

Dover Sherborn Regional School Committee Meeting Agenda

September 8, 2020

7:30 PM

Following guidance issued by Governor Baker regarding the Open Meeting Law, this public meeting will be held remotely, and individuals wishing to participate may do so by utilizing Zoom video conferencing technology*, to join the meeting by video conferencing using a computer or tablet, please click on the link:

Join Zoom Meeting

<https://us02web.zoom.us/j/81652410989?pwd=QWJPY2d2bUJEZE9DdmdgRVNQWnF4QT09>

Meeting ID: 816 5241 0989

Passcode: 2pNK1K

1. Call to Order
2. Community Comments
3. Athletics Update AR
4. Adjourn

***ZOOM SCHOOL COMMITTEES MEETING PROTOCOL:**

1. All participants are automatically muted by host
2. Community Comments is only allowed during the Community Comments period
3. Please click Raise Hand in the webinar controls to let the host know you would like to comment

Note: The listings of matters are those reasonably anticipated by the Chair, which may be discussed at the meeting. Not all items listed may, in fact, be discussed and other items not listed may also be raised for discussion to the extent permitted by law.

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The Public Schools of Dover and Sherborn

*Memo from
Superintendent Dr. Andrew Keough*

To: Regional School Committee
From: Andrew W. Keough, Superintendent
Date: September 4, 2020
RE: Athletics Update

Attached please find the advisory related to Fall Athletics for Dover Sherborn High School approved by both the Sherborn and Dover Board of Health. Emily Sullivan, Athletic Director and John Smith, Headmaster will be available for any questions.

I am going to make the recommendation that we move forward as outlined in the attached documents.

Dover and Sherborn Board of Health, Advisory Statement on School Activities

Guiding Principles: Participation in extracurricular athletics is an important part of the social, emotional, and physical health of students in our community. In the context of the COVID-19 pandemic, it must be understood that any additional social interaction increases the risk of disease transmission, and this risk must be balanced against the benefits of participation. To ensure a safe and sustainable return to athletics, strategies to minimize risk must be implemented and adhered to by all participants.

Key Strategies to Minimize Risk of COVID-19 transmission:

The Massachusetts Interscholastic Athletics Association (MIAA) has developed guidelines for return to play that include rule modifications and safety protocols that seek to minimize COVID-associated risk. This advisory statement is not intended to supersede those recommendations, but instead to highlight particular areas of focus and maintain consistency with other Dover-Sherborn (DS) policies.

- **Cohorting:** Student athletes should practice and compete in cohorts as small as practically possible. These cohorts should align with the in-school cohorts, such that they consist only of student athletes attending school on the same day.

There should be no “unofficial” practices or scrimmages between cohorts or with other schools. These both increase the risk of transmission and hinder efforts at contact tracing.

- **Masks:** Masks must be worn during practice and competition, with breaks allowed only as outlined in the MIAA guidance. For consistency with DS school policy, vented masked and gaiters/buffs are not acceptable for use as face coverings during athletic participation.
- **Transportation:** Travel to and from practices and competition should be arranged in such a way to ensure student athletes are not in prolonged, enclosed proximity with others. This may mean use of personal vehicles or, if necessary, buses as long as physical distancing can be maintained during transport.
- **Contact Tracing:** Coaches must maintain a reliable list of student athletes who are present and participating in a given practice or game to enable contact tracing if necessary.

Interscholastic Competition:

Barring any change in overall community prevalence of COVID-19, low risk fall sports (golf, cross country) may return to interscholastic competition as scheduled.

Prior to the resumption of interscholastic competition in moderate risk sports (field hockey, soccer), there should be an interim evaluation of community prevalence in DS, as well as other communities within our Tri-Valley League “pod”. Timing of this evaluation would ideally coincide with re-evaluation of learning models to ensure a consistent approach in decisions supporting in-person learning and extracurricular participation. The first opportunity for this evaluation would be with the release of the October 7 state-wide reporting data, prior to the first scheduled competition on October 10, 2020.

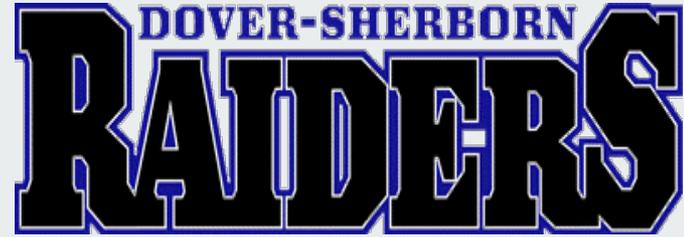
Decisions regarding competition should be based on the DESE green/yellow/red model of community risk. If the average daily new case rate per 100,000 population over 14 days is in the “yellow” (4-8/100,000) or “red” (>8/100,000) range in either DS or the community against which DS is scheduled to compete, there should be an evaluation by the joint Boards of Health and District. Similarly, if DS or the other school is in a remote-only learning model for any other reason, there should be an evaluation prior to proceeding with competition. This evaluation should seek to understand the cause for the increase in daily new case rate or remote-only decision and determine if competition is safe and allowable in that context.



Dover Sherborn Athletics

Return Plan for Athletics
August 27, 2020

Emily Sullivan, Athletic Director





Thank you for being patient...

We understand how unsettling the past few months have been and how anxious everyone is for this information. We thank you for being patient and positive throughout the waiting stage and we are excited to finally share our plan to return to athletics in a safe and healthy manner.

After receiving final guidance from the MA Executive Office of Energy and Environmental Affairs (EEA), the MA Department of Elementary and Secondary Education (DSE) and our governing body for athletics, the Massachusetts Interscholastic Athletic Association (MIAA), Dover Sherborn Public Schools and the Tri-Valley League (TVL) feel that we have a solid plan in place for the fall season.

Our main focus, is and has been, the health and safety of all of our studeathletes!

MIAA Athletic Seasons for 2020 -2021



Fall Season (1) earliest possible practice/tryout date is September 18th and the season ends no later than November 20th. There will not be any Sectional or State Tournaments per MIAA.

Winter Season: earliest possible practice/tryout date is November 30th and the season ends and the season ends no later than February 21st. No decisions have been made by the MIAA regarding postseason tournaments for this season.

Fall Season (2) or 'Floating Season' earliest possible practice/tryout date is February 22nd and the season ends no later than April 25th. No decisions have been made by the MIAA regarding postseason tournaments for this season.

Spring Season earliest possible practice/tryout date is April 26th and the season ends no later than July 3rd*. No decisions have been made by the MIAA regarding postseason tournaments for this season.

(*)=may be earlier per school contracts.

What sports will run this fall...



The TVL will offer the following sports during Fall Season 1...

Varsity and JV Coed Golf: tryouts begin on 9/18 and the first contest is no earlier than 9/25.

Varsity Boys Cross Country: tryouts begin on 9/26 and the first contest is on 10/10.

Varsity Girls Cross Country: tryouts begin on 9/26 and the first contest is on 10/10.

Varsity, JV, and JV2 (TBD) Boys Soccer: tryouts begin on 9/26 and the first contest is on 10/10.

Varsity, JV, and JV2 (TBD) Girls Soccer: tryouts begin on 9/26 and the first contest is on 10/10.

Varsity and JV Field Hockey: tryouts begin on 9/26 and the first contest is on 10/10.

(All levels of Football will be moved to the Fall Season 2 or Floating Season February 22-April 25th)

EEA Sport Risk Levels...



The MA EEA has developed a level of risk for all sports and certain rules pertain to each level.

Lower Risk Sports (Fall Season Sports)

Golf, Boys Cross Country and Girls Cross Country

Moderate Risk Sports (Fall Season Sports)

Field Hockey, Boys Soccer, and Girls Soccer

Higher Risk Sports (Fall Season Sports)

Football (this will be moved to the Floating Fall Season 2)

Our league divided into PODS...



After extensive discussion on how best to move our league forward during this uncertain time, the Tri Valley League has decided to divide the league into two geographic pods.

POD 1: Ashland, Bellingham, Holliston, Hopkinton, Medway and Norton

POD 2: Dedham, Dover-Sherborn, Medfield, Millis, Norwood and Westwood

These pods were designed by a mileage model to limit travel amongst schools. Each pod has 3 TVL Large and Small teams. Teams will only play teams within their pod and will not crossover into the other pod. TVL schools will not participate in non-league contests or scrimmages during the fall season.

Practice sessions...



The TVL has established new practice limitations for Fall Season 1:

- Preseason practice seasons can take place every day with one day off within a seven day period. That day off during pre season will be Wednesdays to allow for the school to be completely empty for the deep cleaning. The day off for golf will depend on the course availability.
- Golf pre season will run from Friday, September 18th to Wednesday, September 23rd. Cross country, field hockey, and soccer pre season will run from Saturday, September 26th to Sunday, October 4th.
- Once regular season contests begin, practice sessions will be limited to 3 sessions in a Monday-Friday period. DS practice sessions will take place on Monday, Tuesday, Thursday and Friday. Coaches will choose which three of the four days their team will be going. JV and Varsity will be practicing separately.
- DS practice sessions will be limited to 2 hour sessions, and will run 3:30-5:30 pm due to EEE.

Cohorts in practice...



- Cohorts will be based off of the school cohorts of 910th graders, and 11-12th graders. Coaches cannot mix up these cohorts during practices.
- Training activities for 'moderate and higher risk sports' must be performed in "cohorts" of the same small group of individuals that performs all training activities together and without interacting with other individuals or cohorts.
- Cohorts can be no larger than ten (10) participants and the same cohort assignments must be used for every training session or class. Participants cannot be a member of multiple cohorts, nor can cohort assignments rotate.
- Coaches will be required to create their cohorts based off of the cohorts the student athletes are in during school. For example, 910th graders would make up various cohorts of 10 student athletes or less, and 1112th graders would make up other cohorts. This would not be difficult to do on the JV levels, but will require more flexibility at the varsity level.
- Different cohorts within one team may be on the same practice surface, but remain 14 feet apart from one another during practice. JV and Varsity teams must practice on different surfaces.
- Coaches will be required to turn in a document listing out their cohorts, and agree that these cohorts never change. There will be no swing players for any sport.
- Training areas, surfaces, or boundaries must be marked so that training cohorts are separated in all directions by at least 14 feet. Cohort sizes should be capped by the number of available training areas based on the size of the facility and in no event more than 25 people on a playing surface.

Practice Days Management...



- Student-athletes who are in school on a practice day will be the only ones allowed in the school bathrooms to change.
- If you are on a remote learning day, you should arrive to practice no earlier than 5 minutes before posted start time and in your practice gear.
- Hand sanitizer will be issued to each team member/coach before each practice session begins and will be available throughout practices and at the conclusion of practice.
- All team members/coaches are required to bring their own labeled water bottle to practice and the athletic department will provide water to refill.
- All areas around the team benches and scorers table must be sanitized between events.
- Disinfectant wipes will be used to sanitize equipment and balls throughout practice sessions.
- Our athletic trainer will be available at all athletic practice sessions with the exception of golf.
- All coaches and event staff must wear a face covering at all times.
- All team members must wear a face covering at all times with the exception of what is allowed per EEA/MIAA.
- Training areas or boundaries must be marked so that training cohorts are separated in all directions by at least 14 feet. Cohort sizes should be capped by the number of available training areas based on the size of the facility and in no event more than 25 people on a playing surface.

Practice Days Management Continued...



- When not actively in a drill or teaching session, team members must remain socially distanced at all times.
- Before entering the school building you must use hand sanitizer and wash hands in the locker room.
- The weight room and locker room is closed for Fall Season 1.

Games, meets and matches...



- The Tri-Valley League has established that all games and meets will take place on Saturdays and Sundays with the exception of Golf.
- Each school will play against the same school on both Saturday and Sunday (home and away) for sports other than Golf. Cross country will run their race on Saturday's with Sunday being used for rain outs. Golf would play against the same school twice in the same week (home and away) and the day of matches depend on course availability. All 6 programs would be playing the same town each week to limit contact with other communities.
- Schools will only play within their POD. There will be no league champion, league tournament, or state tournament.
- Golf matches will continue to play during the week with an occasional Sunday match.
- Team rosters will be limited to 20 participants per team on days of a game or meet.
- Golf rosters will remain at 8 per team for a match
- Fans will not be allowed at games or practice. We are looking into live-streaming all of our home events via facebook, twitter, youtube, Hudle, or the NFHS network

Games, meets and matches continued...

- Golf matches will run from September 25th-October 20th. Rain outs can be made up October 21st-25th.
- Soccer, field hockey, and cross country games/meets will run from October 10th to November 7th. Rain outs can be made up the weekend of November 14th.
- There will be no cross POD play, and per MIAA guidelines there will be no post season play.
- The number of games will not exceed 10 games for soccer, field hockey, and golf. Depending on the level of the sport (JV/JV2) there could be less than 10 games, or intrasquad scrimmages only due to other schools in our POD not offering that level.
- The number of meets for cross country will not exceed 5 meets.
- Game day rosters will not exceed 20 student athletes for all sports.
- Cross country will not be able to have more than 20 runners per gender at a race. Due to the large numbers of our cross country team it will be more of a running club environment on practice days for the student athletes who do not qualify to race in a meet. Cohorts of 10 students or less will need to be managed for race student athletes and running club student athletes.

Event Day Management...



On Wednesday, August 26th the TVL principals voted to not allow fans at games, meets, or matches.

The only people allowed to attend are student athletes, coaches, officials, an athletic trainer, and game administrators. We understand this is not ideal, but if we want to have athletics for our student athletes we need to abide by this. Failure to abide by this rule will result in the elimination of the season for a team.

- All teams arriving to DSHS should come dressed and ready to play. Locker rooms will not be available for any teams. We will have porta johns available at the fields.
- All visiting team coaches will provide an accurate roster of all team members including coaches and a cell phone and email address for each member.
- If a parent drives their student athlete to an athletic contest and wishes to stay at the game, they must stay in/at their car. There will be a PD on site at DSHS and all TVL schools to monitor this.
- Hand sanitizer must take place while utilizing porta johns at the fields.
- All areas around the team benches and scorers table must be sanitized between events.
- Hand sanitizer must be available on both team benches and scorers table.
- Disinfectant wipes will be used to sanitize equipment and balls throughout the contest.
- Our athletic trainer will be available at all athletic contests with the exception of golf.
- All coaches and event staff must wear a face covering at all times.
- We are looking into disinfecting the turf field in between games. There could be anywhere from -3 games on the turf on a Saturday or Sunday.

Event Day Management Continued...



- All team members must wear a face covering at all times with the exception of what is allowed per EEA/MIAA.
- All bench areas and team members must remain socially distanced at all times.
- All team members must bring their own labeled water bottle.

Transportation for School Athletics...



In this model of weekend games we will provide buses to away games as a family option. JV and Varsity teams must ride in separate buses to adhere to the cohorts. Student athletes are allowed to ride on their own if they so wish. While we will need double the buses to adhere to transportation guidelines, there will now only be 5 away games for golf, field hockey and soccer and 2 away meets for cross country. This is significantly less than their regular season and postseason away game schedule.

We will need to provide a school bus for our golf team away trips, as we cannot fit the team and equipment on the minibus due to new guidelines. If there ends up being multiple golfers driving on their own, it is possible we could fit in the school van while still adhering to transportation guidelines.

Masks or face coverings must be worn at all times while traveling on school transportation. No eating or drinking will be allowed on school transportation and seating arrangements must be adhered to.

Individual Sport Modifications...



Due to the various guidance for athletics put forth by the EEA and adopted by the MIAA, various sports will see rule changes and modifications to play for this upcoming school year.

Although we do not like the idea of *drastic* changes to the way games, meets and matches are played, we must follow all rules and regulations to have the safest possible athletic contests for all involved (players, coaches and officials).

The MIAA sport committees issued their sport modifications for the 2020-2021 school year on Friday, August 28th.

In order to have a safe and productive season all team members and coaches must adhere to these sport modifications.

Golf:



Upon arrival at the course, face coverings must be worn and social distancing of six feet must be practiced in all common areas of the golf course, including the driving range and practice greens

Removal of face coverings is permitted during the competition but must be returned to the face anytime players need to be within six feet of each other.

Players should not use the clubhouse except for use of the restrooms, one by one.

There will be no handshakes, fist, or elbow bumps among players.

All players must use their own equipment and golf balls. Players should not handle or touch other players golf balls or equipment.

Scorecards and pencils will be handed out to players by the home coach who will wear protective gloves during the process.

All safety protocols put in place by the golf course must be followed.

Do not mix foursomes among schools.

Cross Country:



Masks must be worn when meeting in groups. Athletes can remove face coverings during the race if they are socially distanced, but they must wear them prior to the race starting and at the start of the race.

A dual meet should be the only competitions scheduled.

Stack gender races an hour apart so the times don't overlap.

Course previews should be done virtually the day before the race. No onsite course previews allowed.

Select a wider course that allows for social distancing and spacing throughout the meet. Finish lines should be open with a minimum of 28 feet to cross.

Designated warm up areas should be provided for each team to ensure social distancing before the meet.

Stagger starts in waves of 8-10 athletes each, while spacing each wave 3 minutes apart. Runners are to be spaced out 6 feet apart individually. Races will be limited to the top 20 athletes per school in each gender.

Schools must develop a non-transmittal way of scoring (no popsicle sticks).

Field Hockey:



Athletes are required to wear face coverings. During play when spacing between players is greater than 10 feet athletes may momentarily take brief face covering relief. The default expectation is that the mask will be on.

The game will now be played 7 v. 7 instead of 11 v. 11 (team must have a goalie).

No penalty corners - fouls in the circle would be 25 yard hits.

Free hits - all players must be 5 yards away.

No bully's - it will be alternating possession.

Four balls must be placed behind each goal and on opposite sideline on cones (no ball girls/boys).

There will be no stick inspection by the referees, the coach is responsible to verify all equipment is legal.

Officials should use alternative whistles such as electronic whistles or air horns

Substitutions will take place at mid-field (no contact between players)

Soccer:



Athletes are required to wear face coverings. During play when spacing between players is greater than 10 feet athletes may momentarily take brief face covering relief. The default expectation is that the mask will be on.

No timeouts allowed. All games will be played in four equal quarters with a 2 minute break between quarters. Halftime will be 10 minutes for varsity, 5 minutes for sub varsity. Each of the 11 players heading to the sidelines for two minutes may take their face covering off and get water from their own container. They should also use hand sanitizer at this time.

Hand sanitizer should be provided at the score table, and substitutes checking into the game should use hand sanitizer before entering the playing field.

The home team must provide 8 balls to have available around the playing area. Members of each team who are not on the field may assist in retrieving the balls with their feet (no ball boys/girls).

Balls must be wiped down or sprayed with disinfectant by the game administrator inbetween quarters and after the game.

Soccer Continued:



Goalkeepers may not spit on their gloves. They can wet them with a water bottle. If an official sees this happen, gloves will be taken out of play.

It is a violation to intentionally head the ball, place your hands on any part of an opposing team member's body, intentionally make body contact with an opposing team member's body, attempt or to slide tackle, and to kick a goal kick or drop kick in the air beyond the midfield line,

Persistent infringement of any of the above modified rules will also result in a yellow card.

There will be no throw ins, it will be a kick in. Opposing members must be at least 10 yards from the ball.

The use of a defensive "wall" is not allowed. Players must be at least 10 yards away from the ball and 6 yards away from other players.

Corner kicks will be an indirect kick.

Coaching Out of Season (MIAA Rule 40)



The MIAA Board of Directors gave each Principal the ability to waive Rule 40 for the 2020-2021 school year. After careful and diligent conversation surrounding this ruling, the TVL Athletic Directors as well as all schools within MIAA District 7 (36 schools) are encouraging all Principals to not waive Rule 40 for this school year. On Wednesday, August 26th the principals voted 12-0 in favor of not waiving Rule 40 for the 2020 -2021 school year.

In general, this is not the year to open up coaching out of season. This would mean that any and all teams could be on our facility doing activities at any time. Due to the stringent rules pertaining to COVID-19 precautions that all athletic departments need to adhere to as well as the liability of any and all such practice sessions by teams 'out of season', we feel it is much too difficult to manage at this time.

We will allow our coaches who are currently out of season to meet with their team candidates but those meetings must be optional. There cannot be any expectation that a student-athlete attend any meeting that is considered out of season based on the seasons listed above. NO sport-specific physical activity or direct coaching/practices will be allowed. Rule 40 will stay in place for the 2020-2021 school year for all TVL and District 7 schools*.

(* a formal vote has taken place for TVL schools but not officially for other District 7 schools at this time.

Athletic Training Room...



- Before entering the Athletic Training Room you must wash hands/use hand sanitizer.
- There is a 2 person limit in the Athletic Training Room at all times.
- The two training tables will be spaced 14 feet apart from one another.
- Anyone in the Athletic Training Room must have a face covering on at all times.
- If you did not attend school or remote sessions due to feeling ill, you are required to stay at home.
- The rules of the athletic training room will be posted on the outside door for student athletes to see before entering.
- Our athletic trainer through ATI will report to school at 2 pm Monday, Tuesday, Thursday, and Friday and be available until 6:30 pm. She will not come in on Wednesdays. On Saturday's she will come in for 8 hours approximately 8 am to 4 pm, and on Sunday's she will come in for 4 hours approximately 12-4 pm, depending on when game and meet times are set.



Questions/Comments