

## Memorandum

To: HHS Students and Families  
From: Rick Swanson (HHS Principal) and Jim Quatromoni (Athletic Director)  
Date: July 8, 2020  
Re: Athletic and Conditioning Programs

In accordance with MIAA regulations that pertain to all interscholastic sports in Massachusetts, Hingham High School (HHS) and its coaches do not organize or endorse off-season/sport-specific training programs for HHS student-athletes. However, we recognize the common and long-standing practice of high school students seeking to prepare for school sports during the summer months. This year, as we confront the ongoing challenges related to a public health crisis, HHS administrators and coaches would like to emphasize the following points:

- While it's advisable for student-athletes to use the summer months to improve their conditioning, overall fitness, and readiness for the resumption of interscholastic sports, we should all remain vigilant with regard to the risks associated with social gatherings. If a student-athlete or his/her parents/guardians are not comfortable with participation in an organized off-season conditioning program, then he/she should consider alternative ways to work out and stay in shape. The avoidance of an organized program (e.g., in a fitness center, etc.) would be totally understandable and will not diminish any student-athlete's opportunities to compete when we resume school sports.
- *All* organized off-season conditioning programs are open to *all* students at Hingham High School; participation in off-season training is never exclusive to a particular team, and participation is always completely voluntary.
- Off-site activities (e.g., at gyms, training facilities, etc.) are *not* directed by the staff of Hingham High School. As of July 6, 2020, all such facilities should be operating according to Phase 3, Step 1 guidelines for fitness centers.
- Any student who is feeling sick, or is exhibiting any COVID-related symptoms (fever, cough, shortness of breath, chills, muscle pain, headache, sore throat, or new loss of taste or smell), or has potentially been exposed to someone with confirmed or suspected COVID-19, or has tested positive for COVID-19, should not participate in any organized group athletic activities. A potential exposure means having household contact or having close contact (within six feet) with an individual with confirmed or suspected COVID-19 for a prolonged period of time (over 15 minutes) while the person is symptomatic or 48 hours before symptoms developed.

- Self-quarantine of close contacts exposed to COVID-19 prevents transmission to others and is critical to the success of case investigation and contact tracing efforts. For most, self-quarantine can take place at home. If possible, contacts should be asked to voluntarily stay home, monitor themselves, and maintain social distance from others. The timeframe for self-quarantine is 14 days following the last day of exposure to a patient with COVID-19, to ensure that the contact does not get sick and spread the virus to others.

The following guidelines (below, in italics) are excerpted from [state guidelines released on Monday](#) (July 6, 2020). Click [this link](#) to read the full document.

*SPORTS & RECREATIONAL ACTIVITIES ALLOWED DURING PHASE III, STEP 1: The ability to participate in sports and recreation activities is determined by a combination of (1) risk of transmission of COVID-19 inherent in the sport or recreation activity itself and (2) level of risk associated with the “Type of Play”. In Phase III, Step 1, subject to the limitations and guidelines set forth below:*

- *Sports and activities included in the Lower Risk category can participate in Level 1, 2, 3, 4 type of play. Sports and activities included in the Moderate Risk category can participate in Level 1, 2 and 3 type of play. Sports and activities included in the Higher Risk category can participate in Level 1 type of play*
- *Risk Level: Sports and recreation activities are categorized as “Lower Risk,” “Moderate Risk,” and “Higher Risk.”*
  - ***Lower Risk** sports and recreation activities are characterized by: Sports or activities that can be done with social distancing Sports or activities that can be done individually Examples: Batting cages, tennis, swimming, catch, disc golf, golf, individual sailing, yoga & no contact exercise classes, gymnastics*
  - ***Moderate Risk** sports and recreation activities are characterized by: Sports or activities that involve intermittent contact, but with protective equipment or mitigating measures in place that may reduce the likelihood of respiratory particle transmission between participants (e.g., wearing masks, modifying play) Examples: Baseball, softball, crew/sailing (2-3 people in a boat), track and field, cross country, running clubs, team swimming, volleyball, dance class, field hockey, no-contact lacrosse*
  - ***Higher Risk** sports and recreation activities are characterized by: Sports that involve close, sustained contact between participants, lack of significant protective barriers, and high probability that respiratory particles will be transmitted between participants. Examples: Football, wrestling, soccer, rugby, basketball, lacrosse, ice-hockey, competitive cheer, martial arts, crew/sailing (more than 3 people in a boat), ultimate frisbee.*

- ***Type of Play:*** The following types of play are defined by level from least to greatest risk. Level 1: Individual or socially distanced group activities (no-contact workouts, aerobic conditioning, individual skill work, and drills) Level 2: Competitive Practices (Intra-team/group games, contact drills and scrimmages) Level 3: Competitions (Inter-team games, meets, matches, races, etc.) Level 4: Tournaments (Outdoor only)
  - For the purposes of these guidelines, a “Competition” is defined as multiple participants or two teams competing against one another in a single contest. A competition includes, inter-team games, matches, shows, meets, and races.
  - A “Tournament” is a formal contest that consists of multiple games between multiple persons or teams, that might include multiple stages, played in a condensed period of time, such as over the course of a single day or multiple days in a row.
  
- In Phase III, Step 1, only outdoor Tournaments are allowed for Lower Risk Sports. Competition and Tournament Organizers must adhere to the following:
  - Outdoor Competitions & Tournaments: No more than 25 players on any surface/playing areas for team/group sports. No more than 100 people including participants, players, coaches, volunteers, spectators in the aggregate in, on, or surrounding any surface/playing area or start/finish lines at any one time, provided that there is adequate space for all participants, players, coaches, volunteers and spectators to maintain at least six feet social distancing, recognizing that for some moderate risk sports intermittent contact may occur for players. Spectators must wear facial coverings and maintain six feet of social distance at all times. For competitions and tournaments in the water, the aforementioned limitation applies to any applicable activities on land. No spectators allowed for sports and activities played by individuals 18 years and older.
  - Indoor Competition Capacity: No more than 25 players on any surface/playing areas for team/group sports. No spectators allowed for indoor competitions for sports and activities played by individuals 18 years and older. If an indoor facility has a chaperone or spectator viewing area which allows for at least six feet social distancing between spectators and the presence of spectators plus players/coaches as well as staff does not cause the facility to exceed more than 40% of the maximum occupancy for the indoor facility, then 1 spectator per player under 18 years old are allowed to attend. Spectators must wear facial coverings and maintain six feet of social distance at all times.
  
- For facilities with multiple fields, surfaces, courts, organizers should set Competition and Tournament schedules with a buffer to prevent the overlap of

*participants and to allow for disinfection of equipment and cleaning of commonly touched surfaces, if necessary. Games should end in a draw if time expires.*

All HHS coaches have been informed of these regulations and will remain up-to-date on any changes. Moreover, they understand that all voluntary off-season programs (including student-organized activities) should adhere to the following guidelines:

- No shared food or drink.
- Student-athletes should bring their own water and arrive dressed for activity.
- No locker room access.
- Student-athletes should exit the property immediately at the conclusion of activity.
- Until further notice, there will be no access to indoor weight training or gymnasium usage at HHS.

If any voluntary sports-specific summer league opportunities develop, these opportunities will come with additional communication and parental permission slips prior to participation.

Updated guidance will be provided upon moving into Phase 3, Step 2.

As always, the health and safety of our students will remain our highest priority.