

Caroline County Public Schools

2020 First-Semester Voluntary Interscholastic Athletic and Extracurricular Activities Plan

Local School System: Caroline County Public Schools

Point of Contact: Derek L. Simmons, Ed.D.

Contact information: simmons.derek@ccpsstaff.org

1. Please provide information on your plan for Interscholastic Athletics and Extracurricular Activities (Attached plans are acceptable).

a. Mode of Participation (Virtual engagement, In-person conditioning, skill development, conditioning, intramurals, team practices, intra-school scrimmages, inter-school scrimmages):

CCPS plans to engage student-athletes in the modes of participation listed above. The manner in which student-athletes will engage will be in parallel with CCPS' Recovery Plan as submitted to MSDE on August 14, 2020. In-person re-engagement can begin at Phase 3 of our local plan.

CCPS will engage students in interscholastic athletics and extracurricular activities as defined below.

*All activities are voluntary and may be modified or cancelled at any time.

b. List the interscholastic athletics and extracurricular activities available for your mode of participation during the first semester:

- a. Virtual Engagement
 - i. Zoom, available October 5, 2020 – January 29, 2021
- b. In-Person, On-Site Conditioning
 - i. Ongoing for sports not currently engaged in their voluntary defined season
 - ii. This will include opportunities to engage in conditioning outdoors, with the potential to move indoors based on local health metrics.
- c. In-Person, On-Site Skill Development and Team Practices
 - i. Each season's sports teams will have approximately 4 weeks to engage in skill development/team practices
- d. Intra-School Scrimmages
 - i. Intra-squad scrimmages as part of team practices
- e. Inter-School Scrimmages
 - i. In-county only, if possible. - TBD

2. Please provide the timeframes for your school system plan of student participation.

Mode of Participation and Student Engagement	Timeframe
<p>Virtual Engagement (at home practice, skill building, or other modes of virtual engagement)</p> <p>Zoom will be utilized for Social-Emotional check-ins, distribution of conditioning regimens/routines, and for the purpose of instructing/coaching student-athletes.</p> <ul style="list-style-type: none"> All coaches are able to engage in virtual meetings beginning October 5, 2020 for check-ins, providing conditioning regimens, and instruction/coaching. 	<p>October 5, 2020- January 29, 2021</p>
<p>On School Campus Conditioning</p> <p>In-person conditioning may begin October 5, 2020 for all sports. For sports not currently engaging in their first semester voluntary season as identified below, in-person conditioning may continue throughout the first semester. Specific times will be provided by the school's Athletic Director.</p> <ul style="list-style-type: none"> Conditioning sessions will begin outdoors. The weight room and/or fitness room may be available, depending on local health metrics. A determination will be made by the Supervisor of Athletics, in coordination with the Coordinator of School Health. Activities will be open to all high school students with an approved/active physical on file at the school and a COVID-19 Acknowledgement Form 	<p>October 5, 2020 and continuing throughout the first semester</p> <ul style="list-style-type: none"> Conditioning activities are not considered mandatory for coaches and are not factored into the coach's stipend Conditioning sessions will be staffed by the team's coach.
<p>On School Skill Development/Team Practices</p> <p>In-person sport specific skill development and team practices may occur during the defined first semester season. There will not be tryouts for the defined first semester seasons. Tryouts will be conducted during the second semester if a competitive season will occur. Participation in the first semester will not factor into team selection in the second semester competition season.</p>	<p>Defined First Semester Sports Seasons:</p> <p><u>Spring Sports</u> – October 19, 2020 – November 13, 2020</p> <p><u>Fall Sports</u> – November 16, 2020 – December 18</p> <ul style="list-style-type: none"> Closed Nov 23 - Nov 27 (Thanksgiving Week) <p><u>Winter Sports</u> – Jan 4, 2021 – January 29, 2021</p>

<ul style="list-style-type: none"> ● Teams may only hold skill development and team practices during their defined first semester season. ● Activities will be open to all high school students with an approved/active physical on file at the school and a COVID-19 Acknowledgement Form 	<p>*Team Practices for in season teams</p> <ul style="list-style-type: none"> ● 3 days a week minimum ● Check-in beginning at 3:00 PM ● Practice from 3:30 PM – 5:30PM ● Subject to modification or cancellation at any time
<p>On School Campus Intramurals</p>	
<p style="text-align: center;">On School Campus Intra-School Scrimmages</p> <p>Intra-School Scrimmages during each season may occur as part of team practices.</p>	<p>During each defined first semester season as indicated above.</p>
<p style="text-align: center;">On School Campus Inter-School Scrimmages</p> <p>Scrimmages may be in-county only. A decision will be made at a later date and will be based on local data and trends at that time.</p>	<p>Possibility of 2 scrimmages during the final 2 weeks of each season as indicated above. - pending</p>
<p>3. LSS plan is available on LSS website and includes protocols aligned with the MPSSAA Return to Interscholastic Athletics and LSS Return to Play Team.</p>	
<p>Please provide a link to your LSS Return to Play Information:</p> <p>CCPS Return to Play Plan, as a component of the CCPS Recovery Plan submitted August 14, 2020</p>	