



**Opportunity · Unity · Excellence**

## **Winter Athletic Addendum**

The COVID-19 pandemic has been and continues to be an ever-changing and developing situation. Due to the recent positivity rates and increased community transmission in our county, it has become necessary to make the following changes updates to our plan for winter sports.

The season for Winter Athletic Competition, as outlined by the PIAA, officially started on November 20, 2020. For this year, taking into account a staggered start date for much of the Commonwealth, the PIAA has adjusted the window for the Winter season just as they did for the Fall season. The Winter season has been extended to allow schools to schedule competitions up to March 27, 2021. Based on our adjusted timeline, Upper Darby High School Central League Competition will begin the week of January 18th. Our ability to continue to participate in league competition will be contingent on all coaches, athletes and families adhering to our protocols and procedures.

All requirements related to continued participation in winter sports will be subject to change based on guidance and continued input from the Chester County Health Department (CCHD), PIAA, Pennsylvania Department of Health (PA DOH), and the Pennsylvania Department of Education (PDE). Please continue to work with us as we do our best to provide our student athletes with an opportunity to participate in Central League competition. There may be moments when we have to pause our programs, adjust our schedules, and update our Health and Safety plan throughout the season. Thank you again for your patience and support!

In an effort to help mitigate the spread of COVID-19 and provide our student athletes the best opportunity to participate in winter sports, Upper Darby High School will be following the schedule outlined below. Please also find in this addendum information specific to each program. This document will be updated as needed.

<b>Timeline</b>	
11/26 - 12/9/2020	Shut down fourteen(14) days after Thanksgiving for mitigation purposes)
12/10 - 12/11/2020	Tryouts/Team Practices: Swimming, Basketball, Wrestling (No out of season team practices allowed)
12/12 - 1/3/2021	Shut down (Mandate from Governor Wolf)
1/4 - 1/12/2021	Practices resume (8 days needed to meet PIAA minimum of 10 practice days before competition) Would be eligible to scrimmage week of 1/11
1/13/2021	Eligible to begin Competition

### **Basketball (Boys and Girls)**

- Masks: Coaches and staff must be masked at all times. Athletes will be masked when not competing (to and from practices and while on the bench, etc.)
  - \*\*\*Masking and number of participants in a space at one time is subject to change as new guidance emerges.
- Practice size: Practices will continue to follow guidance from the CCHD, PDE, PA DOH and County Government. Our plan will always adjust to meet the guidance from these agencies.
- If/ When Upper Darby begins competitions:
  - Upper Darby will follow the mask mandates/recommendations at that time.

- Upper Darby will follow the competitive masking policies set forth by opposing school
- Spectators: NO SPECTATORS. Subject to change based on positivity rates.
- Locker Rooms: Locker Room access is not needed

## **Wrestling**

- Masks: Coaches and staff must be masked at all times. Athletes will be masked unless they are competing or actively engaged in wrestling drills mimicking competition (to and from practices and while on the bench, etc.).
  - \*\*\*Masking and number of participants in a space at one time is subject to change as new guidance emerges.
- Practice size: Practices will continue to follow guidance from the CCHD, PDE, PA DOH and County Government. Our plan will always adjust to meet the guidance from these agencies.
- If/When Upper Darby begins competitions:
  - Upper Darby will follow the mask mandates/recommendations at that time
  - Upper Darby will follow the competitive masking policies set forth by opposing school
  - Spectators: NO SPECTATORS. Subject to change based on positivity rates.
  - Locker Rooms: Locker Rooms will be open on competition days only. Wrestlers will be provided 10 minutes at the conclusion of a competitive bout to change and personally sanitize in a locker room.

## **Swimming and Diving (Boys and Girls)**

- Masks: Coaches and staff must be masked at all times. Athletes will be masked when not competing (to and from practices and while on the bench, etc.)
  - \*\*\*Masking and number of participants in a space at one time is subject to change as new guidance emerges.
  - All athletes must be masked at all times unless in the water/pool.
    - Swimmers will bring a plastic baggie. They will keep this baggie

near the pool ledge and will place their mask in the bag when they enter the water, they put their mask back on as soon as they exit the pool

- Practice size: Practices will continue to follow guidance from the CCHD, PDE, PA DOH and County Government. Our plan will always adjust to meet the guidance from these agencies.
  
- If/When Upper Darby begins competitions:
  - Upper Darby will follow the mask mandates/recommendations at that time.
  - Spectators: NO SPECTATORS. Subject to change based on positivity rates.
  - Locker Rooms: Locker Rooms will be made available for athletes to change out of wet suits. There is a strict 4 person maximum allowed in each locker room. Athletes will arrive daily for practice or competition in their bathing suits.

### **Competitive Cheer**

- Masks: Coaches and staff must be masked at all times. Athletes will be masked when not competing (to and from practices and while on the bench, etc.)
  - \*\*\*Masking and number of participants in a space at one time is subject to change as new guidance emerges.
  
- Practice size: Practices will continue to follow guidance from the CCHD, PDE, PA DOH and County Government. Our plan will always adjust to meet the guidance from these agencies.
  
- Spectators: NO SPECTATORS. Subject to change based on positivity rates.
  
- Locker Rooms: Locker Room access is not needed

### **Indoor Track**

Indoor Track will not be competing this Winter 2020-2021. None of the traditional indoor

track venues are able to host any meets. Please note the following:

1. Workouts will begin after January 4, 2021.
2. Track workouts will follow all mandates of Basketball.

**Waiver Requirement**

The “Assumption of the Risk and Waiver of Liability Relating to Coronavirus/COVID-19” has been added to the “2020-2021 Winter UDHS Athletics Registration” on FamilyID and is required prior to participation.