



A G E N D A
THOMASTON BOARD OF EDUCATION EMERGENCY MEETING
Virtual Only
[Thomaston Board of Education YouTube Channel](#)
Tuesday, January 19, 2021
5:30 p.m.

Mission Statement:
In a partnership of family, school and community, our mission is to **educate, challenge** and **inspire** each individual to excel and become a contributing member of society.

Members:

Beth Campbell, Chairperson
David Colavecchio, Vice Chairperson
Heather Patchell, Secretary
Roxy Fainer, Treasurer
Francine Coss, Superintendent

Salvatore SantaMaria
Frank Treglia
Jennifer Nolan
Matthew VanOrmer
Sarah Ethier

Student Representatives 2020-2021

Isabella Guerrero
McKenna O'Sullivan
Cesar Velez

- 1. Establishment of a Quorum and Call to Order** (*Bylaws of the Board 9325.1 - Quorum*)
 - 2. Pledge of Allegiance**
 - 3. Discussion regarding winter sports after recommendations from the CIAC, athletic directors, and administrators**
 - 3.1. Potential Action Resulting from Discussion
 - 4. Adjournment**
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THS Athletics Winter Sports Plan – January 14, 2021

The CIAC emphasizes that this plan is fluid and in a perpetual state of evaluation. COVID health metrics and data in Connecticut will continue to be closely monitored and the appropriateness of holding youth sport and/or interscholastic athletic contests can change at any time. The CIAC will continue to consult with our stakeholders and will adjust offerings as appropriate, including the stop of interscholastic athletics should the health metrics direct that action. The CIAC will continue to work with local districts and DPH to define the process as more information becomes available.

THS Plan

In accordance with DPH and CIAC guidelines, we at Thomaston High School intend to provide our student-athletes with a safe and secure winter athletic season. While at times it may look, sound, and feel different, our goal is to carve out the path that allows our student-athletes to safely share in the experiences, relationships, and benefits of a comprehensive athletic program.

****Note****

Any Thomaston High School student who opts-out of in-person instruction is not permitted to participate in any in-person activities, which includes all Thomaston sponsored athletic teams and programs. The educational model adopted by the Board of Education was modified to allow for CIAC sports activities, therefore, all students electing to receive in-person instruction will be eligible for participation in Thomaston sponsored athletic teams and programs, provided they meet our behavioral and academic requirements.

2021 Winter Season
Important Dates & Scheduling Information

Sport	First Practice Date	First Contest Date	Max. # of Regular Season Games	Max. # of Games Per Week	Last Date of Season
Basketball (HS & MS)	January 21	***February 8	12	*2	March 28
Cheerleading (HS & MS)	January 21	Only sideline, non-competitive cheer will be permitted for the 2021 season.			March 28
Indoor Track (HS Only)	January 21	Outdoor Practices only. Meets will be considered for March.			March 28

**CIAC permits three (3) games can be scheduled in a week twice during the regular season.*

****CIAC permits games/competitions to start on or after February 8th, THS games/competitions may start later based on district determination.*

General Response to COVID-19 Protocols

Masks/Face Coverings - All participants, coaches, and officials will utilize a mask that completely covers the nose and mouth at all times including during active play (practice and game), when they are on the sidelines, in the locker room, and while traveling. When outside and able to maintain social distance of 6 feet or greater, athletes may remove their facemasks.

Regionalization – For the duration of the 2021 winter season, all athletic contests will take place only between member schools of the Berkshire League.

Screening - All staff and students are required to self-screen (see [Appendix 1](#)) for any observable illness, including cough or respiratory distress, and to confirm temperature below 100 degrees Fahrenheit. The coach or activity supervisor will confirm self-screening by all activity participants, upon arrival. Records of self-screening for each person should be recorded and stored (see [Appendix 2](#)). Officials, medical staff, and media should self-screen prior to attending an event. Any person with positive symptoms reported will not be allowed in attendance, should self-isolate, and contact their primary care provider or other health-care professional. If you don't feel well, please stay home!

Hydration/Food - All students **must** bring their own water bottle. Water bottles must not be shared. Food should not be shared. Hydration stations (water cows, water trough, water fountains, etc.) will not be utilized, except for water bottle refill stations.

Hygiene Practices - Wash your hands with soap and water for at least 20 seconds or use hand sanitizer, especially after touching frequently used items or surfaces. Hand sanitizer should be plentiful and available to individuals as they transfer from place to place. Avoid touching your face. Athletes must be encouraged to shower and wash their workout clothing immediately upon returning to home. There should be no shared athletic towels, clothing, or shoes between students. Athletes should take their personal equipment home with them and disinfect that equipment each night. All school owned equipment will be sanitized by Athletic Dept. Athletes

should arrive at practice and games prepared to participate without the need to use a locker room, to the extent possible.

Pre-participation Physical Exams – In collaborating with the Connecticut State Medical Society, Sports Medicine Committee, the CIAC feel's it is appropriate to extend the validation of physicals to 15 months due to the high demand of medical appointments.

Social Distancing - Maintaining 6 feet of distance between participants will be the norm for all facets of the athletic experience where such distancing is feasible. These situations include, but are not limited to: team meetings, pre & postgame conferences, film study, conditioning, individual skill building drills, etc.

Fans/Spectators – Given the current limitations on indoor gathering, and in accordance with CIAC recommendations, spectators will not be permitted to attend THS athletic competitions at this time. Every effort will be made to provide a livestreaming option for all contests, home and away.

Facilities Usage – THS Locker rooms may be utilized for the sole purpose of changing into athletic attire by both the home and visiting team (See [Appendix 3](#)). The home team will use a designated classroom for pregame and half-time meetings while the visiting team will remain in the gymnasium.

Sport Specific COVID-19 Modifications

Basketball

- A one minute mask break will be instituted at the first stoppage at or after the 4-minute mark of each period. Additionally, a game official has discretion to stop the game at any point during the contest to address mask concerns. Players and officials should have multiple masks available during a game. A mask may need to be replaced due to a strap breaking or excessive sweat and moisture buildup. Players and officials are encouraged to change masks as needed during timeouts, mask breaks, or game stoppages so that they can maintain wearing a dry close-fitting mask that covers their nose and mouth.
- Team bench areas will be expanded to allow social distancing of 6 feet or greater to be maintained between bench personnel.
- Only essential personnel (home team scorer and official timer) will be permitted at official's table.
- The official game ball will be sanitized pregame, during time-outs, and between quarters by THS Athletic staff.

Cheerleading

- In alignment with DPH guidance, sideline cheer (no stunting, lifts, or tumbling) may take place during the 2021 season provided participants wear masks and formations maintain 6 feet of distance between athletes.

Indoor Track

- In alignment with DPH guidance, no competitions may take place until March, at the earliest, after this topic has been revisited. Until such time, only outdoor practice will be permitted.

What Has Changed???

- **The season schedule has been reduced both in duration and in total games.**
- **Games will be scheduled vs. member Berkshire League schools. No out of league contests will be permitted and the state tournament is eliminated for the 2021 season.**
- **The sharing of any materials or personal belongings is strictly prohibited.**
- **Protective masks/face-coverings will be worn by all participants at all times.**
- **Routine disinfection of shared facilities and game-specific paraphernalia will be completed by THS Athletics and Custodial staff.**
- **Self-Screening for symptoms will be a daily requirement for all persons in attendance.**

What Remains the Same???

- **The requirement of all student-athletes to meet the standards for eligibility to participate in sports as outlined in the Student Handbook.**
- **A completed physical within the past 15 months.**
- **Submission of the following forms:**
 - a. **Registration/Pay-to-Play Form**
 - b. **Emergency Contact/Consent Form**
 - c. **Concussion Education & Consent Form**

Do's and Don't's of Athletics in the Time of Covid

DO NOT..... share water bottles, food, or personal equipment.

Do.....remember to BRING YOUR OWN water bottle, food, equipment.

DO NOT..... High five, hug, or shake hands with one another.

Do.....be creative in coming up with ways to show camaraderie and celebrate successes that don't include physical contact with one another.

DO NOT.....come to any team sponsored activity (practice/meeting/game) if you are experiencing any symptoms or general feeling of sickness.

Do.....maintain good hygiene practices, a balanced/nutritious diet, and get ample sleep nightly to assist in your ability to stay healthy.

DO NOT.....congregate in the gym or in the parking lot following practices or games.

DO.....for those that do not drive, make sure you've notified your ride what time you'll need to be picked up following your practice or game.

Quarantine Requirements

Per Thomaston BOE policy any athlete identified as a close contact of a known COVID-19 case will be required to quarantine for 14 days.

Guidance on Return-to-Play after COVID-19 Infection

The following recommendations are informed by the [AAP COVID-19 Interim Guidelines](#):

Returning to play after COVID positive test:

COVID-19 can affect the heart and lungs of the person infected. One uncommon but serious complication of COVID-19 is a heart condition called myocarditis. Myocarditis is an inflammation of the heart muscle (myocardium). Myocarditis can affect the heart muscle and the heart's electrical system, reducing the heart's ability to pump and causing rapid, abnormal heart rhythms (arrhythmias) which can cause cardiac arrest. Exercise can increase the likelihood of permanent heart damage in myocarditis, and also increase the possibility of arrhythmias and sudden cardiac death. Student athletes who have tested positive for COVID-19 should follow the guideline noted below to decrease risk of developing complications from COVID-19 infection.

What to do if a participant had COVID-19 or has it during the season?

In a COVID-19 positive child who is either **asymptomatic** or **mildly symptomatic** (<4 days of fever >100.4°F, short duration of myalgia, chills, and lethargy) should not exercise until they are cleared by a licensed medical provider. The licensed medical provider will perform a history with emphasis on cardiopulmonary symptoms and complete physical examination. If this evaluation is normal, no further testing is warranted. The patient may then begin a gradual return to play after 14 days have passed from date of the positive test result and at least 24 hours without symptoms off-fever reducing medications. If the licensed medical provider identifies any new or concerning history or physical examination findings at this visit, appropriate further testing or consultation should be ordered and participation will not be allowed until that testing is completed and found to be normal. Written documentation of medical clearance for return to sport should be provided by the medical provider.

-Children with **moderate** symptoms of COVID-19 (≥4 days of fever >100.4°F, myalgia, chills, or lethargy or were in a hospital not an intensive care unit), should not exercise until they are cleared by a licensed medical provider. In addition to a history and complete physical exam appropriate additional testing should be ordered as determined by examination. Consultation or referral to a cardiologist is recommended and they may request further, more extensive, testing. If cardiac evaluation is normal, gradual return to physical activity may be allowed after 14 days have passed from the date of the positive test result, and at least 10 days of symptom resolution has occurred off fever-reducing medicine. Written documentation of medical clearance for return to sport should be provided by the medical provider.

-For patients with **severe** COVID-19 symptoms (ICU stay and/or on a ventilator) or **multisystem inflammatory syndrome in children (MIS-C)**, it is recommended they be restricted from exercise for a minimum of 3 months. The student athlete should be evaluated by a licensed medical provider for a history and complete physical examination. In addition, they should be referred to a cardiologist prior to resuming training or competition. In addition to the initial evaluation and work-up student athletes should have a coordinated evaluation at the time of

returning to play for final clearance. Written documentation of medical clearance for return to sport should be provided by the medical provider.

-A graduated return-to-play protocol can begin once an athlete has been cleared by a licensed medical provider (cardiologist for **moderate** to **severe** COVID-19 symptoms) and feels well when performing normal activities of daily living. The progression should be performed over the course of a 7-day minimum. Consideration for extending the progression should be given to student athletes who experienced **moderate** COVID-19 symptoms as outlined above. If the student athlete experiences any symptoms of chest pain, palpitations, syncope, shortness of breath or exercise intolerance, during this return to play protocol, they should stop exercise and inform their medical provider.

The following progression was adapted from Elliott N, et al, infographic, *British Journal of Sports Medicine*, 2020:

Stage 1: Day 1 and Day 2 - (2 Days Minimum) - 15 minutes or less: Light activity (walking, jogging, stationary bike), intensity no greater than 70% of maximum heart rate. NO resistance training.

Stage 2: Day 3 - (1 Day Minimum) - 30 minutes or less: Add simple movement activities (eg. running drills) - intensity no greater than 80% of maximum heart rate.

Stage 3: Day 4 - (1 Day Minimum) - 45 minutes or less- Progress to more complex training - intensity no greater than 80% maximum heart rate. May add light resistance training.

Stage 4: Day 5 and Day 6 - (2 Days Minimum) - 60 minutes -Normal training activity - intensity no greater than 80% maximum heart rate.

Stage 5: Day 7 - Return to full activity/participation (i.e., - Contests/competitions).

Appendix 1



Student-Athlete COVID-19 Self-Screening Form

Per CIAC guidelines, all student athletes must complete the following self-screening prior to coming each practice day. If you have any of these symptoms you will not be allowed to participate, should self-isolate, and contact your primary care provider or other health care professional.

- Have you been in contact with a COVID-19 infected person in the last 14 days? YES / NO
- Have you had any two or more of the following symptoms in the last 14 days: YES / NO

Symptoms:	Yes/No	Symptoms:	Yes/No
Body aches		Nausea and/or vomiting	
Chills		Frequent, harsh cough	
Loss of appetite		Shortness of breath and/or difficulty breathing	
Sore Throat		Diarrhea	
New loss of taste and/or smell		Chest congestion	
Significant fatigue (tired, exhausted)		Nasal Congestion and/or Runny Nose	
Fever of 100.0 or higher			

I understand that I must perform this self- screening process before each practice day. I will notify the coach if I develop any of the above symptoms.

Appendix 3



Locker Room Access for THS Student Athletes

Guidelines

The following guidelines have been established and must be strictly adhered to in order to ensure the safety of student-athletes while making use of locker room facilities.

Student-Athletes

1. Face coverings must be worn while in the locker room.
2. Physical distancing of at least 6 feet must be maintained while using the locker room.
3. Use of the locker room is for the singular purpose of changing attire. Athletes needing to use the restroom should make use of the facilities in the gym lobby.
4. Time spent in the locker room will be capped at four minutes per individual.
5. No personal belongings may be left in the locker room. Take out what you bring in.

Coaches

1. Must supervise use of locker rooms to ensure guidelines are being adhered to. Supervision includes: being present at the locker room entrance to make sure capacity is not exceeded, tracking the duration of individual locker room usage, performing walk-throughs (when possible based on gender) to make sure physical distancing is being maintained and face coverings remain on.
2. Document use of locker room facilities, specifically who, when, and for how long.
3. Sweep the facility after student use checking for any belongings that may have been left behind.

Custodial Staff

1. All lockers must be zip-tied shut.
2. Sanitize locker rooms daily in accordance with latest CDC guidelines.
3. Report any evidence of misconduct or misuse to Athletic Director(s).

Locker Room Protocol

1. Changing areas will be designated by floor markers and athletes will be assigned a specific changing area within the locker room.
2. Capacity for the girl's locker room is 12 and for the boy; locker room is 8.
3. All athletes will check in with their coach at the locker room entrance nearest to the gym lobby and exit the locker room via the door closest to the baseball field.
4. Athletes will enter the locker room in cohorts of 8 (boys) and 12 (girls) and will be given four minutes to change. This process will repeat as necessary until all athletes have had the opportunity to change.