

Langdon HS Athletics Restart

The NDHSAA has established Guidelines and Recommendations for opening sports/activities. The following guidelines for Langdon Public School have been established in conjunction with the guidelines set forth by the NDHSAA.

This is a living document and improvements and changes can and will be made as our school board or NDHSAA see the need.

The Langdon Area Public School Board of Directors has agreed to move forward with the start of our 2020 Fall Sports Seasons (Cardinal Coop meeting on August 5, 2020). JH, JV/Varsity will hold practices to prepare for the first scheduled contest in each sport.

JV/Varsity FB—Practices begin on August 10

JV/Varsity VB—Practices begin on August 17

JH FB—Practices begin on August 10

JH VB—Practices begin on August 17

Elementary GBB—Practices begin on August 24

Elementary FB – Practices begin on August 11, equipment handout August 10

- Athletes and coaches must notify school administration if they have been tested or have had a close contact
- If an athlete or coach is waiting on test results they will not be allowed to attend practices or games until the test results are known

Practice Guidelines:

- 1- Coaches will attempt to keep individuals and groups physically distanced from each other when applicable.
- 2- Masks for coaches are recommended, but not required.
- 3- Masks for athletes are recommended when applicable, but not required.
- 4- Coaches should do everything they can to group athletes when applicable and keep these same groups for the whole season.
- 5- Locker rooms may be used, but will be limited to smaller groups of athletes in a locker room at a time.
 - a. Coaches must clean the locker room between each group
 - b. Encourage athletes to dress and shower at home if at all possible
- 6- Coaches are REQUIRED to keep a practice log every day for attendance. This will help with contact tracing, should it be necessary.
- 7- Hand sanitizer will be made available for coaches and athletes.
- 8- Coaches will be required to disinfect equipment and practice facilities at the conclusion of practice and games.
- 9- Sharing of equipment will be discouraged as deemed appropriate by the coaches.
- 10- Sharing of water bottles or towels is prohibited. Each athlete will be required to provide their own water bottle and towel.
- 11- Any athlete or coach with a cough, fever, body aches, fatigue or any other COVID symptoms should stay home until symptom free.
- 12- Any positive test by an athlete or a coach will follow protocol from the North Dakota Department of Health and/or Cavalier County Public Health Unit.

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Game Guidelines:

- 1- All game table officials will be required to wear a mask.
- 2- Masks for fans will be required in our building and when social distancing is not possible outdoors.
- 3- Fans will be asked to physically distance themselves from each other.
- 4- Fans with a cough, fever, body aches, fatigue, any other COVID symptoms or underlying health conditions are encouraged not to attend contests.
- 5- Langdon HS administration will make all decisions regarding the cancellation of contests. This will be done in conjunction with Cavalier County Public Health and North Dakota Department of Health
- 6- Only student season passes will be sold. The opposing school will be sent 100 tickets (approximately 2 per participant) to presell and Cardinal Coop players and coaches will be able to presell 4 tickets to each home contest. The cost of these tickets is \$8 each. Any additional seats not sold will be used for student and staff attendance.
- 7- All home contests will be available for viewing on Cardinal Vision (United Telephone) and streamed on the NFHS network. Along with home games, most road games will be broadcast on KNDK-Fm, or 95-7 The Rock Farm, and online through myborderland.com

Transportation Guidelines:

- 1- All riders on the bus will be required to wear a mask.
- 2- Seats will be assigned and athletes will use that same seat for the season.
- 3- Parents will be encouraged and allowed to transport students to and from contests.

Concessions Guidelines:

- 1- Concessions will be sold, but may be limited to reduce contact and help with cleanup.
- 2- All concessions workers will be required to wear a mask
- 3- Gates for the Middle school wing and HS hallways will be closed and nobody allowed past the doors in order to allow for easier cleaning for the custodial staff.