



HLS Athletics Program COVID Protocols - Updated September 2021

Hope Lutheran School is pleased to return to sports this fall! The school's priority is keeping students in school and so that takes priority over athletics and clubs. Mr. Goodspeed, Mrs. Okabayashi and Mrs. Neafcy have worked together to review the updated COVID guidance from the Department of Health and have decided to offer three sports at this time: soccer, cross country and volleyball. All coaches, athletes and spectators/families must adhere to the following guidelines as part of the decision to participate in fall sports. If a student is diagnosed with COVID or has close-contact, all teams will follow school protocols. If a student prefers to wear a mask in all athletic situations, that is completely acceptable.

Soccer

Coaches must wear face masks at all times. Players must wear face masks when not actively practicing or competing in a game. For example, players who are on the sideline during a game must wear masks, or players who come out of a game must mask up. Unvaccinated fans/spectators must remain masked at all times; vaccinated fans/spectators are encouraged to wear masks outside. If applicable, fans/spectators must remain masked inside regardless of vaccination status. All spectators are encouraged to remain socially distanced from one another. Players/coaches/fans are encouraged to refrain from touching one another (for example, do not "high 5" each other).

Cross Country

Coaches must wear face masks unless they are actively running with the team. Players must wear face masks when not actively practicing or competing in a game. For example, athletes may remove their mask when a run or race begins and immediately put it back on once the run or race is over. Unvaccinated fans/spectators must remain masked at all times; vaccinated fans/spectators are encouraged to wear masks outside. If applicable, fans/spectators must remain masked inside regardless of vaccination status. All spectators are encouraged to remain socially distanced from one another. Players/coaches/fans are encouraged to refrain from touching one another (for example, do not "high 5" each other).

Volleyball

Coaches must wear face masks at all times. Since volleyball is an indoor sport the guidelines for players are different. During practices, athletes' masks are required to be on, but during games masks are okay to be off when on the court actively competing. Once off the court, players must put their mask back on. League guidelines keep teams on one side throughout the competition instead of switching sides. All spectators will be required to stay masked during matches and to practice social distancing. After games all spectators must exit the gym in a timely manner.

If you have any questions, please reach out to Mr. Goodspeed or Mrs. Okabayashi. Go Eagles!