

SHAKER HEIGHTS HIGH SCHOOL

A Tradition of Academic & Athletic Excellence



Winter Athletics Restart / Details & Reminders (subject to change)

- ★ Participation in all in-person athletic activities is **optional**.
- ★ This restart applies to all winter sports practices at **SHHS** and **SMS** (**no decision on start date for competitions**).
- ★ Coaches are encouraged to have program levels practice separately for the remainder of the season.
- ★ The number of allowed practices per week is outlined below:
 - **Week of December 7** 3 practices per level per week
 - **Week of December 14** 4 practices per level per week
 - **Weeks of December 21 & 28** TBA
- ★ The staggered practice schedule aims to minimize interaction between different teams/levels.
- ★ Additional time is scheduled in between practices in shared facilities in order to...
 - Reduce congestion at entry/exit points
 - Provide time for coaches to sanitize shared equipment
- ★ Players may enter the facility no more than **10 minutes before** their scheduled start time using a designated entrance.
- ★ Players must exit the facility **immediately** at the conclusion of their practice using a designated exit (no congregating).
- ★ Established protocols must be followed at all times by all participants:
 - Pre-activity medical screenings (temperature check and [CDC Covid questionnaire](#)).
 - Daily attendance for all participants (athletes and coaches) must be recorded in Final Forms or spreadsheet.
 - Face coverings are required for all athletes entering/exiting the facility and during breaks in practice.
 - Face coverings are required for all coaches/staff at all times.
 - Consistent use of hand sanitizer and sanitizing wipes by all participants before, during, and after practice.
- ★ Any evidence of a team/level not following protocols will result in a suspension of practice privileges.
- ★ **Final Forms** compliance is required for athlete participation in practices.
- ★ Coaches are responsible for enforcing all policies and protocols at all times.

Winter Athletics Restart / Reporting & Return to Activity

- ★ Athletes, coaches, and staff must report any health concerns or illness immediately to the Athletic Department.
- ★ All decisions regarding individual or team quarantine, as well as a subsequent return to practice or competition, will be made with direct guidance from district administration.

Winter Athletics Restart / Travel Quarantine

- ★ Athletes, coaches, and staff travelling during the holiday season may be subject to quarantine upon their return.
- ★ The Athletic Department will follow the [Ohio Department of Health's Travel Advisory Guidelines](#) regarding restrictions and quarantine procedures for athletes, coaches, and staff who travel during the season.

Winter Athletics Restart / Face Covering Recommendation

- ★ According to [interim guidance from The American Academy of Pediatrics \(AAP\)](#), athletes should wear face coverings at all times during practice and competition (some exceptions are noted). The Athletic Department recommends that athletes, coaches, and staff follow this interim guidance until further notice.

Winter Athletics Restart / Looking Ahead

- ★ District administration and the Athletic Department will continue to evaluate the status of winter sports and communicate any changes or updates as soon as they arise.

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WINTER ATHLETICS RESTART / PRACTICE SCHEDULE

Week of December 7, 2020

Tuesday, December 8, 2020

4:00 - 6:00p	Girls Basketball	South Gym
4:00 - 6:00p	Girls Basketball	North Gym
4:15 - 6:15p	8 Boys Basketball	MS East Gym
4:30 - 6:30p	Fencing	Fence Room
4:30 - 7:30p	Gymnastics	JSG
6:30 - 8:30p	Girls Basketball	North Gym

HS/MS Swim and Dive schedule will be shared by Coach P.

Wednesday, December 9, 2020

4:00 - 6:00p	Boys Basketball	South Gym
4:00 - 6:00p	Boys Basketball	North Gym
4:15 - 6:15p	Wrestling	WR
4:15 - 6:15p	7 Boys Basketball	MS East Gym
6:30 - 8:30p	Boys Basketball	North Gym

HS/MS Swim and Dive schedule will be shared by Coach P.

Thursday, December 10, 2020

4:00 - 6:00p	Girls Basketball	South Gym
4:00 - 6:00p	Girls Basketball	North Gym
4:15 - 6:15p	8 Boys Basketball	MS East Gym
4:30 - 6:30p	Fencing	Fence Room
4:30 - 7:30p	Gymnastics	JSG
6:30 - 8:30p	Girls Basketball	North Gym

HS/MS Swim and Dive schedule will be shared by Coach P.

Friday, December 11, 2020

4:00 - 6:00p	Boys Basketball	South Gym
4:00 - 6:00p	Boys Basketball	North Gym
4:15 - 6:15p	Wrestling	WR
4:15 - 6:15p	7 Boys Basketball	MS East Gym
4:30 - 7:30p	Gymnastics	JSG
6:30 - 8:30p	Boys Basketball	North Gym

HS/MS Swim and Dive schedule will be shared by Coach P.

Saturday, December 12, 2020

9:00 - 11:00a	8 Boys Basketball	MS East Gym
9:00 - 11:00a	Girls Basketball	South Gym
9:00 - 11:00a	Girls Basketball	North Gym
9:30 - 11:30a	Wrestling	WR
10:00 - 12:00p	Fencing	FR
11:30 - 1:30p	7 Boys Basketball	MS East Gym
11:30 - 1:30p	Girls Basketball	North Gym

HS/MS Swim and Dive schedule will be shared by Coach P.

Sunday, December 13, 2020

11:00 - 1:00p	Boys Basketball	North Gym
11:00 - 1:00p	Boys Basketball	South Gym
1:30 - 3:30p	Boys Basketball	North Gym

Notes

- ★ Cheer (V & JV) in-person practices will begin on Monday, December 14
- ★ Indoor Track (Girls) practice times will be communicated by Coach Goodrum and/or Coach Englander
- ★ Ice Hockey (V & JV) - TBD