



# ROCKY MOUNT ACADEMY

## Rocky Mount Academy Return to Competition Plan

### Goal:

Return to athletic competition safely with a return-to-compete operation plan aligned with the Guide to Reopening Rocky Mount Academy ([www.rmacademy.com/covid](http://www.rmacademy.com/covid))

The Rocky Mount Academy athletic program will follow guidance from the [NCDHHS](#) and [CDC](#) and will use [NCISAA](#) as a resource for minimum standards.

### Projected Competition Dates:

*All dates are subject to change based on the Governor's identified Phase and the COVID-19 positivity rate both on campus and in the general area of Nash County. Seasons may be shortened depending on community circumstances.*

Low Risk Sports	Competition Allowed Rocky Mount Academy	Competition Allowed: NCISAA
Cross Country, Tennis	09/08/2020	09/08/2020
Moderate Risk Sports	Competition Allowed Rocky Mount Academy	Competition Allowed: NCISAA
Volleyball, Soccer	02/22/21 – 03/26/21	09/14/2020
High Risk Sports	Competition Allowed Rocky Mount Academy	Competition Allowed: NCISAA
Football	02/22/21 – 3/26/21	09/21/2020

\*Coaches will determine, in the days ahead, how to proceed with practice for athletes that have been involved in summer workout and practices for fall sports. That information will be shared by September 4, 2020.

\*\*Competition plans and dates for Cross Country and Girls' Tennis are dependent on the Executive Order and Phase updates for North Carolina scheduled to be announced on September 11, and current COVID data in Nash County (cases, clusters, etc.). The Governor's announcement may impact competition plans and dates.

\*\*\*Under the current Phase 2 Plan for North Carolina, the NCDHHS "does not recommend sports activities for which participants cannot maintain social distancing and close contact is frequent and/or prolonged. Organized sports in which participants cannot maintain social distancing are not recommended. These sports typically require coaches and athletes who are not from the same household or living unit to be in close proximity, which increases their potential for exposure to COVID-19. For these sports, it is recommended that activities are limited to athletic conditioning, drills, and practices in which dummy players, sleds, punching bags and similar equipment are used but athletes are not playing the actual sport, itself. These activities can allow athletes to condition and prepare for sports if and when they are played in the future. Examples include football, competitive cheer, lacrosse, basketball, soccer, wrestling, rugby, and hockey (and volleyball)."

LOWER RISK

HIGHER RISK



Skill-building drills at home



Team practice



Within-team competition



Competition with teams from your area



Full competition from different areas

## Rocky Mount Academy Return to Competition Plan (9.01.20)

Areas for Consideration	Rocky Mount Academy Protocols Alignment
<b>Fans</b>	Per NCISAA, fans will not be permitted at competitions. We are determining the availability of some live streaming at competitions for tennis and cross country.
<b>Transportation</b>	If buses are used to transport students, coaches will follow strict CDC guidelines for bus transportation. If a parent chooses to transport their child, a signed release form will be required. (You may not transport others, and this is a reminder that <b>you will not be permitted to stay.</b> )
<b>Social Distancing</b>	Sidelines should be clearly marked so players and coaches can maintain six feet of distance at all times. Six feet between players and coaches should be maintained during practices and competitions. High fives, handshakes and any physical contact is prohibited. When social distancing cannot be maintained, players should wear a face covering. See below.
<b>Face Coverings</b>	<u>Face coverings</u> must be worn indoors at all times. Face coverings should be worn outdoors when six-feet cannot be maintained when exercising. Face coverings are not required when drinking water, swimming, or engaged in strenuous outdoor exercise.
<b>Hygiene</b>	The Athletic Department will ensure that readily available alcohol-based hand sanitizer (with at least 60% alcohol) is available during practice and/or competition for all teams indoors and outdoors. The Athletic Department will require hand washing of athletes, coaches, staff, and participants upon arrival, after contact with other individuals, after performing cleaning and disinfecting activities, and frequently throughout the sports program or activities.
<b>Competition</b>	Travel and schedules for competitions at this time will be limited to CIC conference teams only. Competitions, if played, will be with schools that do not have current COVID clusters at the time of competition.
<b>Equipment/Water</b>	Players should continue to bring their own water bottles. Equipment may not be shared between players until released to do so.

<b>Coach &amp; Staff Training</b>	The AD and staff are responsible for ensuring that off-campus coaches receive and read the Re-Entry Plan and complete safety training as established by the RMA Covid Task Force.
<b>Locker Room</b>	Locker rooms are closed to visiting teams. Rocky Mount Academy teams will travel dressed for competition.
<b>Monitoring for symptoms</b>	Only students who completed the Rocky Mount Academy COVID screening and temperature screening, with a “go” the morning of practice may participate in sports activities. Students, coaches, or staff required by the School to isolate or quarantine may not return to play until officially cleared by the Head of School and School Nurse at Rocky Mount Academy.
<b>Family Choice</b>	Student participation in athletics is not a school requirement. Families should make their own choice about participating in sports based on their own risk tolerance.

In keeping with the principles set forth in the Guide to Reopening Rocky Mount Academy, The RMA Board of Trustees has tentatively approved the following schedule for athletics for 2020-2021. The “Alternate Plan” offered by the NCISAA allows moderate and high risk sports to compete in February and March if any school opts not to play these sports in the fall due to COVID concerns. **The following outlines RMA’s schedule with the “Alternate Plan” model:**

**I. Fall Season (Regular NCISAA/CIC Season Schedule) Cross Country and Girls Tennis**

**September 8 – October 30**

**8 weeks of competition**

NCISAA Fall Team Sports Championships Starting Oct 20, ending October 31

**Opt out of NCISAA Play: Football, Volleyball, Soccer**

**II. Winter Season (Regular NCISAA/CIC Season Schedule) Swimming and Basketball**

**November 2 – February 12 (reg. season)**

**11 weeks of competition**

NCISAA Winter Sports Championships Swimming: Feb 8/Basketball: ending February 27

**III. Alternate Fall Season: Football, Volleyball, Boys Soccer**

**February 22 – March 26**

**5 weeks of competition**

No NCISAA Post Season Competition

**IV. Spring Season (Regular NCISAA Season Schedule) Baseball, Boys Tennis, Girls Soccer, Golf**

**March 29 – May 15**

**6 weeks of competition**

NCISAA Spring Championships May 10 - 15