30
Swimming & Diving	
Season Limit	14 Meets
Weekly Limit	2 Meets
Reporting Deadline	Sat., January 30
Regional	February 4-6
State	February 10-13

First Practice	December 7
First Contest	January 4
Final Reg. Season Contest	February 19
Basketball	
Season Limit	14 Games
Weekly Limit	2 Games
Bracketing	Sat., February 20
1st Round	Tue., February 23
2nd Round	Thu., February 25
3rd Round	Sat., February 27
Regional	Tue., March 2
State	Sat., March 6

First Practice	January 11
First Contest	January 25
Final Reg. Season Contest	March 12
Soccer (M)	
Season Limit	14 Games
Weekly Limit	2 Games
Bracketing	Sat., March 13
1st Round	Tue., March 16
2nd Round	Thu., March 18
3rd Round	Sat., March 20
Regional	Tue., March 23
State	Sat., March 27
Lacrosse (M&W)	
Season Limit	14 Games
Weekly Limit	2 Games
Bracketing	Sat., March 13
1st Round	Mon., March 15
2nd Round	Wed., March 17
3rd Round	Mon., March 22
Regional	Wed., March 24
State	Sat., March 27

First Practice	February 8
First Contest	February 26
Final Reg. Season Contest	April 9
Football	
Season Limit	7 Games
Weekly Limit	1 Game
Bracketing	Sat., April 10
1st Round	Fri., April 16
2nd Round	Fri., April 23
Regional	Fri., April 30
State	Sat., May 8

First Practice	March 1
First Contest	March 15
Final Reg. Season Contest	April 30
Golf (M&W)	
Season Limit	14 Matches
Weekly Limit	2 Matches
Reporting Deadline	Fri., April 30
Regional	May 3 or 4
State	May 10-11

Tennis (M)	
Season Limit	14 Matches
Weekly Limit	2 Matches
Reporting Deadline	Fri., April 30
Regional	May 7-8
State	May 14-15

Soccer (W)	
Season Limit	14 Games
Weekly Limit	2 Games
Bracketing	Sat., May 1
1st Round	Mon., May 3
2nd Round	Wed., May 5
3rd Round	Fri., May 7
Regional	Tue., May 11
State	Sat., May 15

Softball	
Season Limit	14 Games
Weekly Limit	2 Games
Bracketing	Sat., May 1
1st Round	Mon., May 3
2nd Round	Wed., May 5
3rd Round	Fri., May 7
Regional	Tue., May 11
State	May 14-15

First Practice	April 12
First Contest	April 26
Final Reg. Season Contest	June 11
Baseball	
Season Limit	14 Games
Weekly Limit	2 Games
Bracketing	Sat., June 12
1st Round	Tue., June 15
2nd Round	Thu., June 17
3rd Round	Sat., June 19
Regional	Tue., June 22
State	June 25-26

Tennis (W)	
Season Limit	14 Matches
Weekly Limit	2 Matches
Reporting Deadline	Fri., June 11
Regional	June 18-19
State	June 25-26

Track & Field	
Season Limit	14 Meets
Weekly Limit	2 Meets
Reporting Deadline	Fri., June 11
Regional	June 18-19
State	June 25-26

Wrestling	
Season Limit	14 Duals
Weekly Limit	2 Duals
Reporting Deadline	Fri., June 11
Regional	June 18-19
State	June 26

Invitational	May 22
Cheerleading	

Hoke County Offseason Phase 2.5 Workouts

*All sports are shutdown through **September 13.**

*Starting **September 14**, we will have "RED" groups and "BLACK" groups which are **OPTIONAL**
Offseason Conditioning Sessions are **ONLY allowed to be in 90 minute sessions (Non-Negotiable)**

*RED Group's designated workout days will be on Mondays & Wednesday of each week.

*BLACK Group's designated workout days will be on Tuesdays & Thursdays of each week.

*You will be "Live" 30 days before the first "Official" practice date.

*LIVE means you will be allowed to practice the first 4 days of the week if you so desire.

*In parenthesis beside your sport will be your "LIVE" starting date.

RED GROUP- Mon & Wed

Volleyball (10-5)

Women's Basketball (11-2)

Football (1-8)

Women's Soccer (2-1)

Baseball (3-12)

Women's Tennis (3-12)

Men's Track (3-12)

M/W Golf (2-1)

BLACK GROUP- Tues/Thurs

MW Cross Country (10-5)

Men's Basketball (11-2)

Men's Soccer (11-30)

Softball (2-1)

Men's Tennis (2-1)

Wrestling (3-12)

Women's Track (3-12)

MW Swim (10-23)

Due to scheduling for the pool and golf course these two will not be in a Red or Black group.

Staggered Starts for Red-Black Workout Begin Dates

VB & XC September 14

Women's & Men's Basketball - September 21

Cheerleading & Men's Soccer September 28

Football & Softball - October 5

Womens Soccer, Baseball and Both Tennis October 12

Track and Wrestling October 19

General Notes

Weight Rooms and Mat Rooms are open with Phase 2.5 restrictions

Dead Period December 14th - January 11th

Requirements for Athletic Participation

- Valid (2020-21) Athletic Forms & Physical Examination on file with Athletic Director
- Personal Face Mask(s)
- Personal Water Bottle or Jug
- Personal Clothing/Towels



PHYSICAL EXAMINATIONS UPDATES

Prior to 03/01/2019	Need NEW physical examination before participating
On or before 03/1/2019 - 05/01/2020	Temporary extension - valid through 2020-21 season
After 05/01/2020	Valid for 395 Days

If you have a question about your physical expiration date, please email Mr. Bridges (derrick.bridges@hcs.k12.nc.us) for details.

Checkpoint/Central Station

- Setup a central location (ex. front of building) for all your attendees to pass through to ensure all participants have been accounted for prior to entering facilities



Check-In Protocol

When students arrive at your venues -

1. Student arrives...
 - i. If not driving, driver must wait for clearance, in case student needs to be sent home for invalid screening
2. FinalForms Registration Completed - **if not done, NO participation**
 - i. Attendance Tool - Completed by Coaches
 - ii. Temperature Checks (Must be below 100.4)
 - iii. Daily COVID Screening Questions

For #2, if any red flags, student should be sent home and no return to athletics until cleared by MD

HS FINALFORMS EXAMPLE

Attendance was successfully updated.

Boys Soccer: F

Mode: Attendance ▾

Mark Attendance

✓ ✗ 🔔

Previous 1 Next

Health Screening

☐ Yes ☐ No Has fever or chills?

☐ Yes ☐ No Diarrhea, nausea or vomiting?

☐ Yes ☐ No Shortness of breath / Difficulty breathing?

☐ Yes ☐ No Has sore throat?

☐ Yes ☐ No Has cough?

☐ Yes ☐ No Recent loss of smell or taste?

☐ Yes ☐ No Close contact or cared for someone with COVID-19?

Mass select "No"

Ex: 98.6... °F

Over 100.3°F is considered symptomatic.

Attendance

☒ On time (not late) ☐ Late ☐ Did Not Participate ☐ Sent Home

Notes:

☐ Notify [REDACTED] Parents/Guardians?
Any notes entered above will be included.

Mark Student Present

Close

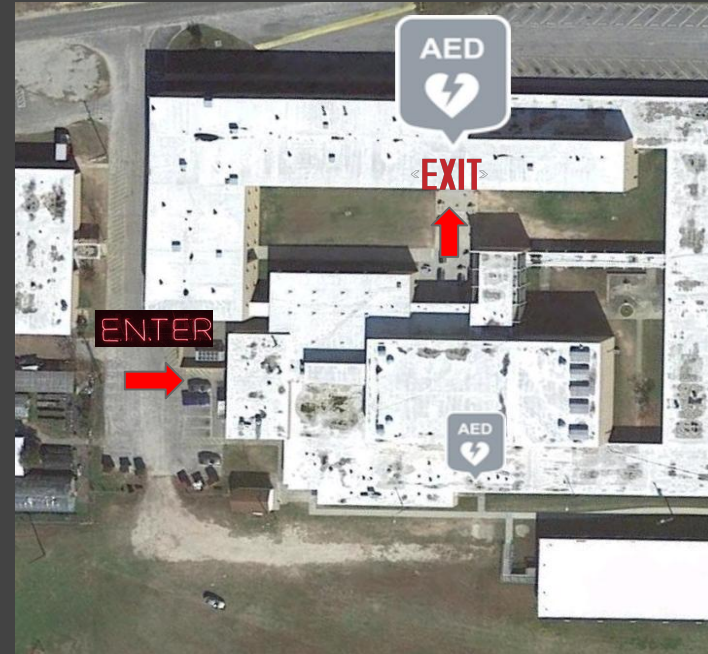
Assign Teams Manage ▾

Export

Days	Streak
1P / 1T	1

Entrance/Exits of Venues

- Identify different entrance & exits to your venues
- Attempt to keep these areas different to decrease opportunity for clusters of attendees
- Ex.
 - Enter one door to gym
 - Exit on opposing side of gym



Locker Room Availability

- Locker Rooms can be OPENED during Phase 2.5
- Mask should be worn when inside to decrease any spread
- Students may enter in small pods or groups (8-10 Max)
- Required to maintain 6 ft. distance when inside



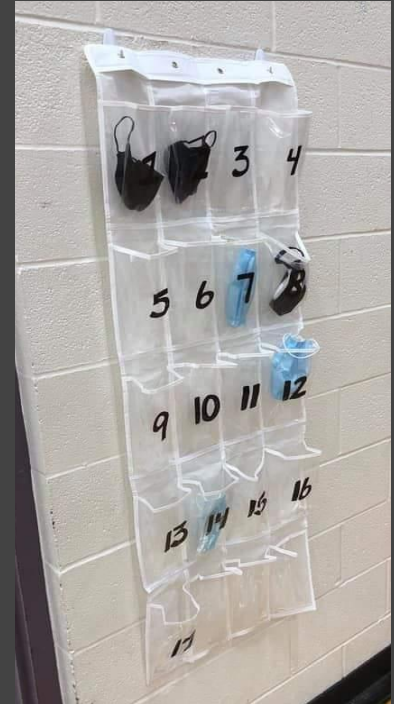
Phase 2.5 Gathering Limitations

- **90 Min Sessions - NO EXCEPTIONS!**
 - Check In: 4:00 - 4:30 PM
 - Session Time: 4:30 PM - 6:00 PM
- **25 Max (Inside) ; 50 Max (Outside)**
 - This includes all personnel (coaches, players, etc.)
 - Students can be grouped in pods in order to adhere to participation guidelines



Face Covering/Mask Wearing

- **REQUIRED** upon entry to venue/field
- Mask wearing required when **NOT** engaged in physical activity while maintaining 6 ft. distance (ex. Drill Demonstrating or Group Talk)
- **NO** sharing of face covering between students



Personal Hygiene/Sanitation

- Hand Sanitizer should be ready and available at venue or workout locations
- No Spitting - seeds, phlegm, etc.
- **ABSOLUTELY NO USE** of whistles - only electronic noise makers are permissible (electronic whistles or scoreboard horns)



Athletic Equipment Usage

- Sharing of equipment is permissible within small groups/pods - but **REQUIRED** to be disinfected **FREQUENTLY DURING** use & **BEFORE** being used by another pod.
- **NO Protective Equipment will be used (Football)**
- Examples -
 - **VOLLEYBALL** - ball(s) CAN be used in “pods” of athletes - no sharing across groups
 - **BASKETBALL** - **LIMITED** ball sharing within “pods” - no physical contact with others
 - **FOOTBALL** - passes or handoffs CAN take place in “pods” with disinfecting frequently
 - **SOCCER** - same as volleyball

Additional Guidelines Information



Click the graphic to
the left for access
to guidelines
governed by
NCHSAA