

LACONIA SCHOOL DISTRICT
STUDENT AND PARENT
ATHLETIC GUIDE
2020-2021



Dear Students and Parents:

It is with great pleasure, on behalf of Laconia High School and Laconia Middle School, we welcome you to participate in athletics. We hope you will have an enjoyable and rewarding experience.

Sports are an important part of education. They provide important and valuable lessons that will stay with you for life. Sports help develop qualities such as sportsmanship, teamwork, discipline, responsibility, loyalty, perseverance, ethics and the realization that hard work pays off.

As a member of a sports team at Laconia High School and Laconia Middle School, you will be representing the school and community. We hope that you will take this responsibility seriously and prove to be an outstanding ambassador of our school and community.

This guide is provided to help you better understand the policies and procedures of our Athletic Department. We expect both students and parents to read this guide carefully. You will find a contract at the end of this document that requires both signatures. If you have any further questions, please contact your coach or us.

Sincerely,

Robert Bennett
Principal
Laconia High School

/

Craig Kozens
Athletic Director/Dean of Students
Laconia High School

Alison Bryant
Principal
Laconia Middle School

/

Chrigus Boezeman
Assistant Principal/Athletic Director
Laconia Middle School

GENERAL STATEMENT

Laconia High School and Laconia Middle School realize the importance of athletic participation in the overall development of the total person; a strong mind and a strong body. We further recognize the important lifelong lessons that are learned on the playing field.

We encourage our students to participate in sports as a means of developing a positive self-image, a healthy body and a sense of belonging to a meaningful team.

However, with the privilege of participation comes the responsibility to uphold a high standard of sportsmanship and character as you represent the school and community.

1. Athletic Principles

- A. Athletics provide our students with the opportunity to represent their school and community in positive endeavor and to develop a high level of self-esteem.
- B. Athletics are the second half of education, a well-coordinated part of the school program.
- C. Athletics must justify the use of tax funds and school facilities through positive education and sport objectives.
- D. Athletics must provide equal opportunity, regardless of sex, for students participating in amateur school sports.
- E. Athletics foster training in sportsmanship, leadership, teamwork, loyalty, perseverance and game ethics.

2. Organization Meeting (Parents and Athletes)

The coach shall schedule and announce a pre-season organizational meeting for all interested candidates prior to try-outs. This will allow the coach to get a list of players with addresses, phone numbers, and emails explain the try-out procedures, explain practice and game schedules, review rules and regulations, and review forms and necessary paperwork. LHS & LMS expectations for athletes and information on opportunities for parental involvement will also be discussed. LHS will occur during an online power point, LMS will be in person.

3. Try-outs, Practices and Games

- A. Try-outs will consist of a minimum of 3 practices. Coaches will personally inform those students not selected and inform those students they have a right to a private conference. Student-Athletes and parents MUST: 1.) complete the Family ID registration and 2.) have a physical examination/screening completed upon completion of the 8th grade prior to trying out to any athletic team.
- B. Practices will be held on a regular basis.

Saturday/Sunday/Holiday Practices

While discouraged, Sunday practices will only be allowed at the discretion of the administration @ both LMS and LHS. It is understood that certain sports will be required to practice on Saturdays at the high school level. Saturday practices at LMS will be at the discretion of the administration. Coaches will get approval for holiday practices.

Dress and Conduct: All team members will dress and conduct themselves in a manner that reflects well upon the school and community. Team players will be in FULL uniform worn properly, or team attire. If not in uniform, or dressed uniformly, all players will be dressed in semi-formal attire. Headphones are permitted ON THE BUS, but shall be removed entering and departing from opposing team facilities.

6. **Equipment**

All equipment must be turned in within 2 weeks of the assigned turn in date. Replacement cost will be assumed by the player.

7. **Quitting, Suspension and Dismissal**

- A. Quitting: If a player chooses to quit the team, it is required that the player has a meeting with the coach. If a player quits the team, all equipment belonging to the school will be turned in immediately.
- B. Suspension: The coach/administrator may suspend a player for misconduct for a specified period of time. During suspension, the player will be expected to attend practices and games. The coach will notify parents/guardians of the suspension.
- C. Dismissal: The coach/administrator may dismiss a player from the team for misconduct, breaking rules or not meeting eligibility requirement in accordance with criteria established in the Student/Parent Athletic Guidebook. The coach/administrator will notify the parents/guardians. The player will immediately turn in all equipment belonging to the school.

8. **Alcohol and Drugs**

Violation is considered when:

- 1. Evidence of the use, possession, or in the presence of illegal drugs or alcohol is provided.
 - a. It does not infer family occasions or restaurants where alcohol/drugs are consumed legally by non-minors.

If a player seeks support for treatment prior to any offense, the player will be referred for appropriate professional counseling. In this scenario, it would not constitute an offense. Professional counseling will continue until the counseling program is completed. The School District shall be officially notified when a student's involvement in counseling is discontinued. Any cost associated with counseling is the responsibility of the parent/guardian.

All consequences are CUMULATIVE throughout a student's high school career.

A. **First Offense-**

- 1. Minimum suspension of 20% of the assigned games (one competition minimum).
- 2. Student-Athlete must attend all practices and team functions with the team.

3. Student-Athlete will meet with assigned school Student Assistance Counselor and implement an appropriate plan of action.
4. Prior to reinstatement, the Student-Athlete must present a research paper that includes their plan to make appropriate decisions and the ill-effects of drugs/alcohol on athletic performance.
5. Loss of captaincy if offense occurs within the season of the sport.

B. Second Offense-

1. Dismissal from the team for the remainder of the current season.
2. Student-Athlete will meet with assigned school Student Assistance Counselor to develop and implement an appropriate plan of action.
3. Write a 3-5 page research paper on the topic of “Developing an Effective Plan towards Maintaining Sobriety.” Use research to support your statements.
4. A Re-Entry meeting with Student - Athlete, Parent, Student Assistant Counselor, and Athletic Director before eligible for the next season of play.

C. Subsequent Offenses beyond TWO-

1. Removal from athletics for 365 days.
2. Student-Athlete will meet with school Student Assistance Counselor and develop a 365-day plan that includes:
 - a. 90-Day check-in’s with Student Assistance Counselor and Athletic Director.
 - b. 20 hours of community service within the LHS Athletic Department.
3. Re-Entry meeting with Principal, Athletic Director, Student Assistance Counselor, Student-Athlete, and Parent. At the meeting, proof of fulfillment of the action plan will have been submitted one week prior and follow-up plan to be presented.

D. Out of Season Offenses

Student Athletes who are found in violation of the drug or alcohol policy out of season:

Any student athlete who is found to have violated the substance abuse policy within the school year but outside an athletic season in which they participate will be required to meet with a drug and alcohol counselor and will work cooperatively toward completion of the prescribed program before they are eligible to participate in their first game of their next sport season.

9. **Tobacco Policy/Nicotine/Vape**

Coaches shall impress upon their players the harmful health effects of tobacco/nicotine/vape products and discourage its use. Clearly defined description of tobacco use shall be established by the school administration and Athletic Director. Use of tobacco on school property or at school events by student athletes will result in the following actions by the coach:

- A. First Offense: A 20% of scheduled game suspension will be assigned. Athlete will be expected to attend all practices, games, and team events.
- B. Second Offense: Dismissal for remainder of season.

10. **Academic Review**

ELIGIBILITY FOR EXTRA-CURRICULAR ACTIVITIES

Eligibility for participation in Laconia High School athletics and other extra-curricular activities is determined by passing 3 blocked subjects in the 4 x 4 block schedule. As part of senior privileges, if they have 3 classes, must be passing 3 classes.

Eligibility for Laconia Middle School athletes will be determined by the grades at the end of the marking periods. Students must not fail 2 of their classes. This will be determined by the grade report that is issued at the end of each quarter. Successful completion of summer school may be used to recover one grade from the fourth quarter to become eligible.

Grades will be reviewed when report cards are issued each quarter and when progress reports are issued to ensure eligibility. A listing of ineligible students will be forwarded to the Athletic Director and Coach.

The student athlete may be placed under probation for behavior, academic, or other circumstances not defined. This probation may involve a contract between the student athlete, parents, and coach.

11. **Fundraising**

Fundraising by teams must be approved in advance by the Athletic Director. Fundraising by teams must be well-organized and operated with proper safeguards on handling funds and in accordance with District fundraising policies and procedures. All monies will be kept in the school's student activity account.

12. **Injuries and First Aid**

The coaches should use his/her best judgment in handling any injury giving particular care to injuries to the head, neck or back. An ambulance should be called whenever the coach believes necessary.

- A. Accident Report: Accidents involving injured players requiring professional medical attention must be reported immediately in writing to the school nurse. The School Nurse and Athletic Director shall also be notified. The student athlete will need the doctor's permission to return to competition.

- B. First Aid Kit: Coaches are responsible for ensuring that a school-issued adequately supplied first aid kit is carried to all practices and competitions.
- C. Emergency Medical Release: Coaches shall carry emergency medical release at all times. The student athlete and his/her parent/guardian will complete the sports health record and turn it in to the coach prior to the start of the season.

13. Concussions

What is a concussion? You've probably heard the terms "ding" and "bell-ringer." These terms were previously used to refer to minor head injuries and thought to be a normal part of collision sports. Research has now shown us that there is no such thing as a minor brain injury. Any suspected concussion must be taken seriously. The athlete does not have to be hit directly in the head to injure the brain. Any force that is transmitted to the head in any matter may cause the brain to literally bounce around or twist within the skull, potentially resulting in a concussion. It used to be believed that a player had to lose consciousness or be "knocked-out" to have a concussion. This is not true, as the vast majority of concussions do not involve a loss of consciousness. In fact, less than 5% of players actually lose consciousness with a concussion. What exactly happens to the brain during a concussion is not entirely understood. It appears to be a very complex process affecting both the structure and function of the brain. The sudden movement of the brain causes stretching and tearing of brain cells, damaging the cells and creating chemical changes in the brain. Once this injury occurs, the brain is vulnerable to further injury and very sensitive to any increased stress until it fully recovers. Common sports injuries such as torn ligaments and broken bones are structural injuries that can be detected during an examination, or seen on x-rays or MRI. A concussion, however, is primarily an injury that interferes with how the brain works. While there is damage to brain cells, the damage is at a microscopic level and cannot be seen on MRI or CT scans. Therefore, the brain looks normal on these tests, even though it has been seriously injured.

Recognition and Management If an athlete exhibits any signs, symptoms, or behaviors that make you suspicious that he or she may have had a concussion, that athlete must be removed from all physical activity, including sports and recreation. Continuing to participate in physical activity after a concussion can lead to worsening concussion symptoms, increased risk for further injury, and even death. Parents and coaches are not expected to be able to "diagnose" a concussion. That is the role of an appropriate health-care professional. However, everyone involved in athletics must be aware of the signs, symptoms and behaviors associated with a concussion. If you suspect that an athlete may have a concussion, then he or she must be immediately removed from all physical activity.

Signs Observed by Coaching Staff

- Appears dazed or stunned
- Is confused about assignment or position
- Forgets an instruction
- Is unsure of game, score or opponent
- Moves clumsily
- Answers questions slowly
- Loses consciousness (even briefly)
- Shows mood, behavior or personality changes
- Can't recall events prior to hit or fall
- Can't recall events after hit or fall

Symptoms Reported by Athlete

- Headaches or “pressure” in head
- Nausea or vomiting
- Balance problems or dizziness
- Double or blurry vision
- Sensitivity to light
- Sensitivity to noise
- Feeling sluggish, hazy, foggy or groggy
- Concentration or memory problems
- Confusion

Return to Learn Following a concussion, many athletes will have difficulty in school. These problems may last from days to months and often involve difficulties with short- and long-term memory, concentration, and organization. In many cases, it is best to lessen the student’s class load early on after the injury. This may include staying home from school for a few days, followed by a lightened schedule for a few days, or longer, if necessary. Decreasing the stress on the brain early on after a concussion may lessen symptoms and shorten the recovery time. Return to Play After suffering a concussion, no athlete should return to play or practice on that same day. In the past, athletes were allowed to return to play if their symptoms resolved within 15 minutes of the injury. Studies have shown us that the young brain does not recover quickly enough for an athlete to return to activity in such a short time. An athlete should never be allowed to resume physical activity following a concussion until he or she is symptom free and given the approval to resume physical activity by an appropriate health-care professional. Once an athlete no longer has signs, symptoms, or behaviors of a concussion and is cleared to return to activity by an appropriate health-care professional, he or she should proceed in a step-wise fashion to allow the brain to re-adjust to exercise. In most cases, the athlete will progress one step each day.

The return to activity program schedule may proceed as below, following medical clearance:

5 Progressive Physical Activity Program (under athletic trainer supervision)

Step 1: Light aerobic exercise- 5 to 10 minutes on an exercise bike or light jog; no weight lifting, resistance training, or any other exercises.

Step 2: Moderate aerobic exercise- 15 to 20 minutes of running at moderate intensity in the gym or on the field without a helmet or other equipment.

Step 3: Non-contact training drills in full uniform. May begin weight lifting, resistance training and other exercises.

Step 4: Full contact practice or training.

Step 5: Full game play.

If symptoms of a concussion reoccur, or if concussion signs and/or behaviors are observed at any time during the return-to-activity program, the athlete must discontinue all activity and be re-evaluated by his or her health-care provider. At this point the Progressive Physical Activity Program restarts at Step 1.

Suggested Concussion Management

1. No athlete should return to play (RTP) or practice on the same day of a concussion.
2. Any athlete suspected of having a concussion should be evaluated by an appropriate health-care professional that day.
3. Any athlete with a concussion should be medically cleared by an appropriate health-care professional prior to resuming participation in any practice or competition.
4. After medical clearance, RTP should follow a step-wise protocol with provisions for delayed RTP based upon return of any signs or symptoms.

14. **Awards and Certificates**

- A. Certificates: Each coach will have specific criteria for awarding the school certificate. Players will be informed of this at the beginning of the season. The coach will have the option of making awards to players deserving special consideration, i.e. seniors.
- B. Awards: The coach must also have criteria for post-season awards. These awards may include: Most Valuable Player, Most Improved Player, Sportsmanship and other name awards.
- C. Letters: Letters are awarded to participants in *the equivalence of one half of a game* at the varsity level.

Coaches are encouraged to work with their parent support group to arrange for post-season recognition. This should be coordinated with the Athletic Director.

15. **Parent Support Group**

Sport Support Groups: Coaches are encouraged to work with parents to form support groups for their sport. These support groups can provide valuable assistance and provide for sports recognition of the team and allow for positive parent involvement. Coaches are encouraged to utilize a team parent to facilitate communication and organization.

16. **Title IX Guidelines**

It is the right of all students, regardless of sex, to have an equal opportunity to participate in interscholastic athletics at Laconia High School and Laconia Middle School as established in school district policy.

Questions to be considered in evaluating programs:

1. Do the programs offered meet the varying interests of the students?
2. Do both male and female teams have equal access to equipment and facilities?
3. Are necessary funds provided to offer equal opportunity? (Does not mean equal spending).
4. Are travel provisions equal?
5. Are rules and regulations governing teams equal for boys and girls?
6. Are scheduling and playing opportunities equal?

7. Do all students receive equal recognition from the school?
8. Are coaches hired on qualifications without regard to sex?
9. Is there equal compensation for equal work and responsibility?
10. Do all coaches and administrators cooperate to ensure a strong athletic program?

17. **Bullying**

Bullying means a single significant incident or a pattern of incidents, involving a written, verbal or electronic communication or a physical act or gesture or any combination thereof, directed at another pupil which:

1. physically harms a pupil or damages the pupil's property;
2. causes emotional distress to a pupil;
3. interferes with a pupil's educational opportunities;
4. creates a hostile educational environment; or
5. substantially disrupts the orderly operation of the school.

Bullying shall include actions motivated by an imbalance of power based on a pupil's actual or perceived personal characteristics, behaviors, or beliefs, or motivated by the pupil's association with another person and based on the other person's characteristics, behaviors, or beliefs.

Cyber-bullying means bullying undertaken through the use of electronic devices. Electronic devices include, but are not limited to, telephones, cellular phones, computers, pagers, electronic mail, instant messaging, text messaging and websites.

Perpetrator means a pupil who engages in bullying or cyber-bullying.

School property means all real property and all physical plant and equipment used for school purposes, including public or private school buses or vans.

Victim means a pupil against whom bullying or cyber-bullying has been perpetrated.

18. **Sexual Harassment Policy**

Refer to the Laconia School District Policy located in school handbooks.

19. **Hazing and team/activity initiations involving hazing**

Laconia School District interprets hazing as "any act whether physical, mental, emotional or psychological, which subjects another person, voluntarily or involuntarily, to a anything that may abuse, mistreat, degrade, humiliate, harass, or intimidate him/her, or which may in any fashion compromise his/her inherent dignity as a person. In addition, any requirement by a member of an organization which compels another member to participate in an activity which is against school policy or state/federal law will be defined as hazing."
”

Any team member found guilty of the hazing policy shall be subject to the following consequences:

- 2 weeks suspension from games
- Suspension for the season
- Suspension from athletics for the academic year

The appropriate consequences will be determined by the administration.

20. **Apparel**

All apparel purchased by the team must be approved by the administration. All players shall travel, warm-up, and play wearing matching apparel.

21. **Attendance**

To participate in a practice or game, the student must attend at least half of his/her classes that day. Also, he/she must have a valid excuse for any missed classes. The student/athlete must complete the school day to be eligible for practice or games. If the student/athlete has doctor note, he/she is allowed to practice.

22. **Away Contests**

All athletes from Laconia Middle School and Laconia High School will represent their school in a positive manner while on the bus, at the other schools, or in eating establishments.

23. **Spectator Conduct**

All spectators are expected to show respect for players, coaches, officials, and other fans at all events.

NEW HAMPSHIRE INTERSCHOLASTIC ATHLETIC ASSOCIATION (NHIAA)

The New Hampshire Interscholastic Athletic Association (NHIAA) is the governing body of high school athletics in our state. They have established the following minimum standards which Laconia School District follows.

Below are general guidelines. Refer to www.nhiaa.org for more information.

1. **Age**

If you have reached the age 19 prior to September 1, you may not represent your school in interscholastic athletics.

2. **Below Grade 9 Participation**

Only those students who have been granted waivers may participate in interscholastic high school competition.

3. **Scholastic Standing**

*See #11 in Part I.

4. **Semesters of Enrollment**

You are eligible for interscholastic competition for no more than eight consecutive semesters beyond the eighth grade, whether or not you have completed high school.

5. **Transfer Students**

If you transfer to a school because of a move into the school district by your parents/guardians, you will be immediately eligible for participation if all other requirements are met. If you transfer without a parent/guardian move, you are *ineligible* to participate unless a Transfer Rule Affidavit has been filed and the Executive Director has issued a ruling. This includes students who transfer from a non-member school (i.e. prep school, etc.) back to your school and those students who change schools as a result of a change in guardianship (i.e. move to live with different parent/guardian without parent/guardian changing residence).

6. **Foreign Students**

If you are a foreign student enrolled at a high school in New Hampshire, you must be sponsored by a CSIET-approved foreign exchange program in order to be eligible for interscholastic competition. All other requirements must be met.

7. **Non-school Team Competition**

A student athlete may be a member of a non-school team during the same season. However, your High School team games and practice must take priority at all times. This includes participation for the outside team of the same sport or a different one.

8. **Medical Exam**

There must be a medical statement on file certifying that you have passed a pre-participation physical examination prior to the beginning of any high school athletic program.

9. **All-Star Competition**

The NHIAA does not endorse any All-Star teams or competition in any sport at any level. If you participate in a high school All-Star game, you will forfeit your participation in that sport for one (1) calendar year at the high school.

10. **Sportsmanship**

If you are disqualified before, during or after a game, at any level, for unsportsmanlike conduct, **you shall not participate in the MINIMUM of one scheduled contest** including tournament play. A second disqualification shall result in forfeiture of participation in that sport for the remainder of the season.

11. **Using Assumed Name**

If you participate in any athletic contest under a false name, you will be declared ineligible for a period of 365 days from the date of the infraction.

12. **Out-of-Season Competition**

There are detailed guidelines regarding contact with your coach for the purpose of planning, practicing, or playing, at any time other than within the season limits of the NHIAA.

13. **Amateur Status**

If you, at any time, receive any type of financial compensation or gifts of monetary value, for participating in NHIAA sports, your athletic eligibility will be terminated in that sport and your amateur status will be forfeited.

Accepting a nominal fee for instructing, supervising or officiating in an organized youth sports program or recreation, playground or camp activity shall not jeopardize your amateur status.

If you sign a professional contract in any sport, you will lose your amateur status.

14. **International Competition**

You must have the approval of the NHIAA if you wish to participate in international competition. A request, made by your principal, must be received by the NHIAA Office at least 60 days prior to the date of the competition. This rules applies to both teams and individual

The Valuable Lessons to be Learned from Sports

Competitive sports are an important part of school. So important, in fact, that they probably should be billed as “co-curricular.” In other words, athletics are so closely linked to school in the United States that labeling them as “extra” is misleading. But that’s all the more reason the methods, styles, and philosophies of contemporary school sports programs should be examined closely.

Winning is wonderful, and there’s nothing wrong with trying to win every game that is played. But winning shouldn’t be the only lesson of school sports or the only message that athletic programs give students. It’s time we remind ourselves-and our students-that all sports trophies gather is dust. It’s the other lessons of school sports-the ones discussed here-that stay with a student for a lifetime and make winners of all student-athletes.

***Lesson No. 1: How to win and lose.** Throughout life, everyone must deal with success and failure, and the early training many students receive through school sports affects how they accept and react to good and bad events as adults. If winning constantly is flaunted—if defeat always is someone’s fault—then school athletics are a poor training ground for helping kids develop sound reactions to all types of success and failure.

***Lesson No. 2: How to compete.** Most individuals and teams enter contests hoping to win; what they should learn is how to put forth their best efforts. Teaching students to make an effort gives them a competitive edge for life’s later “contests.”

***Lesson No. 3: How to cooperate.** In any team sport, individuals not only need to be the best they can be, but they also need to know how to work together successfully. Learning cooperation is the first step toward understanding that group effort often is necessary to achieve productivity and success as adults.

***Lesson No. 4: How to participate.** Too often, people sit and watch-whether the game is in the high school gymnasium or on television. Participation in sports and fitness programs, especially beginning in elementary school, can help kids establish a pattern of good physical fitness habits for life.

***Lesson No. 5: How to work toward a goal.** To be good at anything requires practice. When student-athletes continually work to improve athletic skills, they should learn that any skill can be improved by continued work. Individual potential varies, of course, but learning how to reach potential is an acquired skill.

***Lesson No. 6: How to develop self-discipline.** Practice makes perfect, but self-discipline keeps the practice consistent. Discipline in school sports helps teach youngsters that, to a large extent, they control how much they achieve.

***Lesson No. 7: How to sacrifice.** Being a team player involves learning to put the team first. It also involves learning to set priorities and deciding how much time and effort are needed (as well as how many other pleasures and activities must be forgone) to reach a goal.

***Lesson No. 8: How to develop new skills:** The team sport skills students learn in school can teach kids how to experiment to determine which skills they might be able to use later-including individual sports that can provide a lifetime of healthy physical activity.

It’s time school systems stop directing their sports program to star athletes and start paying full attention to making sure sports programs teach these eight lessons to all students.

As successful coach and sportscaster Al McGuire has pointed out, “Winning is overemphasized. The only time it is really important is in surgery or war.”

We must take his words to heart.¹

LACONIA HIGH SCHOOL / LACONIA MIDDLE SCHOOL ATHLETIC DEPARTMENT PLAYER CONTRACT

Dear Parent or Guardian:

¹ Excerpt taken from NHIAA

Your son/daughter is a candidate for the _____ team and may be representing Laconia High School/Laconia Middle School in regularly scheduled games or meets during this season.

Please read this form carefully. *Any questions can be answered by the coach or Athletic Director.

At the bottom of this sheet you will find a permission slip that must be signed indicating that you have read and will comply with all requirements. This page must be returned to the coach prior to participation for each sport annually.

The school provides athletic insurance that will only pay after the student-athlete's own insurance has been used.

ELIGIBILITY AND TRAINING RULES:

The privilege of participation in athletics and representing Laconia High School and Laconia Middle School requires a high standard of conduct. A student-athlete may be declared ineligible for failure to meet eligibility and training rules.

GENERAL NEW HAMPSHIRE INTERSCHOLASTIC ELIGIBILITY RULES:

You are **NOT** eligible:

1. If you turn nineteen (19) years of age before September 1.
2. If you have been in high school more than 8 semesters (or 4 years) from date entered 9th grade.
3. If you fail to meet eligibility requirements at LMS/LHS.
4. If you have changed schools without changing residence in this semester.
5. If you have not had a physical exam, one at LMS and one at LHS.
6. If you have not signed the Sports Health Record.
7. If you have not completed preseason paperwork.

GENERAL TRAINING RULES:

Every student-athlete is expected to keep his/her body in the best physical condition so that he/she may attain the best effort in coordination and cooperation with his/her teammates. **These rules must be followed at all times (7 days a week) during the season.**

2. Student-athletes will not use profanity, demonstrate or be disrespectful to coaches, officials, opponents, or fans.
3. Use, possession, or in the presence of illegal drugs or alcohol is prohibited.
 - a. It does not infer family occasions or restaurants where alcohol is consumed legally by non-minors.
4. Report on time for all practices and games.
5. Shall not use any form of tobacco/nicotine.
6. Any other rules or regulations set forth by the coach or school.

Failure to comply with the rules and regulations set by the school and/or coach shall result in disciplinary action and possible suspension or dismissal.

RETURN THE FOLLOWING TO THE COACH

Dear Coach:

_____ has my permission to participate. I understand that the Athletic Guide is available at the school and on the school website. I have read the Athletic Guide carefully and understand the Eligibility and Training Rules and will ensure they are followed. I am aware that serious injuries may occur through participation and with the equipment used in this sport. My son/daughter is covered by _____ Insurance _____ Policy Number.

Player's Signature (Date)

Parent Signature (Date)

This is to be read and checked off on Family ID

Fall of 2020 Covid 19 Addendum to the Handbook

Eligibility- Due to the forced departure from traditional learning to remote learning, the NHIAA and the Laconia School district choose to make **ALL** student athletes eligible for Fall sports in 2020. For those students who would not have met the academic criteria under normal circumstances, will start the season on **Academic Probation**. Those students **MUST** be in good academic standing at the mid-term point to remain eligible. For those whom have met the 4th quarter standards, they will remain eligible for the first quarter.

Transportation- Athletes **MAY** be transported by their parent to and from away games if so chosen. If they are being driven TO a game, they still must come to LHS at the bus departure time to be screened by our athletic trainer/coach/staff before departure. If they are to leave with their parent AFTER a game, they must make verbal contact with the coach before departing and reported in their travel log. Athletes may only go to and from games with THEIR OWN parent/guardian.

Practice and Games- We ask that athletes not arrive more than 15 minutes prior to scheduled practice times. We also ask that players are picked up promptly after scheduled practice times.

Fans- Each school will post criteria for sporting events and attendance. As Visitors, we **MUST** abide by each school districts protocols and respect them.

CROSS COUNTRY Guidelines 2020	
General Precautions	IF YOU FEEL ILL, STAY HOME!
	All NH and CDC safety precautions are to be followed. Universal Guidelines for NH Employ and Employees are to be followed.
	No hugging ,shaking hands, fist bumps or contact of any kind. Sanitizer readily available.
	Face masks should be worn at all times when 6 foot distance between individuals cannot be maintained.
	No spitting, chewing gum, spitting/chewing seeds.
Daily Screening	The Athletic Trainer/and or coach will take temperatures of athletes. When we are in the Hybrid schedule, all athletes will be expected to self-screen before leaving home for school or practice.
Masks	Face masks should be worn at all times when 6 foot distance between individuals cannot be maintained in meetings, and travel. on busses. Masks are permitted at all times.
Social Distancing	Social distancing will be required when not actively engaged in physical play.
Practice Travel	During remote and hybrid learning, students who aren't in school need to self-transport to practices. Students will walk or transport themselves to all practice venues.
Practice Adjustments	As much as possible, practices are not to include person-to-person contact. After practices students are not to return to the school or building. They should depart immediately from their practice location.
Practice Times	Practices will begin on the scheduled time, do NOT arrive more than 15 minutes prior to your scheduled time.
Event personnel required (and duties)	Meet Director: ensure the separation of students on the start line, walk throughs, and warmups. Ensure that fans are not congregating.

Prior to Event Travel	All teams will be screened and cleared prior to boarding the bus or car with their own parent. Any student not cleared prior to leaving will not be permitted to travel NOR play in that day's event.
Event Travel	When available, buses carrying approximately 25 students/coaches (to promote physical distancing) will transport students to away events. Students will wear face coverings while riding on the bus. This may limit the number of students allowed to travel to away events. Parents may choose to transport their own child to an away event. Parents may NOT transport students who are not their own children. Parents/students who are not taking bus transportation will need to arrive on campus at the designated time to be screened and depart the school at the same time as the bus.
Pregame Conference/Meeting	Instructions at the start line will be done in a manner to allow for physical distancing.
Event Accommodations	Only DUAL meets, unless teams have less than 10 participants, then TRI meets will be allowed
Score table set up	Results table will be set up to allow for minimum 6 feet of distance between officials, coaches, participants, etc.
Team Bench set up	Team areas/tents should be setup and conducted to allow for 6 feet of distancing between participants and spectators.
Fans in Attendance	Immediate family only will be permitted to attend games.
	Family members will be required to wear masks while at school athletic events and must maintain a minimum 6 foot separate from other families.
Concessions	None.
Meet Times	Meet times will be pushed later in the day due to availability of busing not only for our students but for our opponents. Times will be staggered. Or on Saturday.
Facility Alterations for Events	More space to allow for social distancing. Longer start line. Possible wave start time.
Hydration	Students will be required to provide their own water/sports drink for practices and games. There will be NO common hydration stations provided. Refills can only be provided by the Athletic Trainer.
Personal Sanitization/Cleaning	Students should sanitize their hands before and after each practice or meet. Students are encouraged to shower after returning home after practices or meets.
Equipment Sanitization/Cleaning	Stop watches and all timing equipment should be sanitized before and after each use. Timers' hand shall be sanitized before and after handling any timing equipment.
Locker rooms/rest rooms - participants (non school days only)	Students are to arrive to practice/events dressed for participation. Locker room access will not be available though bathroom facilities will be accessible.
Locker rooms/rest rooms - participants (school days only)	The number of students permitted into the locker room at one time will be limited. Students will be required to physically distance themselves in a line in the hallway outside the locker room wearing face coverings. Students will change into their uniforms/practice attire quickly.
Rest rooms/spectators	Rest rooms and/or port-a-potties will be available at events. Fans are asked not to congregate and leave a minimum of 6 foot distance between guests.
Officials	Officials should arrive to meets dressed to officiate. Officials shall keep 6 foot distance from all coaches, spectators, participants, and timers. Use of face masks and electronic whistles are permitted.

Facility Cleaning/Sanitizing	Students, coaches, and meet director will be sure the practice and meet facility is cleaned daily. Plant Ops/custodial staff will clean and sanitize the restrooms and remove trash per normal procedures.
Protocols visiting team	Each school will conduct screenings including temperature checks prior to leaving their facility. Anyone arriving to an away event has been cleared by their home school.
Parents/Guardians	Ensure your child and immediate household members are free from illness before allowing child to participate in practice and competition. WHEN IN DOUBT, STAY HOME.
	Provide personal equipment and water bottles for your child and clearly label them.
	Disinfect your child's personal equipment after each game or practice.
	Encourage the use of face coverings, physical distancing, and good hygiene for all household members.

	FIELD HOCKEY GUIDELINES 2020
General Precautions	IF YOU FEEL ILL, STAY HOME!
	All NH and CDC safety precautions are to be followed. Universal Guidelines for NH Employ and Employees are to be followed.
	No hugging ,shaking hands, fist bumps or contact of any kind. Sanitizer readily available.
	Face masks should be worn at all times when 6 foot distance between individuals cannot be maintained.
	No spitting, chewing gum, spitting/chewing seeds.
Daily Screening	The Athletic Trainer/and or coach will take temperatures of athletes. When we are in the Hybrid schedule, all athletes will be expected to self-screen before leaving home for school or practice.
Masks	Face masks should be worn at all times when 6 foot distance between individuals cannot be maintained in meetings, and travel. on busses. Masks are permitted at all times.
Social Distancing	Physical distancing will be required when not actively engaged in physical play.
Practice Travel	During remote and hybrid learning, students who are not in school need to self-transport to practices. Students will walk or transport themselves to all practice venues.
Practice Adjustments	As much as possible, practices are not to include person-to-person contact. After practices students are not to return to the school or building. They should depart immediately from their practice location.
Practice Travel	Practices will begin on the scheduled time, do NOT arrive more than 15 minutes prior to your scheduled time.
Practice Adjustments	As much as possible, practices are not to include person-to-person contact. After practices students are not to return to the school or building. They should depart immediately from their practice location.
Practice Times	Practices will begin on the scheduled time, do NOT arrive more than 15 minutes prior to your scheduled time.
Event personnel required (and duties)	Game Director: ensure the separation of students on the start line, walk throughs, and warmups. Ensure that fans are not congregating.
	Athletic Trainer to ensure the safety of student athletes.
Prior to Event Travel	All teams will be screened and cleared prior to boarding the bus or car with their own parent. Any student not cleared prior to leaving will not be permitted to travel NOR play in that day's event.

Event Travel	When available, buses carrying approximately 25 students/coaches (to promote physical distancing) will transport students to away events. Students will wear face coverings while riding on the bus. This may limit the number of students allowed to travel to away events. Parents may choose to transport their own child to an away event. Parents may NOT transport students who are not their own children. Parents/students who are not taking bus transportation will need to arrive on campus at the designated time to be screened and depart the school at the same time as the bus.
Pregame Conference/Meeting	Limit attendees to one representative from each team. Maintain physical distancing, no handshake.
Pregame Introductions/Anthem	Teams shall not gather together for pregame introductions of players. All players should report to their starting positions on the field. If introductions are to be done, players can be recognized from the field and bench area. If the Anthem is to be played/sung, team members will participate from their spots on the field or bench area. There is not to be congregating during the Anthem.
Event Accommodations	Teams will not attend large scale jamborees. Teams will only attend head-to-head games. JV and Varsity teams will be as separate as possible when warming up, on the sidelines, and during games.
Score table set up	Only the game director, official scoreboard operator/timer, the home team book, and the athletic trainer will be permitted at the score table.
Team Bench set up	Team benches/areas are to be arranged in a manner that promotes physical distancing. All members of a team on the sideline will observe 6 feet of physical distancing. Team members and coaches should wear face coverings when not able to maintain a minimum of 6 foot distance.
Fans in Attendance	Family members will be required to wear masks while at school athletic events and must maintain a minimum 6 foot separate from other families.
Concessions	NONE.
Game Times	Game times could be pushed later in the day due to availability of busing not only for our students but for our opponents. Time between JV and Varsity games could also be extended.
Facility Alterations for Events	More space to allow for social distancing.
Hydration	Students will be required to provide their own water/sports drink for practices and games. There will be NO common hydration stations provided. Refills can only be provided by the Athletic Trainer.
Personal Sanitization/Cleaning	Students should sanitize their hands before and after each practice or game and as often as possible during practices/games. Students are encouraged to shower after returning home after practices or meets.
Equipment Sanitization/Cleaning	Team equipment shall be sanitized after each practice and game.
Warm up balls/equipment	Each team will provide their own sport specific balls and other equipment for warm ups. Teams will not share field hockey balls for warm ups.
Game balls/equipment	Home team will provide the required number of game balls to be able to sanitize and rotate in balls as necessary. Players, coaches, and officials should handle the field hockey balls with their sticks and feet and not with their hands.

Locker rooms/rest rooms - participants (non school days only)	Students are to arrive to practice/events dressed for participation. Locker room access will not be available though bathroom facilities will be accessible.
Locker rooms/rest rooms - participants (school days only)	The number of students permitted into the locker room at one time will be limited. Students will be required to physically distance themselves in a line in the hallway outside the locker room wearing face coverings. Students will change into their uniforms/practice attire quickly.
Rest rooms/spectators	Rest rooms will be available at BONH as usual. Fans are asked not to congregate and leave a minimum of 6 foot distance between guests. After use in practice, disinfecting of used area is required by each individual.
Officials	Officials should arrive to meets dressed to officiate. Officials shall keep 6 foot distance from all coaches, spectators, participants, and timers. Officials should not touch the field hockey balls with their hands. Use of face masks and electronic whistles are permitted.
Press Box	Clock operator and filmer allowed with social distancing.
Facility Cleaning/Sanitizing	Custodial staff will clean and sanitize the restrooms and remove trash per normal procedures. Coaches will sanitize team equipment, and players will sanitize personal equipment.
Protocols visiting team	Each school will conduct screenings including temperature checks prior to leaving their facility. Anyone arriving to an away event has been cleared by their home school.
Parents/Guardians	Ensure your child and immediate household members are free from illness before allowing child to participate in practice and competition. WHEN IN DOUBT, STAY HOME.
	Provide personal equipment and water bottles for your child and clearly label them.
	Disinfect your child's personal equipment after each game or practice.
	Encourage the use of face coverings, physical distancing, and good hygiene for all household members.

FOOTBALL Guidelines 2020	
General Precautions	IF YOU FEEL ILL, STAY HOME!
	All NH and CDC safety precautions are to be followed. Universal Guidelines for NH Employ and Employees are to be followed.
	No hugging ,shaking hands, fist bumps or contact of any kind. Sanitizer readily available.
	Face masks should be worn at all times when 6 foot distance between individuals cannot be maintained in meetings, and travel on busses.
	No spitting, chewing gum, spitting/chewing seeds.
Daily Screening	The Athletic Trainer/and or coach will take temperatures of athletes. When we are in the Hybrid schedule, all athletes will be expected to self-screen before leaving home for school or practice.
Masks	Face masks should be worn at all times when 6 foot distance between individuals cannot be maintained in meetings, and travel on busses. Masks are permitted at all times.
Social Distancing	Social distancing will be required when not actively engaged in physical play.
Practice Travel	During remote and hybrid learning, students who are not in school need to self-transport to practices. Students will walk or transport themselves to all practice venues.

Practice Adjustments	As much as possible, practices are not to include person-to-person contact. After practices students are not to return to the school or building. They should depart immediately from their practice location. That means they must bring backpacks and school clothes to practice.
Practice Times	Practices will begin on the scheduled time, do NOT arrive more than 15 minutes prior to your scheduled time.
Event personnel required (and duties)	Game Director: Ensure that fans are not congregating. Physical distancing and all attendees must wear masks. Additional staff/security may be necessary. All non-adults MUST be accompanied and sitting with an adult responsible for them.
	Athletic Trainer to ensure the safety of student athletes.
	Announcer physically distanced in middle section of the pressbox.
	Scoreboard/clock operator socially distanced in the middle section of the pressbox.
	Chain crew - required to wear mask during the game.
	Gate staff - someone at each open gate for the duration of the game to monitor in/out. No re-entry.
Police detail - inside and outside	
Prior to Event Travel	All teams will be screened and cleared prior to boarding the bus or car with their own parent. Any student not cleared prior to leaving will not be permitted to travel NOR play in that day's event.
Event Travel	When available, buses carrying approximately 25 students/coaches (to promote physical distancing) will transport students to away events. Students will wear face coverings while riding on the bus. This may limit the number of students allowed to travel to away events. Parents may choose to transport their own child to an away event. Parents may NOT transport students who are not their own children. Parents/students who are not taking bus transportation will need to arrive on campus at the designated time to be screened and depart the school at the same time as the bus.
Pregame Conference/Meeting	Limit attendees to one representative from each team. Maintain physical distancing, no handshake.
Pregame Introductions/Anthem	Teams shall not gather together for pregame introductions of players. All players should report to their starting positions on the field. If introductions are to be done, players can be recognized from the field and bench area.
	If the Anthem is to be played/sung, team members will participate from their spots on the field or bench area. There is not to be congregating during the Anthem.
Event Accommodations	Teams will not attend large scale jamborees. Teams will only attend head-to-head games. JV and Varsity teams will be as separate as possible when warming up, on the sidelines, and during games.
Score table set up	n/a
Team Bench set up	Team benches/areas are to be arranged in a manner that promotes physical distancing. Team members and coaches should wear face coverings when not able to maintain a minimum of 6 foot distance.
	The team box will be extended on both sides of the field to the 10 yd line. Students and coaches should maintain social distancing of 6 feet while in the box.
Fans in Attendance	Fans who live in the same household may sit in a group. 6' mandatory between families. NO unattended adolescents.
	Laconia fans will sit in the bleachers to prevent cohort mixing.
	Visiting teams MUST sit on the opposing hill side of the stadium
Concessions	Concessions will be closed.

Marching Band	The marching band will be permitted to sit on the far side of the home bleachers.
Game Times	7:00pm unless of travel issues, could be later.
	One game per evening. JV Games could be pushed to evening times as well due to travel.
Facility Alterations for Events	Signage for Home and Visitor entrances. Visitors enter up the hill by the concession stand side, Home in the bleacher side.
Hydration	Students will be required to provide their own water/sports drink for practices and games. There will be NO common hydration stations provided. Refills can only be provided by the Athletic Trainer.
Personal Sanitization/Cleaning	Students should sanitize their hands before and after each practice or game and as often as possible during practices/games. Students are encouraged to shower after returning home after practices or meets.
Equipment Sanitization/Cleaning	Team equipment shall be sanitized after each practice and game.
Warm up balls/equipment	Each team will provide their own sport specific balls and other equipment for warm ups. Teams will not share balls for warm ups.
Game balls/equipment	Home and visiting team will provide the required number of game balls to be able to sanitize and rotate in balls as necessary.
Locker rooms/rest rooms - participants (non school days only)	Students are to arrive to practice/events dressed for participation. Locker room access will not be available though bathroom facilities will be accessible for games. Practices they will be allowed to enter the locker room 8 persons at a time from study hall.
Locker rooms/rest rooms - participants (school days only)	The number of students permitted into the locker room at one time will be limited. Students will be required to physically distance themselves in a line in the hallway outside the locker room wearing face coverings. Students will change into their uniforms/practice attire quickly.
Rest rooms/spectators	Rest rooms will be available at BONH as usual. Fans are asked not to congregate and leave a minimum of 6 foot distance between guests. After use in practice, disinfecting of used area is required by each individual.
Officials	Officials should arrive to games dressed to officiate. Officials shall keep 6 foot distance from all coaches, spectators, participants, and timers. Use of face masks and electronic whistles are permitted.
Press Box	Press box will be reserved for announcer and clock person in the middle section, Home on the roof, Visitors on the near side, and media on the far side all physically distanced. Windows should not be open more than 3".
Facility Cleaning/Sanitizing	Custodial staff will clean and sanitize the restrooms and remove trash per normal procedures. Coaches will sanitize team equipment, and players will sanitize personal equipment.
Protocols visiting team	Each school will conduct screenings including temperature checks prior to leaving their facility. Anyone arriving to an away event has been cleared by their home school.
Parents/Guardians	Ensure your child and immediate household members are free from illness before allowing child to participate in practice and competition. WHEN IN DOUBT, STAY HOME.
	Provide personal equipment and water bottles for your child and clearly label them.
	Disinfect your child's personal equipment after each game or practice.
	Encourage the use of face coverings, physical distancing, and good hygiene for all household members.

What do kids do with equipment etc in morning when arriving to school?	Players may bring equipment to the locker room to store in their locker before school on their way to Block 1. The locker room will be supervised.
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GOLF Guidelines 2020	
General Precautions	<p>IF YOU FEEL ILL, STAY HOME!</p> <p>All NH and CDC safety precautions are to be followed. Universal Guidelines for NH Employ and Employees are to be followed.</p> <p>No hugging ,shaking hands, fist bumps or contact of any kind. Sanitizer readily available.</p> <p>Face masks should be worn at all times when 6 foot distance between individuals cannot be maintained.</p> <p>No spitting, chewing gum, spitting/chewing seeds.</p>
Daily Screening	The Athletic Trainer/and or coach will take temperatures of athletes. When we are in the Hybrid schedule, all athletes will be expected to self-screen before leaving home for school or practice.
Masks	Masks are permitted at all times. Masks will be required when students/coaches are not actively engaged in physical play. Masks are required in the clubhouse including ProShop, Snack Bar, and restrooms).
Social Distancing	Physical distancing will be required when not actively engaged in physical play. No gatherings in the parking lot, driving range, or putting green. Minimum of 6 ft social distancing is to be observed at all times.
Practice Travel	Students will be required to provide their own transportation to the golf course for practices.
Practice Adjustments	Student should depart immediately from their practice location for home.
Practice Times	Practice times at the golf course are TBD. Please do not show up more than 15 minutes prior.
Event personnel required (and duties)	Laconia Country Club Golf Course personnel only and host coach only.
Prior to Event Travel	All teams will be screened and cleared prior to boarding the bus or car with their own parent. Any student not cleared prior to leaving will not be permitted to travel NOR play in that day's event.
Event Travel	When available, buses carrying approximately 12 students/coaches (to promote social distancing) will transport students to away events. Students will wear face coverings while riding on the bus. This may limit the number of students allowed to travel to away events. Parents may choose to transport their own child to an away event. Parents may NOT transport students who are not their own children. Parents/students who are not taking bus transportation will need to arrive on campus at the designated time to be screened and depart the school at the same time as the bus.
Pregame Conference/Meeting	Will take place with each group (players and host coach) at the first tee. Players and coach should maintain physical distancing and wear masks.
Event Accommodations	The course set up offers ball washers and rakes, we encourage flagsticks to be left in the hole.(however, players may remove them at their discretion)
Event Times	Match times TBD based on course availability.
Fans in Attendance	NO SPECTATORS are permitted at the golf course. Coaches and players only.

Concessions	controlled by the course
Facility Alterations for Events	Follow all course rules.
Hydration	Students will be required to provide their own water/sports drink for practices and games. There will be NO common hydration stations provided.
Personal Sanitization/Cleaning	Sanitizer will be available in the clubhouse. Students should sanitize their hands before and after each practice or game and as often as possible during practices/games. Students are encouraged to shower after returning home after practices or meets.
Equipment Sanitization/Cleaning	No shared equipment or golf balls. All players are responsible for their own equipment and sanitization of it.
Warm up balls/equipment	Each player is responsible for his or own golf balls.
Game balls/equipment	Each player is responsible for his or own golf balls.
Facility Cleaning/Sanitizing	Course will follow CDC and state guidelines for sanitization and cleaning.
Protocols visiting team	Each school will conduct screenings including temperature checks prior to leaving their facility. Anyone arriving to an away event has been cleared by their home school.
Parents/Guardians	Ensure your child and immediate household members are free from illness before allowing child to participate in practice and competition. WHEN IN DOUBT, STAY HOME.
	Provide personal equipment and water bottles for your child and clearly label them.
	Disinfect your child's personal equipment after each game or practice.
	Encourage the use of face coverings, physical distancing, and good hygiene for all household members.

SOCCER Guidelines 2020	
General Precautions	IF YOU FEEL ILL, STAY HOME!
	All NH and CDC safety precautions are to be followed. Universal Guidelines for NH Employ and Employees are to be followed.
	No hugging ,shaking hands, fist bumps or contact of any kind. Sanitizer readily available.
	Face masks should be worn at all times when 6 foot distance between individuals cannot be maintained in meetings, and travel on busses.
	No spitting, chewing gum, spitting/chewing seeds.
Daily Screening	The Athletic Trainer/and or coach will take temperatures of athletes. When we are in the Hybrid schedule, all athletes will be expected to self-screen before leaving home for school or practice.
Masks	Face masks should be worn at all times when 6 foot distance between individuals cannot be maintained in meetings, and travel. on busses. Masks are permitted at all times.
Social Distancing	Physical distancing will be required when not actively engaged in physical play.
Practice Travel	During remote and hybrid learning, students who aren't in school need to self-transport to practices. Students will walk or transport themselves to all practice venues.

Practice Adjustments	As much as possible, practices are not to include person-to-person contact. After practices students are not to return to the school or building. They should depart immediately from their practice location. That means they must bring backpacks and school clothes to practice.
Practice Times	Practices will begin on the scheduled time, do NOT arrive more than 15 minutes prior to your scheduled time.
Event personnel required (and duties)	Game Director: ensure the separation of students on the start line, walk throughs, and warmups. Ensure that fans are not congregating.
Prior to Event Travel	All teams will be screened and cleared prior to boarding the bus or car with their own parent. Any student not cleared prior to leaving will not be permitted to travel NOR play in that day's event.
Event Travel	When available, buses carrying approximately 25 students/coaches (to promote social distancing) will transport students to away events. Students will wear face coverings while riding on the bus. This may limit the number of students allowed to travel to away events. Parents may choose to transport their own child to an away event. Parents may NOT transport students who are not their own children. Parents/students who are not taking bus transportation will need to arrive on campus at the designated time to be screened and depart the school at the same time as the bus.
Pregame Conference/Meeting	Attendance at pregame conference limited to one coach and one player from each team along with one referee. Conference will be moved to center of the field.
Pregame Introductions/Anthem	Teams shall not gather together for pregame introductions of players. All players should report to their starting positions on the field. If introductions are to be done, players can be recognized from the field and bench area.
	If the Anthem is to be played/sung, team members will participate from their spots on the field or bench area. There is not to be congregating during the Anthem.
Event Accommodations	Substitutions: if multiple subs are coming in at the same time, only one should report to the center line and maintain social distancing. When the referee signals for the sub to enter the field, that sub along with others directly from the bench area may enter the field.
	Gloves are permitted.
	Mouthguard requirement is suspended for the 2020 season only. Coaches are asked to remind student-athletes who wear mouthguards to leave them in as much as possible to protect their safety and that of others.
Event Times	As Scheduled, do not show up for homes games more than 15 minutes before coaches requested arrival time.
Score table set up	Only the home team scorer and clock/timer operator are permitted at the score table and must maintain 6 ft social distancing. Visiting team scorer will not be allowed at the table. Athletic trainer should have a visible location maintaining 6 feet of distance.
Team Bench set up	All members of a team on the sideline will observe 6 feet of social distancing.
Fans in Attendance	Fans are to be masked per state 100 person gathering request.
	Physical Distancing will be requested between families(people living in the same household may sit in closer proximity).
Concessions	None
Facility Alterations for Events	More space to allow for physical distancing.
Hydration	Students will be required to provide their own water/sports drink for practices and games. There will be NO common hydration stations provided. Refills can only be provided by the Athletic Trainer.

Personal Sanitization/Cleaning	Students should sanitize their hands before and after each practice or game and as often as possible during practices/games. Students are encouraged to shower after returning home after practices or meets.
Equipment Sanitization/Cleaning	Several game balls will be in play at all times. Ball handlers should wear gloves and game balls will be sanitized at the conclusion of each match.
Warm up balls/equipment	Each team will provide their own sport specific balls and other equipment for warm ups. Teams will not share balls for warm ups.
Game balls/equipment	Home team will provide the required number of game balls to be able to sanitize and rotate in balls as necessary.
Locker rooms/rest rooms - participants (non school days only)	Students are to arrive to practice/events dressed for participation. Locker room access will not be available though bathroom facilities will be accessible.
Locker rooms/rest rooms - participants (school days only)	The number of students permitted into the locker room at one time will be limited. Students will be required to physically distance themselves in a line in the hallway outside the locker room wearing face coverings. Students will change into their uniforms/practice attire quickly.
Rest rooms/spectators	Rest rooms will be available at BONH as usual. Fans are asked not to congregate and leave a minimum of 6 foot distance between guests. After use in practice, disinfecting of used area is required by each individual.
Officials	Officials should arrive to meets dressed to officiate. Officials shall keep 6 foot distance from all coaches, spectators, participants, and timers. Officials should not touch the soccer balls with their hands. Use of face masks and electronic whistles are permitted.
Press Box	Scoreboard operator and filmer with physical distancing.
Facility Cleaning/Sanitizing	Custodial staff will clean and sanitize the restrooms and remove trash per normal procedures. Coaches will sanitize team equipment, and players will sanitize personal equipment.
Protocols visiting team	Each school will conduct screenings including temperature checks prior to leaving their facility. Anyone arriving to an away event has been cleared by their home school.
Parents/Guardians	Ensure your child and immediate household members are free from illness before allowing child to participate in practice and competition. WHEN IN DOUBT, STAY HOME.
	Provide personal equipment and water bottles for your child and clearly label them.
	Disinfect your child's personal equipment after each game or practice.
	Encourage the use of face coverings, physical distancing, and good hygiene for all household members.

UNIFIED SOCCER Guidelines 2020	
General Precautions	IF YOU FEEL ILL, STAY HOME!
	All NH and CDC safety precautions are to be followed. Universal Guidelines for NH Employ and Employees are to be followed.
	No hugging ,shaking hands, fist bumps or contact of any kind. Sanitizer readily available.
	Face masks should be worn at all times when 6 foot distance between individuals cannot be maintained in meetings, and travel. on busses.
	No spitting, chewing gum, spitting/chewing seeds.

Daily Screening	The Athletic Trainer/and or coach will take temperatures of athletes. When we are in the Hybrid schedule, all athletes will be expected to self-screen before leaving home for school or practice.
Masks	Face masks should be worn at all times when 6 foot distance between individuals cannot be maintained in meetings, and travel. on busses. Masks are permitted at all times.
Social Distancing	Social distancing will be required when not actively engaged in physical play.
Practice Travel	During remote and hybrid learning, students who aren't in school need to self-transport to practices. Students will walk or transport themselves to all practice venues.
Practice Adjustments	As much as possible, practices are not to include person-to-person contact. After practices students are not to return to the school or building. They should depart immediately from their practice location. That means they must bring backpacks and school clothes to practice.
Practice Times	Practices will begin on the scheduled time, do NOT arrive more than 15 minutes prior to your scheduled time.
Event personnel required (and duties)	Game Director: ensure the separation of students on the start line, walk throughs, and warmups. Ensure that fans are not congregating.
Prior to Event Travel	All teams will be screened and cleared prior to boarding the bus or car with their own parent. Any student not cleared prior to leaving will not be permitted to travel NOR play in that day's event.
Event Travel	When available, buses carrying approximately 25 students/coaches (to promote social distancing) will transport students to away events. Students will wear face coverings while riding on the bus. This may limit the number of students allowed to travel to away events. Parents may choose to transport their own child to an away event. Parents may NOT transport students who are not their own children. Parents/students who are not taking bus transportation will need to arrive on campus at the designated time to be screened and depart the school at the same time as the bus.
Pregame Conference/Meeting	Attendance at pregame conference limited to one coach and one player from each team along with one referee. Conference will be moved to center of the field.
Pregame Introductions/Anthem	Teams shall not gather together for pregame introductions of players. All players should report to their starting positions on the field. If introductions are to be done, players can be recognized from the field and bench area.
	If the Anthem is to be played/sung, team members will participate from their spots on the field or bench area. There is not to be congregating during the Anthem.
Event Accommodations	Substitutions: if multiple subs are coming in at the same time, only one should report to the center line and maintain social distancing. When the referee signals for the sub to enter the field, that sub along with others directly from the bench area may enter the field.
	Gloves are permitted.
	Mouthguard requirement is suspended for the 2020 season only. Coaches are asked to remind student-athletes who wear mouthguards to leave them in as much as possible to protect their safety and that of others.
Event Times	As Scheduled, do not show up for homes games more than 15 minutes before coaches requested arrival time.
Score table set up	Only the home team scorer and clock/timer operator are permitted at the score table and must maintain 6 ft social distancing. Visiting team scorer will not be allowed at the table. Athletic trainer should have a visible location maintaining 6 feet of distance.
Team Bench set up	All members of a team on the sideline will observe 6 feet of social distancing.
Fans in Attendance	Fans are to be masked per state 100 person gathering request.
	Social Distancing will be requested between families(people living in the same household may sit in closer proximity).

Concessions	None
Facility Alterations for Events	More space to allow for physical distancing.
Hydration	Students will be required to provide their own water/sports drink for practices and games. There will be NO common hydration stations provided. Refills can only be provided by the Athletic Trainer.
Personal Sanitization/Cleaning	Students should sanitize their hands before and after each practice or game and as often as possible during practices/games. Students are encouraged to shower after returning home after practices or meets.
Equipment Sanitization/Cleaning	Several game balls will be in play at all times. Ball handlers should wear gloves and game balls will be sanitized at the conclusion of each match.
Warm up balls/equipment	Each team will provide their own sport specific balls and other equipment for warm ups. Teams will not share balls for warm ups.
Game balls/equipment	Home team will provide the required number of game balls to be able to sanitize and rotate in balls as necessary.
Locker rooms/rest rooms - participants (non school days only)	Students are to arrive to practice/events dressed for participation. Locker room access will not be available Bathroom facilities will be accessible.
Locker rooms/rest rooms - participants (school days only)	The number of students permitted into the locker room at one time will be limited. Students will be required to socially distance themselves in a line in the hallway outside the locker room wearing face coverings. Students will change into their uniforms/practice attire quickly.
Rest rooms/spectators	Rest rooms will be available at BONH as usual. Fans are asked not to congregate and leave a minimum of 6 foot distance between guests. After use in practice, disinfecting of used area is required by each individual.
Officials	Officials should arrive to meets dressed to officiate. Officials shall keep 6 foot distance from all coaches, spectators, participants, and timers. Officials should not touch the soccer balls with their hands. Use of face masks and electronic whistles are permitted.
Press Box	Scoreboard operator and filmer with physical distancing.
Facility Cleaning/Sanitizing	Custodial staff will clean and sanitize the restrooms and remove trash per normal procedures. Coaches will sanitize team equipment, and players will sanitize personal equipment.
Protocols visiting team	Each school will conduct screenings including temperature checks prior to leaving their facility. Anyone arriving to an away event has been cleared by their home school.
Facility Cleaning/Sanitizing	Ensure your child and immediate household members are free from illness before allowing child to participate in practice and competition. WHEN IN DOUBT, STAY HOME.
Protocols visiting team	Provide personal equipment and water bottles for your child and clearly label them.
Parents/Guardians	Disinfect your child's personal equipment after each game or practice.
	Encourage the use of face coverings, physical distancing, and good hygiene for all household members.
	Click Here
Parents/Guardians	Encourage the use of face coverings, physical distancing, and good hygiene for all household members.
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VOLLEYBALL Guidelines 2020	
General Precautions	<p>IF YOU FEEL ILL, STAY HOME!</p> <p>All NH and CDC safety precautions are to be followed. Universal Guidelines for NH Employ and Employees are to be followed.</p> <p>No hugging ,shaking hands, fist bumps or contact of any kind. Sanitizer readily available.</p> <p>Face masks should be worn at all times when 6 foot distance between individuals cannot be maintained in meetings, and travel. on busses.</p> <p>No spitting, chewing gum, spitting/chewing seeds.</p>
Daily Screening	The Athletic Trainer/and or coach will take temperatures of athletes. When we are in the Hybrid schedule, all athletes will be expected to self-screen before leaving home for school or practice.
Masks	Face masks should be worn at all times when 6 foot distance between individuals cannot be maintained in meetings, and travel. on busses. Masks are permitted at all times.
Social Distancing	Physical distancing will be required when not actively engaged in physical play.
Practice Travel	During remote and hybrid learning, students who aren't in school need to self-transport to practices. Students will walk or transport themselves to all practice venues.
Practice Adjustments	As much as possible, practices are not to include person-to-person contact. After practices students are not to return to the school or building. They should depart immediately from their practice location. That means they must bring backpacks and school clothes to practice.
Practice Times	Practices will begin on the scheduled time, do NOT arrive more than 15 minutes prior to your scheduled time.
Event personnel required (and duties)	Game Director: ensure the separation of students on the start line, walk throughs, and warmups. Ensure that fans are not congregating.
Event personnel required (and duties)	<p>All teams will be screened and cleared prior to boarding the bus or car with their own parent. Any student not cleared prior to leaving will not be permitted to travel NOR play in that day's event.</p> <p>When available, buses carrying approximately 25 students/coaches (to promote social distancing) will transport students to away events. Students will wear face coverings while riding on the bus. This may limit the number of students allowed to travel to away events. Parents may choose to transport their own child to an away event. Parents may NOT transport students who are not their own children. Parents/students who are not taking bus transportation will need to arrive on campus at the designated time to be screened and depart the school at the same time as the bus.</p> <p>Ball handlers/sanitizers: someone to ensure the game ball is removed and sanitized at the appropriate times.</p>
Pregame Conference/Meeting	<p>Attendance at pregame conference limited to one coach and the two referees. Conference will be moved to center of the court.</p> <p>There will be no coin toss. The visiting team will serve first in set one and alternate for the remaining non-deciding sets.</p>
Pregame Introductions/Anthem	<p>Teams shall not gather together for pregame introductions of players. All players should report to their starting positions on the court. If introductions are to be done, players can be recognized from the court and bench area.</p> <p>If the Anthem is to be played/sung, team members will participate from their spots on the court or bench area. There is not to be congregating during the Anthem.</p>

Event Accommodations	Substitutions: if multiple subs are coming in at the same time, only one should report to the center line and maintain physical distancing. When the referee signals for the sub to enter the field, that sub along with others directly from the bench area may enter the field.
	Gloves are permitted.
	Teams will NOT switch sides of the court or benches during the match.
	Deciding set coin toss: conference is between one captain from the floor from each team and the 2nd referee. A coin toss called by the home team will determine serve/receive. Teams remain on the sides they have been on for match.
	Substitutions: maintain 6 ft distancing between each sub and the official.
Event Times	The time between matches may be extended to allow for clearing of the gym/court and cleaning.
Score table set up	Only the home team scorer, clock/timer operator, and libero track are permitted at the score table and must maintain 3 ft social distancing while masked. Visiting team scorer will not be allowed at the table. Athletic trainer should have a visible location maintaining 6 feet of distance.
Team Bench set up	All members of a team on the sideline will observe 6 feet of social distancing. Chairs are to be set 6 feet apart.
Fans in Attendance	Only family members and faculty will be permitted to attend games.
	Family members will be required to wear masks while at school athletic events and must maintain a minimum 6 foot separate from other families.
Concessions	None
Facility Alterations for Events	More space to allow for social distancing.
Hydration	Students will be required to provide their own water/sports drink for practices and games. There will be NO common hydration stations provided. Players may use the bottle filling station in the hallway.
Personal Sanitization/Cleaning	Students should sanitize their hands before and after each practice or game and as often as possible during practices/games. Students are encouraged to shower after returning home after practices or meets.
Equipment Sanitization/Cleaning	Several game balls will be in play at all times. Ball handlers should wear gloves and game balls will be sanitized at the conclusion of each match.
Warm up balls/equipment	Each team will provide their own sport specific balls and other equipment for warm ups. Teams will not share balls for warm ups.
Game balls/equipment	Home team will provide the required number of game balls to be able to sanitize and rotate in balls as necessary. A sanitized ball will be put into play at each time-out and after each set.
Locker rooms/rest rooms - participants (non school days only)	Students are to arrive to practice/events dressed for participation. Locker room access will not be available though bathroom facilities will be accessible.
Locker rooms/rest rooms - participants (school days only)	The number of students permitted into the locker room at one time will be limited. Students will be required to physically distance themselves in a line in the hallway outside the locker room wearing face coverings. Students will change into their uniforms/practice attire quickly.
Rest rooms/spectators	LHS Restrooms will be permitted.
Officials	Officials should arrive to meets dressed to officiate. Officials shall keep 6 foot distance from all coaches, spectators, participants, and timers. Officials should not touch the soccer balls with their hands. Use of face masks and electronic whistles are permitted.

Press Box	See scoretable above.
Facility Cleaning/Sanitizing	Custodial staff will clean and sanitize the restrooms and remove trash per normal procedures. Coaches will sanitize team equipment, and players will sanitize personal equipment.
Protocols visiting team	Each school will conduct screenings including temperature checks prior to leaving their facility. Anyone arriving to an away event has been cleared by their home school.
Parents/Guardians	Ensure your child and immediate household members are free from illness before allowing child to participate in practice and competition. WHEN IN DOUBT, STAY HOME.
	Provide personal equipment and water bottles for your child and clearly label them.
	Disinfect your child's personal equipment after each game or practice.
	Encourage the use of face coverings, physical distancing, and good hygiene for all household members.