
Quincy Public Schools Winter Athletics

2020-2021 School Year

Athletic Directors:

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DESE Guidance on Modified Sports Seasons

- Collaboration with EEA & MIAA to provide a modified sports schedule for the 2020-2021 school year.
- MIAA has developed sport-specific modifications to meet the guidance from the EEA prior to the start of each season.
- Latest EEA Guidelines (Phase III, Step 2) were updated on November 19, 2020. Click [HERE](#) for full updated EEA Guidelines.



Massachusetts Executive Office of Energy & Environmental Affairs (EEA) Guidelines

- Guidance applies to K-12 school and other youth sports activities
- Categorized sports into “**Lower Risk**”, “**Moderate Risk**”, and “**Higher Risk**” based on the risk of transmission of COVID-19
- “**Lower Risk**”
 - Sports or activities that can be done with social distancing and no physical contact
 - Sports or activities that can be done individually
 - Examples: Tennis, swimming, golf, individual sailing, cross country



Massachusetts Executive Office of Energy & Environmental Affairs (EEA) Guidelines

- **“Moderate Risk”**
 - Sports or activities that involve intermittent close proximity or limited, incidental physical contact between participants
 - Examples: Baseball softball, sailing, track & field, team swimming, volleyball, girls’ lacrosse, soccer
- **“Higher Risk”**
 - Sports or activities for which there is a requirement or a substantial likelihood of routine close or sustained proximity or deliberate physical contact between participants and a high probability that respiratory particles will be transmitted between participants
 - Examples: Football, wrestling, basketball, lacrosse, ice hockey, competitive cheer



Levels of Play - EEA Guidelines

- **Level 1** - Individually or socially distanced group activities (non-contact workouts, conditioning, individual skill work, and drills)
- **Level 2** - Competitive Practices (Intra-team/group games, contact drills, and scrimmages)
- **Level 3** - Competitions (Inter-team games, meets, matches, races, etc)
- **Level 4** - Tournaments



Levels of Play - EEA Guidelines

- “**Lower Risk**” - Can participate in **Levels 1, 2, 3, and 4** type of play
- “**Moderate Risk**” - Can participate in **Levels 1, 2, and 3** type of play
- “**Higher Risk**” - Sports and activities included in the **Higher Risk** category that require intermittent close proximity or moderate contact (basketball, lacrosse, ice-hockey, ultimate frisbee) or sports that require high contact but are only performed outdoors (football and rugby) can participate in **Level 1, 2 and 3** type of play. For the avoidance of doubt, football and rugby must only engage in the permissible activities outdoors. Sports and activities included in the **Higher Risk** category that are performed indoors and require sustained high contact (wrestling and competitive cheer) can participate in **Level 1 and modified Level 2 cohort play** (as described below).



MIAA Season Calendar 2020-2021

- September 18 - November 20: *FALL SPORTS*
 - B/G Soccer, B/G Cross Country, Girls Volleyball, Boys Golf
- December 14 - February 21: *WINTER SPORTS*
 - B/G Basketball, B/G Ice Hockey, B/G Swim & Dive
- February 22 - April 25: *FALL SPORTS II "FLOATING SEASON"*
 - Football, Fall Cheer, **B/G Indoor Track & Field**
- April 26 - July 3: *SPRING SPORTS*
 - Baseball, Softball, B/G Lacrosse, B/G Tennis, Boys Volleyball, B/G Outdoor Track & Field, Sailing, Girls Golf, **Wrestling**



EEA Guidelines - Facial Coverings

- **Mandatory Facial Coverings for All Sports:** Require facial coverings to be worn by all participants during active play except:
 - During swimming, water aerobics or other sports where individuals are in the water;
or
 - For low risk sports when a distance of at least 14 feet or more is consistently maintained between each participant during active play or performance (e.g., singles tennis, a runner that is at least 14 feet or more away from the next runner)
 - For individuals with a documented medical condition or disability that makes them unable to wear a face covering.
- All spectators, coaches, staff, referees, and other officials are required to wear a facial covering



EEA Guidelines - Social Distancing

- Keep a record of all individuals present at team activities - Daily Symptom/Attendance Checklist
- No more than 25 players/participants on a single playing surface at one time.
- Larger playing areas or surfaces, such as facilities that have multiple courts, may have more than one group of 25 provided there is group separation of at least 14 feet.
- Dugouts, benches, bleachers are allowed to be open only if six feet distancing can be maintained between each participant at all times.
- Locker rooms are closed and can only be accessed for toileting.
- Locker rooms are permitted to open in a limited fashion for students at an educational institution before or after a school day for changing. No more than 10 students at any single time.
- Locker rooms and meeting rooms cannot be utilized for team huddles or meetings before, during, or after practices or games.
- Sportsmanship should remain touchless - no handshakes, fist bumps, high-fives.
- No congregating in common areas or parking lots following practices and events.



EEA Guidelines - Hygiene

- Participants and coaches must achieve proper hand hygiene before and after each activity with hand-washing or hand sanitizer.
- Any shared equipment will be cleaned and disinfected prior to use and after each session.
- Water fountains can be available as refill stations only. *Encouraging participants to bring their own clearly labeled water bottle*
- Participants should arrive dressed for practice/play and leave immediately following the event to limit locker room usage.



EEA Guidelines - Spectators

- Outdoor Facilities:
 - Phase 3, Step 1 Communities, no more than 50 people excluding players, coaches, referees, or facility/activity workers.
 - Phase 3, Step 2 Communities, no more than 100 people excluding players, coaches, referees, or facility/activity workers.
- Indoor Facilities: If facility has a spectator viewing area which allows for at least six feet social distancing between spectators and the presence of spectators plus players, coaches, referees, and facility/activity workers does not cause the facility to exceed more than 50% of the maximum occupancy for the indoor facility, then spectators for players under 21 years old are allowed to attend. Spectators are limited to 2 adults (parents/guardians or chaperones) and siblings of a participating player.
- All spectators must wear masks and maintain six feet of social distance at all times.



QPS Spectator Plans

- Players will be given lanyards that parents/guardians will wear to the athletic events.
- Basketball:
 - Patriot League voted to only allow home fans to games. Two (2) adult spectators per player allowed.
- Ice Hockey:
 - Patriot League voted to follow rink by rink policies. Quincy Youth Arena is allowing only one (1) spectator per player.
- Swimming:
 - Patriot League voted for no spectators. All home meets will be held virtually.
- We are working on live streaming capabilities in our gymnasiums (Hudl camera). Quincy Youth Arena has live streaming through LiveBarn.



MIAA Sport Specific Modifications



- MIAA sport specific committees and Sports Medicine Committee collaborate to arrive at guidelines/modifications that are in accordance with the EEA guidelines.



MIAA Modifications - Basketball

- Ball will be replaced after each quarter.
- Halftime will be eliminated. Time between quarters will be 2:30.
- Length of timeouts will be increased to 1:15.
- Game day roster cannot exceed 15 players. No more than 3 coaches on the bench.
- Visiting team must bring their own balls to warm-up with.
- Jump ball will be eliminated. Coin toss at beginning of the game.
- One player will report to the table when making a substitution. Sanitize hands when entering or exiting the court.
- Free throws will be limited to the shooter and 2 defensive players.
- No under-out-of-bounds plays. All inbound plays will be on the sideline.
- Socially distanced bench areas, assigned seats.
- Personnel must be socially distanced at the scorers table.
- Cheerleaders not permitted.
- No concession stands.



MIAA Modifications - Ice Hockey

- 20 players per team. No more than 3 coaches and athletic trainer on bench.
- Socially distanced bench areas, develop areas for additional seating to adhere to the 6 feet of distancing between players.
- Disinfect equipment and uniform after use.
- Locker rooms closed.
- Warm-ups will be 5-7 minutes.
Teams/players must maintain 6 feet of social distancing when warming-up.
- One player in the penalty box at one time.
- No post-game handshakes.
- Players lined up opposing each other must be 6 feet apart and face in the direction of the faceoff location.
- Players preparing for the faceoff must setup 6 feet apart; referees will call-in participants for the puck drop.
- Scrum: Only one defensive and one offensive player are permitted in any scrum along the boards; a third participant in any scrum will cause an immediate stoppage of play (whistle) by the official.
- Officials will have the authority to stop play if a scrum is prolonged greater than 5 seconds.



MIAA Modifications - Swim & Dive

- Swimmers can un-mask as they step onto the starting block. Masks will be placed in a plastic zip lock bag and will be available at the point of exit after they race.
- Virtual meets will be allowed.
- At the conclusion of each race all swimmers must swim to the other end of the pool and exit.
- Relay swimmers will be spaced 3-6 feet apart from each other behind their lane.
- No cheering on the pool deck.
- Only one person per team is allowed behind the lane to serve as a counter for the 500 yd Freestyle event. Hand sanitizer will be provided, and each lap counter is required to clean their hands as well as wipe down their counting devices at the conclusion of the race.
- At the conclusion of each race, timers will remain behind their respective lane, and an official will record the individual time, maintaining social distancing of 6 feet. The other official will check in with the scoring table after each event.



QNQ Swimming & Diving Plans

- Lincoln Hancock locker rooms & pool area still under renovations.
- Will be practicing out of the YMCA this winter.
- Limits 18 swimmers in the pool at one time, 3 per lane (6 lanes). 10 outside the pool on the deck.
- Virtual meets.



Other MIAA Recommendations

- No Winter MIAA post-season state tournament. Leagues or districts can organize some sort of post-season experience if they wish (Patriot Cup).
- Winter schedules will be league based or within geographic region to limit travel. Patriot League has already started scheduling within our league.



QPS Winter Sports & Levels Offered

QUINCY HIGH SCHOOL

- Boys Basketball (V, JV, FR)
- Girls Basketball (V, JV, FR?)
- Boys Ice Hockey (V, JV)
- Girls Ice Hockey (QNQ)
- Boys & Girls Swimming & Diving (QNQ)

NORTH QUINCY HIGH SCHOOL

- Boys Basketball (V, JV, FR)
- Girls Basketball (V, JV2)
- Boys Ice Hockey (V, JV)
- Girls Ice Hockey (QNQ)
- Boys & Girls Swimming & Diving (QNQ)