

Region 10 Sports Return to Play Plan

The Region 10 Sports Return to Play Plan has been developed in alignment with DPH and CIAC recommendations. The policies and specific guidelines have been sourced from Region 10 Districtwide Plan (which is closely aligned to the CT School Reopening Plan as well as the American Academy of Pediatrics Guidance for School Re-entry), the CIAC Fall Sports Plan and the NFHS Guidance for Opening Up High School Athletics and Activities. Region 10 Athletics has established reopening criteria that focuses on the health and safety of our athletes and members of our school community and the social and emotional well-being of our student-athletes. Region 10 feels that under the guidance of the DPH and the CIAC, the current Connecticut COVID health metrics support the safe return to play for our student athletes. A safe return of extracurricular activities will motivate all students to engage in learning experiences, whether in-person or virtual, while addressing their cognitive, social, emotional, physical, and mental well-being.

Region 10 Sports Safety Plan and Guidelines

At its core, the Region 10 Athletics Safety Plan utilizes the five mandated strategies to mitigate risks in school, as set forth in the CT School Reopening Plan:

- Face coverings/masks
- Regular hand washing/sanitizing
- Maximizing social distancing
- Cohorting students as much as possible
- Sanitizing/Cleaning of equipment

These strategies are referenced throughout the following sport specific guidelines.

Procedures and Policies

All Sports:

Building from Cohorts to Competition

All fall sports at Region 10 will follow the most recent established timelines that have been agreed upon by the DPH and CIAC for resocialization and reopening of high school sports. They can be found in the CIAC Fall Sports Plan and currently include the schedule below.

August 29th – September 20th:

- Cohorts with a maximum size of 10
- 1-hour practices comprised of 30 minutes of conditioning and 30 minutes of skill work.
- Skill work is non-contact and maintains a social distance of 6 feet for all participants.

- Additional time can be spent with student-athletes online to review game film, playbooks, etc.

September 21st – September 25th:

- Full team practices
- 90 minute practices
- Progression to full speed play
- Additional time can be spent online with student athletes

September 26th – September 30th:

- 120 minute practices
- Scrimmages may begin on September 26th

October 1st – November 21st:

- Full team 2-hour practices
- Coaches should be aware of student-athletes' conditioning levels and account for individual progressions on an individual basis
- Games may be played

Competition Plan

All teams in all sports will be re-aligned to compete regionally against neighboring schools only. In addition, the number of games played will be reduced to 12 for all sports. The competing regions will be as follows:

Boys & Girls Soccer, Girls Volleyball, Cross Country:

- Avon
- Bristol Central
- Bristol Eastern
- Farmington
- Lewis Mills
- New Britain
- Plainville
- Southington

Field Hockey:

- Avon
- Canton
- Farmington
- Granby
- Lewis Mills
- Simsbury
- Southington

Pre-screening and Reporting of Symptoms

Following the NFHS Medical Guidelines, all Region 10 athletes will be given a pre-workout screening at the start of each session:

- Coaches will verbally screen athletes for signs/symptoms of COVID-19 prior to a workout. The screening checklist used has been taken from the CDC Symptoms of Coronavirus.
 - Fever or chills
 - A new uncontrolled cough
 - Shortness of breath
 - Difficulty breathing
 - Sudden loss of your sense of taste or smell

- Any person with positive symptoms reported before or during a session will be immediately referred to medical personnel and be isolated in accordance with Region 10 school policy.
- Christine Weaving (Lewis Mills Athletic Trainer) will be the point person for any medical related circumstances related to Covid-19 and athletics.
- In responding to scenarios involving athletes reporting symptoms, Region 10 Athletics would follow the protocols set forth in the Region 10 Districtwide Plan, pages 48-52.

Additional Policies:

- Keep accurate records of those athletes and staff who attend each practice in case contact tracing is needed.
- Masks must be worn by coaches at all times.
- Cohorts will remain intact throughout the initial 3-week phase of practice.
- Cohort arrangement will utilize the A-K, L-Z cohorts for all students as much as possible.
- Students should wear their own appropriate workout clothing (do not share clothing), and individual clothing/towels should be washed and cleaned after every workout.
- Hand sanitizer will be provided at all contests and practices.
- Athletes should tell coaches immediately when they are not feeling well.
- Cloth face coverings are worn by athletes upon arrival/departure to/from practice and should be used during practice when exertion levels are low.
- All required athlete medical information must be submitted through FamilyID before any athlete is allowed to participate in athletics.
- Locker rooms will not be used during the fall 2020-21 season, with the exception of athlete gear storage and approximately 20 minutes of monitored time to change after school. During this time individual teams will be staggered to ensure locker room capacity is kept to a minimum.
- Parent transportation policy to and from events will be revised to allow individual athletes to travel with parents.
- Visiting teams will come prepared to play, wearing masks upon entry, no use of locker rooms.
- Teams will maintain separation during warm-up.
- Players on the bench will maintain social distancing.
- Suspend post-game protocol of shaking hands.

Sport Specific Guidelines:

Region 10 Athletics aligns to the guidelines set forth by the CIAC and DPH, which are actively updated to include the most current accepted practices. Links to these guides are provided in the References section. While the guidance put forth in this document is the most accurate at the time of planning, it is likely that a change in guidance will affect the course of action going forward. To date, only initial mitigation strategies have been provided for football with more comprehensive guidelines to be released soon. Mitigation strategies for Cheerleading and Crew have been developed by CCC committees using guidance from the respective national sport governing bodies. Region 10 Athletics sport specific plans and key guidelines are listed below.

Cross Country

Key guidelines:

1. Coaches must become aware of each student's fitness level and be especially conscious of inexperienced players.
 - a. Coaches must develop a plan for progression of conditioning. That progression should extend over the entire preseason.
 - b. August 29- September 20: Sessions can not exceed one hour. Coaches should design a 3- week conditioning progression with runners in cohorts of 10 that can maintain 6 feet of social distancing while training.
2. The practice schedule for the Cross Country 2020 Fall Season will go as follows:

September 21- September 25: Teams may have full practice for 90 minutes.

September 26- 30: Teams may have full practice for 90 minutes.

September 21- November 6: Athletes will begin competing in races on October 1, 2020. Coaches should continue to monitor the conditioning progression of their athletes and only enter them into races when they are prepared to run.
3. The size of each race should be SMALL with a limit 50 competitors on the start line per race using a combination of limiting number of teams (2,3,4, n) and/or number of athletes per team (7,8,9,10, n). To accommodate larger teams, additional races can be added using races at shorter distances (2.5k, 3k,4k, etc). Additional factors to be considered include:
 - Width of Start line that should include 6-foot space between teams. Teams can align any extra athletes behind the starting seven athletes.
 - Availability & number of facility restrooms.
 - District transportation restrictions
 - Shelter in place restrictions including social distancing protocols.
4. The Finish line and Results can be easily managed if these factors are considered:
 - At the finish line eliminate the 'chutes' or 'corrals' to discouraged clustering of competitors. (The NFHS CC Rules in Section 3-Article 5 & 6 should be suspended.)

- Basic Method using a manual system consisting of a timer, a finish line judge calling order and 1-2 persons recording TEAM places on a numbered check-sheet.
 - Numbered finish cards or finish sticks can be used as long as they are dispensed by masked & gloved officials and athletes are instructed to dispose after recording their finish place with their coach.
 - Team scores can be quickly calculated by end of meet while coaches can submit their Individual results to the coach/meet director for completion of overall results within 24-48 hours.
 - Use of phone/tablet cameras on a tripod can be used as a backup system to record the finish order per NFHS Section 3-Article 4A.
 - Numbered bibs can also aid in tracking individuals at the finish line.
5. Additional site considerations include:
- All event attendees including coaches, athletes, meet personnel, athletic trainers and spectators are required to wear face masks when social distancing cannot be maintained.
 - Finish line officials should consider using disposable gloves that are changed between races.
 - Athletes are required to wear a mask except during rigorous team warm-up routines and during competition.
 - Consider widening the course to at least 6-feet at the narrowest point(s) for athletes to pass during a race. (The NFHS CC Rules in Section 1-Article 3-1a would be modified from 3ft to 6ft.)
 - Consider overall time allotted for the meet at the facility, where in case of a multi-race meet there also needs to be time to bring teams into the meet area, race and then leave the meet area before allowing the next segment of participants to enter the race area.
 - Designated locations with appropriate signage including Team areas to eliminate interaction of teams before and after the meet. Separate warm-up areas for athletes can also reduce interaction among teams.
 - If spectators are allowed, then signage is needed to indicate where they can assemble. Spectators should be socially distanced from the Team, Start and Finish areas to prevent cross contamination of cohort grouped teams.
 - Adherence to all state and local social distancing advice and guidelines for group gatherings.

Field Hockey

Key guidelines:

August 29 - September 20 (cohorts of 10) 1-hour practices comprised of 30 minutes of conditioning and 30 minutes of skill work. Skill work is non-contact and maintains a social distance of 6 feet for all participants. Additional time can be spent with student-athletes online to review game film, playbooks, etc.

1. Coaches must become aware of each student's fitness level and be especially conscious of inexperienced players.
 - a. Coaches must develop a plan for progression of conditioning. That progression should extend over the entire preseason.

- b. During the conditioning period of the preseason balls/sticks may be used for drills, as the coach deems necessary for training for quickness, speed or agility. Teams may use balls/sticks for positioning drills and tactical instruction.
- c. No inter-squad scrimmages during the pre-season conditioning period.
- d. Each student will be responsible for their own supplies (eye gear and sticks).
- e. Students should wear their own appropriate workout clothing (this includes specialized goalie equipment). All equipment must be sanitized appropriately before use.

September 21 – September 25

- Full team practices
- 90 minute practices
- Progression to full speed play
- Additional time can be spent online with student athletes

September 26 – September 30

- 120 minute practices
- Scrimmages may begin on September 26

October 1 – November 7

- Full team 2-hour practices
- Coaches should be aware of student-athlete's conditioning levels and account for individual progressions on an individual basis
- Games may be played

2. It is important for the schools to communicate with each other prior to the contest. Coaches should discuss:
 - a. Bench space
 - b. Field entrance and exits
 - c. Space to put bags, clothing, etc.
 - d. Balls/Sticks sanitizing procedures

3. Sportsmanship standards remain in place as detailed in the "CIAC Class Act" program and the tournament packet for all regular season and post-season contests.
 - a. Officials and teams should refrain from shaking hands and maintain distance.

Girls Volleyball

Key guidelines:

Masks will be worn by players during practice and competition.

PRE-SEASON PRACTICE IN COHORTS 8/29/2020 to 9/20/20

1. Coaches must become aware of each student's fitness level and be especially conscious of inexperienced players.
 - a. Week 1: 8/29 through 9/4, 60 minute practices
 - b. Week 2: 8/5 through 9/11, 60 minute practices
 - c. Week 3: 9/12 through 9/20, 60 minute practices
 - d. Coaches must develop a plan for progression of conditioning. That progression should extend over the entire preseason.

- e. During the Pre-Season Practice period balls may be used for drills, as the coach deems necessary for training for quickness, reaction, speed or agility. Teams may use balls for positioning drills and tactical instruction.
- f. No inter-squad scrimmages during the pre-season period.
- g. During the Pre-season period students must remain in cohorts of no more 10. The same 10 kids must work in a group through the preseason. Cohorts must remain far from each other. Kids should remain at least 6 feet away from the others in their cohort.
- h. Pre-season practice and conditioning should take place outdoors as much as possible. Schools should find a safe flat area outside for conditioning and skill work.
- i. If possible, schools should construct a volleyball court on a flat grass area.
- j. Only one cohort of 10 kids should be allowed inside a gym at a time. If a gym can be sectioned using a hard divider, one cohort may occupy each section.
- k. Masks must be worn by coaches at all times.
- l. When practicing indoors, masks should be worn by students if they feel they can play without distraction and are able to continue adequate respiration.
- m. A suggestion is to have players at different positions in each cohort.
- n. No contact such as team huddles, cheers, or close up play (such as spiking/blocking drills.)

POST SEASON

The CIAC will collaborate with league commissioners, athletic directors, and coaches to develop a tournament experience during the last two weeks of the fall season. No team will be eliminated from competition during this experience to maximize the number of games each team will be able to play through the fall season.

Soccer

Key guidelines:

PRE-SEASON

1. Coaches must become aware of each student's fitness level and be especially conscious of inexperienced players.
 - a. Coaches must develop a plan for progression of conditioning. That progression should extend over the entire preseason.
 - b. During the conditioning period of the preseason balls may be used for drills, as the coach deems necessary for training for quickness, speed or agility. Teams may use balls for positioning drills and tactical instruction.
 - c. No inter-squad scrimmages during the pre-season conditioning period. Full team scrimmages may take place beginning September 26th.

POST SEASON

2. A Tournament experience is scheduled to take place in November. The exact format is yet to be determined.

REGULAR SEASON

3. It is important for the schools to communicate with each other prior to the contest. Coaches should discuss:
 - a. The home team spectator policy (who, if anyone, is allowed at the field as a spectator). If spectators are in attendance, they should not be allowed within 12 yards of the field of play.
 - b. Bench space
 - c. Field entrance and exits
 - d. Space to put bags, clothing, etc
 - e. Ball sanitizing procedures
 - f. Sportsmanship standards remain in place as detailed in the "CIAC Class Act" program and the tournament packet for all regular season and postseason contests. Officials and teams should refrain from shaking hands and maintain distance.

Football

Key guidelines:

11-v-11 Football games have not been sanctioned by the CIAC this fall, but low-risk football activities including conditioning and skill development can continue. Below are the guidelines for these activities:

- Players will work in cohorts of maximum 10.
- 1-hour practices comprised of 60 minutes of conditioning.
- Skill work is non-contact and maintains a social distance of 6 feet for all participants.
- Additional time can be spent with student-athletes online to review game film, playbooks, etc.
- 8/31-9/2 Helmets can be worn.
- 9/3-9/5 Helmets and shoulder pads may be used and contact only with sleds and tackling dummies may be initiated. Six feet of social distance must be maintained and equipment must be sanitized between each individual player use.

Cheer

Key guidelines:

Team Considerations

- The CCC Guidelines were developed from USA Cheer Guidance and Recommendations.
- Cheer at home games. All CCC teams stay at home site and not travel
- Cheer at other sports' home games (in place of football games).
- Sideline cheer only, no stunting

Athlete Requirements

- Athletes exhibiting any symptoms should not attend practice.
- Face masks or cotton face coverings will be worn at all times, before and after exertional activity and during all instruction, chalk talk sessions, team meetings.

- Athletes will arrive dressed for practice in proper practice attire.
- Athletes must bring an ample supply of water. There will be no sharing of water bottles.
- There is no sharing of personal items (clothing, towels, water bottles).

Staff Procedures

- Staff will complete the COVID 19 Self Screen prior to each session.
- Coaches will follow the same procedures as athletes if symptoms present.
- Coaches are required to wear a facemask or other cloth face covering that completely covers the mouth and nose. Masks should be worn at all times.

Arrival and Dismissal Procedures

- Athletes who arrive to practice/games will be asked to park in the lot. Athletes are not to leave their vehicles until cleared by staff.
- Separate entrances and exits will be determined when in cohorts to avoid cross contamination in transition.
- Athletes are asked to arrive no more than 15 minutes prior to practice.
- All athletes are expected to immediately leave the practice site at the conclusion of practice. There is to be no gathering before or after sessions.

Social Distancing Procedures

- All athletes should be placed a minimum of six (6) feet apart during all practice sessions.
- Athletes should be facing forward while performing sideline cheers.
- Each line should be staggered so that athletes are not standing directly behind another athlete.

Cleaning Procedures

- Where possible, athletes should be assigned appropriate equipment and use that equipment for the duration of the season (i.e. poms).
- Shared equipment should be appropriately disinfected at the conclusion of cohort session, full practice or between use where applicable. District cleaning protocols should be followed but may include disinfectant sprays, wipes, UV lights etc.
- Chairs, benches and bleacher use should be limited where possible. Appropriate cleaning between use should be arranged (spray, wipe down etc.)

Locker rooms/Restrooms

- If used, only a small group of athletes should be permitted at one time. Athletes should be able to maintain twelve (12) feet of distance while indoors.
- Athletes should not store any equipment or personnel items in the locker room. All items should be taken home to be properly laundered or disinfected.
- Use of the restrooms should be limited to one at a time (or one per every other stall) to limit gathering.
- Hand washing stations should be available. In the absence of running water and soap, hand sanitizer should be available

Game Day Procedure

- Athletes arrive dressed in uniform and proper footwear.
- Coaches will prepare appropriate sideline spacing for athletes to remain during the game (perhaps marking these spaces will serve as a reminder during the excitement of games).

- Sideline cheers will be performed with all athletes facing the same direction to avoid potential exposure to respiratory droplets.
- Physical contact with the opposing team (if traveling) should be avoided. Contact should be limited to greeting from a proper distance and using creative means to extent that greeting (no hand shaking, hugs etc.)

Other Considerations

- Appropriate, free of obstruction space for practice sessions should be available.
- Athletes should stay in their assigned space, cohort until released by a coach.
- Encourage creative greetings without contact, discourage high fives, handshakes, hugs etc.
- Practice sessions should include carefully planned conditioning component to help bring athletes back from deconditioning state (CIAC Fall Sport Plan)

Crew

Key guidelines:

Team Considerations

- The CCC Guidelines were developed from USRowing Guidance and Recommendations.
- Fall regattas will not take place.
- Through September, athletes will train outdoors, on-campus.
- Ergs will only be used outdoors and will be spaced appropriately.
- On water practice at Winding Trails will be addressed in late September upon further evaluation of current metrics and safety standards at the off-site facility.
- Any safety protocols listed below that refer to on-water situations will only be utilized based on the decision for Winding Trails practices in October.
- If on water practice were to commence, consideration will be given to 1 or 2 race dates against a single, local opponent later in October.

Athlete Requirements

- Athletes must come dressed in clean workout clothes
- Athletes must bring filled water bottles. There will be NO SHARING of water.
- There is no sharing of personal items (clothing, towels, water bottles).
- Athletes should arrive with a mask on and should wear the mask unless engaged in active play. While engaged in the active play of sports or strenuous activities, athletes do not need to wear a face covering. However, athletes shall wear face masks at all other times. Coxswains will wear face mask and face shields while coxing boat.

Coxswain Requirements

- Coxswains will be assigned a cox box, life jacket and tools for the season.
- Coxswains will be provided a face shield to be worn while coxswaining a boat
- Coxswains will be required to wear a face mask at all times

Arrival and Dismissal Procedures

- Athletes who arrive in cars will be asked to park in the lot. Athletes are not to leave their cars until they have been cleared by staff.
- Athletes who arrive by bike will park their bike in an assigned spot. They are to stay in the spot until they have been cleared by staff.

- Once they have passed the health screening they will be directed to their spot with their coach.
- Athletes will enter the boathouse area one way and exit via a different route.

PPE

- All employees are required to wear a facemask or other cloth face coverings that completely cover the nose and mouth when working with the athletes.
- Employees may utilize their own cloth face covering over that provided by their employer if they choose.
- Athletes should arrive with a mask on and should wear the mask unless engaged in active play. While engaged in the active play of sports or strenuous activities, athletes do not need to wear a face covering. However, athletes shall wear face masks at all other times
- Coaches on the water in launches do not need to wear a cloth face if 12 ft of distance can be maintained. Coaches will put face masks on before and after getting into a launch.
- Coxswains
 - Coxswains will be assigned a cox-box, life jacket and tools for the season.
 - Coxswains will be given a face shield to wear while coxswaining boat.
 - Coxswains will also be required to wear face masks.

Social Distancing

- All rowing machines will be placed 6-8' apart, unless indoors. Then they will be placed a minimum of 12' apart.
- Each athlete will be assigned a rowing machine at the start of each day. There will be no sharing of equipment during practice.
- Locker Room and bathroom use will be limited.

Water Station

- Athletes and coaches shall be required to bring their own FILLED water bottles. There will be NO SHARING of water bottles.

Cleaning Procedures

- Rowing Machines will be cleaned prior to and at the end of each practice.
- Oars and boats will be cleaned prior to and at the end of each practice.
- Coxswains will not share their equipment but will need to wipe their equipment down at the end of each practice.
- Hand sanitizer shall be made available at entrance points and common areas, where possible.
- Coaches will wash their hands routinely using soap and water for at least 20 seconds.

Water Practices & Competition

Considerations: All US Rowing events have been canceled for the 2020 season to ensure rower safety and remove the possibility of an outbreak as a result of the gathering of large numbers of spectators. This committee will continue to look at options that may be available for programs within a geographically appropriate region to come together to race. State guidelines on appropriate gathering numbers at the time competition begins will be followed. It is important to note that proper permits to hold races must be in place and require a minimum of 45 days advance notice. As such, any competition that might be possible would not be scheduled prior to mid-October.

Athletes shall

- Continue to practice social distancing guidelines as discussed previously, including completing self-check in, wear proper face covering at all times (except exertional practice), maintain a minimum of 6 feet from others when not in a boat.
- Refrain from attending practice if presenting any symptoms on the COVID-19 self-check.
- Wash hands often with soap and water for a minimum of 20 seconds and/or apply hand sanitizer to as needed
- Not share clothing, towels, water bottles or other personal items with teammates.
- Do his/her part to ensure all safety measures are strictly followed and proper cleaning/disinfecting of equipment is occurring, both before and after use.

Coaches shall

- Continue to practice social distancing guidelines as discussed previously, including completing self-check in and wearing appropriate face mask or cloth face covering at all times.
- Refrain from attending practice if presenting any symptoms on the COVID-19 self-check.
- Wash hands often with soap and water for a minimum of 20 seconds and/or apply hand sanitizer to as needed
- Ensure proper social distancing among athletes is maintained at all times. This includes team “chalk talk” or pre/post practice discussions.
- Take attendance and record boat assignments daily so that proper contact tracing can occur should a case present.

Equipment

- All equipment will be properly washed after each use by the athletes using the equipment. This includes the boats, seats, oars etc.
- Coxswains will be responsible for disinfecting their equipment after each use and storing properly until the next session/use.
- Oars will be disinfected and taken to the dock/launch area by athlete using those oars
- After use and cleaning, athlete shall carry his/her oars back to storage
- Boats will be cleaned after each use by the athletes in that boat. If used by another group immediately after a session, it must be properly cleaned disinfected between use

Docks/Launch Area

- Personnel on the dock will be limited to only essential staff and coaches.
- All essential staff, including launch drivers and coaches will maintain six feet distance while on docks directing boats. Once in their designated launches, coaches/staff may remove their face covering if in the launch by him/herself.
- Boats will be launched one at time from the dock/launch area. Other boats should wait off the dock/launch area until the boat prior has pushed off.
- Hand sanitizer should be available on the dock for use by staff, coaches and athletes.

Unified Sports

- No Unified-specific guidance documents have been made available to date.
- Unified Sports would follow all policies and procedures consistent with both the Region 10 School Reopening Plan and the sport specific guidelines for the activity they engage in (typically soccer in the fall).
- There are no current plans to host or travel to other schools for competition at this time.

Spectator Attendance

No decisions/policies for spectators have been developed at this time. If the CIAC and DPH agree that games can go on in the future, spectator attendance will be considered at Region 10 facilities where social distancing and other common mitigation strategies can be implemented.

References

CIAC Fall Sports Plan:

https://www.casciac.org/dlplan/updated826v2.pdf?dltime=2020-09-02_13-30-09

NFHS Guidance for Opening Up High School Athletics and Activities

<C:\Users\pelcharj\OneDrive - region10ct.org\Covid\NFHS Re-opening Guidelines 5-15-2020.pdf>

Region 10 Districtwide Plan

https://www.region10ct.org/UserFiles/Servers/Server_466434/File/District%20Info/Districtwide%20Docs/Reopening_Plan_20200824_0920.pdf

CT School Reopening Plan

<https://portal.ct.gov/-/media/SDE/COVID-19/CTReopeningSchools.pdf>

American Academy of Pediatrics Guidance for School Re-entry

<https://services.aap.org/en/pages/2019-novel-coronavirus-covid-19-infections/clinical-guidance/covid-19-planning-considerations-return-to-in-person-education-in-schools/>

CDC Symptoms of Coronavirus

<https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/symptoms.html>

CIAC Boys & Girls Cross Country Fall 2020 Guide

<https://www.casciac.org/tp/xc2021.pdf?1=2>

CIAC Field Hockey Fall 2020 Guide

<https://www.casciac.org/tp/gfh2021.pdf?1=2>

CIAC Girls Volleyball Fall 2020 Guide

<https://www.casciac.org/tp/gvb2021.pdf?1=2>

CIAC Boys & Girls Soccer Fall 2020 Guide

<https://www.casciac.org/tp/soc2021.pdf?1=2>

CIAC Football Fall 2020 Guide

<https://region10ctorg->

[my.sharepoint.com/personal/pelcharj_region10ct_org/Documents/Covid/football%20calendar%20updated.pdf](https://region10ctorg-my.sharepoint.com/personal/pelcharj_region10ct_org/Documents/Covid/football%20calendar%20updated.pdf)

CCC Cheerleading Guidelines

<https://region10ctorg->

[my.sharepoint.com/personal/pelcharj_region10ct_org/Documents/Team%20Folders/z%20Other/Cheer/CCC%20Cheerleading%20Covid%20Considerations%20PDF.pdf](https://region10ctorg-my.sharepoint.com/personal/pelcharj_region10ct_org/Documents/Team%20Folders/z%20Other/Cheer/CCC%20Cheerleading%20Covid%20Considerations%20PDF.pdf)

CCC Fall Crew Guidelines

<https://region10ctorg->

[my.sharepoint.com/personal/pelcharj_region10ct_org/Documents/Team%20Folders/z%20Other/Crew/Crew%20Covid%20Guidelines%20PDF.pdf](https://region10ctorg-my.sharepoint.com/personal/pelcharj_region10ct_org/Documents/Team%20Folders/z%20Other/Crew/Crew%20Covid%20Guidelines%20PDF.pdf)