

Newmarket School District

Indoor Sports and Co-curricular Activity Guidelines

We recognize that co-curricular activities and sports not only provide students with learning opportunities outside the classroom and school day but also understand the physical, social, emotional, and mental health benefits these programs contribute to the well-being of our students. We also acknowledge that we are still in the midst of the pandemic and that we have had more COVID 19 positive cases among our student population since school started than we had cumulatively last year. That said, we have not had any transmission within our schools and are committed to providing a safe environment for our staff and students.

The purpose of this document is to provide protocols and procedures that will mitigate transmission of COVID 19 and enable us to offer our co-curricular activities and winter sports safely. These recommendations are based on NHIAA guidelines and best practices being followed by other schools in our region.

Education and Documentation

- All staff will complete the National Federation of High School Sports COVID-19 for Coaches and Administrators Course before the first training session.
- All non-high school coaches and all club/team advisors will be required to review these and related COVID protocols to ensure they understand their responsibilities. This will be a condition for running events and activities.

Safety

- All staff and students must wear reusable/washable cloth face coverings when NOT actively participating in sports or like activities (i.e. on bench, sidelines). Coaches wear masks at all times (except in practice when they are 6 ft or more away from athletes).

- Alcohol-based hand sanitizer with at least 60% alcohol will be made available to staff and athletes at all training sessions and contests.
- Frequent hand hygiene will be required upon arrival, before and after using the restroom, after touching one's face and/or face covering, and prior to entering or leaving the event.
- Staff, students, and other attendees will be reminded to maintain a distance of at least 3 feet from others.
- Backpacks, equipment bags etc of students should be placed 3 feet apart. Students should not touch each other's bags, equipment, or water bottles.
- Locker Rooms - will be used for home games only

Screening

- Staff, students and spectators/guests must self-screen before arrival to each contest, event, meeting, practice, or training session.
- Persons with any COVID-19 symptoms should remain home and not participate in any co-curricular or sports activity.
- Coaches/advisors will take attendance at every practice, meeting, and event for contact tracing purposes.

Workouts/Practices/Rehearsals/Shows/Meetings

- Students/spectators/guests should bring their own equipment and water bottles, and not share their personal equipment or items with others.
- Shared items/equipment provided by the coaches/advisors will be cleaned and disinfected after use and before the next training session.
- Adequate breaks for water and sanitation will be provided and are encouraged between changes in training and other activities.
- Water buckets and common water bottles will not be used.
- At the conclusion of meetings, practice sessions, contests and other events, students will be directed to move to their vehicles and leave the facility. Coaches/advisors will be the last member of each team/club to leave the facility.

Transportation

- Staff and students will wear cloth face coverings and space out seating to maintain maximum distancing when travelling to and from contests on buses.
- Eating and drinking will not be allowed on buses to ensure face coverings are worn at all times.
- Buses will not stop for food or snacks.

Spectators/Audience Members at Home Events

Capacity is determined by public safety limits

- Parents/guardians and other spectators/audience members are encouraged to remain socially distanced from non-household members.
- Parents/guardians and other spectators/audience members are expected to wear masks indoors while community transmission is high. Anyone who does not comply will be asked to leave the facility after the first reminder.

Concessions:

- There will be no concessions during the 21-22 school year.

Custodial/Cleaning Needs:

After all home games and events, custodial/cleaning staff will:

- Clean both home and away locker rooms
- Clean scoring table & bleachers
- Clean all tables/chairs etc used during the event

Basketball Guidelines

- Mouthguards are no longer required by the NHIAA to help reduce touching of the face and spreading saliva.
- Basketballs will be cleaned at the end of practice before the next team uses them.
- Players will wear face coverings when not actively involved in play during games and training sessions.

Indoor Track

- There will not be an NHIAA season due to lack of facilities to build a meet schedule. Training sessions will be offered.
- Athletes will wear face coverings during training sessions when not actively involved in training.

Swimming and Diving

- We will work with Oyster River to determine the protocols in place for sanitation and safety.
- Athletes will wear face coverings at all times until they reach the water and reapply when leaving the water.
- Lanes are naturally spaced 6-8 feet apart. Swimmers will be limited to 1 swimmer per end of each lane.
- Meets are limited to a smaller number of teams. We currently have three scheduled. College facilities will not allow access for meets.

Student Activities Planning Document:

Newmarket Improv Club/ Drama Club 2021-2022

With Covid guidelines now in place, [theater programs](#) are now able to successfully return to schools and communities. Using these guidelines, the goal of the Newmarket Improv and Drama Club is to celebrate the Arts by being able to provide a safe and enjoyable theater experience to the students and community.

Activity	How can we ensure social distancing?	Where and when and how (fall, winter, spring, etc.) will this activity take place?	How can we ensure limited use of shared supplies/equipment for this activity? Or, how can we ensure the safe disinfection of shared supplies/equipment?	Can this activity be offered remotely or as a hybrid model? If so, how?	Will this activity require transportation? If so, what transportation needs should we consider?
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<p>Newmarket Improv Club Season 13 Fall Season October through December 10th</p> <p>and</p> <p>End of April until June</p>	<p>Usually I have around 45-50 members participating in grades 6 through 12.</p> <p>Since co-mingling of classes is not permitted this year, I will not be accepting any middle school members. I will limit this event to the high school population only, around 25 students, with the exception of two 8th grade students, IS and SD (my only middle school members to date with parental permission) . They have been active members since 6th grade and are an important part of our team.</p> <p>-Working within Theater guidelines, our Improv Show would consist of (10 cast members on stage, 1 host, 3 tech members in the tech booth, one student director, one backstage manager, one curtain</p>	<p>Starting Thursday October 14th”</p> <p>Rehearsals held in the cafetorium on stage Tuesdays and Thursdays 2:45 to 4 PM. Can be extended to 5 PM as we get closer to the show.</p> <p>-Attendance is taken at the start of each session</p> <p>Performance date: week of 12/10/21</p> <p>Live performance Scenario</p> <p>Screening</p> <p>-Staff and students must self-screen before arrival to performance</p> <p>-Persons with any COVID-19 symptoms should remain home and not participate in any co-curricular or sports activity.</p> <p>-Advisors will take attendance</p>	<p>-Masks will be worn at all times in the theater area during rehearsal.</p> <p>-Hands will be sanitized before any cast or crew members go on stage.</p> <p>-A separate set design crew, with a maximum of 15 students, would construct the set within one week, October 5th through the 7th.</p> <p>-Sound and lighting crew: maximum of 3 in the booth. Masks will be worn and the equipment will be sanitized upon leaving</p> <p>-During on stage rehearsals each performer will be given their own wireless microphone to prevent cross contamination.</p> <p>-The Tech booth manager will sanitize their microphone after each</p>	<p>-If our school is shut down due to quarantine, auditions can be held remotely</p> <p>-Rehearsals can also be held remotely on occasion</p> <p>-The show could be live streamed the night of the performance or a pre-recorded show could be offered to the public through Channel 13.</p>	<p>Field trips will be offered during the Improv season if transportation allows</p>
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	<p>controller and one teacher director.</p>	<p>at every practice, meeting, and event for contact tracing purposes.</p> <p>-Mandatory mask requirement for audience members</p> <p>-Using an audience calculator we can safely determine that our cafetorium space can safely hold 100 guests https://www.banquettablespro.com/social-distancing-room-space-calculator</p> <p>-Guests will enter through the Main Entrance for quicker access to the cafetorium..</p> <p>-Mask will be worn at all times, except when drinking water in the cafetorium.</p> <p>-Guests could bring their own water or water could be provided upon entrance</p> <p>-Audience would be by</p>	<p>rehearsal and place it in the tech booth in individually labeled compartments.</p> <p>-Any touched prop will be returned to the prop table at the end of each rehearsal for sanitizing.</p> <p>-One student will be designated to operate the curtain and change the game slide show.</p> <p>-Performers will have their own designated place to store their costumes and personal props.</p> <p>-We will label water bottles with their names and have a no sharing rule.</p> <p>-All staff, crew and actors will wear a mask when not actively participating on stage during the night of the live performance.</p>		
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		<p>reservation only. Group reservations could be taken so that some seating could be grouped together. Can be reserved for family members only so that seats can be grouped together, like at graduation</p> <p>-All seating can be placed six feet apart.</p> <p>-</p> <p>Concessions: There will be no concessions during the 21-22 school year.</p>	<p>-Performers will be trained on how to apply their own makeup for the show</p> <p>-Audience members will not be allowed to participate in games on stage with the actors, but they can participate from their seats</p> <p>-A microphone can be handled by a crew member to gather suggestions from the audience for that needed audience participation aspect.</p>		
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<p>Drama Club From December to April</p>	<p>-Same social distancing rules apply to the Drama Club: small crews will work individually throughout the cafetorium (Set design, artistic, sound and lighting, etc...).</p> <p>-The cast would be limited to a size of 20 due to the size of the performance area..</p> <p>Acting areas on stage can be marked for each performer to ensure social distancing.</p>	<p>From December 21st to May 3</p> <p>Rehearsals held in the cafetorium on stage Tuesdays and Thursdays 2:45 to 4 PM -Attendance is taken at the start of each session</p> <p>Tentative Performance date: April 22 at 7 pm and 23rd at noon and 7 pm</p> <p>Live performance Scenario : Same screening and performance scenario would be adhered to as the Improv Show.</p> <p>-limited audience size, fully masked audience, pre-reserved seating for maximum of 100 people for each of the three performances.</p> <p>-Concessions: There will be no concessions during the</p>	<p>Same rules from above apply to Drama.</p> <p>-Auditions would be held in person, on stage, date TBA</p> <p>-A separate Artistic crew to work on program design, poster design and t-shirt design. -Virtual rehearsals could also be held when appropriate.</p> <p>-A separate set design crew, with a maximum of 15 students, would construct the set within two weeks, January 4th through the 13th Masks will be worn at all times.</p> <p>-A separate costume crew can work backstage to design and implement costume choices.</p> <p>-Sound and lighting crew: maximum of 3</p>	<p>-All auditions can be held privately on stage through an appointed time or remotely if the school is in remote learning</p> <p>-Rehearsals can be held remotely on occasion</p> <p>-If an actor goes into quarantine, rehearsals on stage could be streamed live on google classroom for more of them to watch and participate in, to feel connected.</p> <p>-</p>	<p><i>As an end of the season celebration, a field trip to see a live drama performance in the area will be determined if a drop in COVID numbers permits</i></p>
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		<p>21-22 school year.</p> <p>Performances can also be aired live on Channel 13 opening night.</p>	<p>in the booth. Masks will be worn and the booth will be sanitized upon leaving.</p> <p>-All staff, crew and actors will wear a mask when not actively participating on stage during the nights of the live performances.</p>		
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