



CATHOLIC  
DIOCESE OF  
JEFFERSON CITY

Serving Central  
and Northern  
Missouri

## CMPAL Sports Guidelines Winter 2020

As cases of COVID continue to rise throughout Missouri and our nation, our schools must continue to strengthen and enforce certain protocols in order to keep our students and their families as safe as possible. These guidelines help slow the spread so our schools can continue in-school learning, and our sports teams can continue to play.

To that end, CMPAL has created this plan which promotes safety, promotes health, and allows our students to play. Any alternative would lead to an abbreviated season, fewer teams, and possibly a return to virtual schooling.

These guidelines are the *minimum* each school must follow; individual schools may have protocols which go above and beyond these guidelines. Those must be followed as well.

These guidelines are non-negotiable. If you, your child, or your family feel you cannot abide by these guidelines, we respectfully ask you not to participate.

### **Basketball**

1. **Limit of 2 attendees per player.** Coaches who are parents are considered an attendee for that player.
2. ALL attendees, players, work personnel, and referees **must wear a mask while entering, exiting and ANY time social distancing is not possible.** This includes, but is not limited to: attendees leaving the bleachers, players leaving the bench or court area, referees leaving the court at half time.
3. Host school **workers must wear a mask** at all times.
4. Teams and their attendees are asked to **arrive together** and enter as one group once bleacher space is provided.
5. **ALL attendees, players, work personnel, and referees will sign in at the Gate for contact tracing purposes.**
6. Attendees must **sit in school designated areas** and separate from the other school.
7. In **larger gymnasiums** (St. Peter, St. Joseph Cathedral, OLLIS) where bleachers will have designated seating locations of family groups for social distancing, **masks are not required once seated.**
8. In **smaller gymnasiums** where social distancing between family groups cannot be achieved, **masks will be required** for the entirety of the event.
9. Once games are finished, teams and their attendees are asked to **exit the benches and bleachers as quickly as possible** for the next group.
10. **Benches need to be sanitized between games.** To stay on schedule as much as possible, bleachers may be sanitized but not required. Therefore, hand-sanitizer should be available at or near the gym entrance/exit.
11. If possible, host schools should enter and exit attendees through different doors.

### **Archery**

1. **Limit of 2 attendees per shooter.** Coaches who are parents are considered an attendee for that shooter.

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2. ALL attendees, shooters, and work personnel, **must wear a mask while entering, exiting and ANY time social distancing is not possible.** This includes, but is not limited to: attendees leaving the bleachers, coaches in the waiting area, and line officials when within 6 feet of a shooter or other official.
3. Host school **workers must wear a mask** at all times.
4. When possible, teams and their attendees are asked to **arrive together (outside)** and enter as one group as close to flight time as possible.
5. **ALL attendees, players, work personnel, and referees will sign in at the Gate for contact tracing purposes.**
6. Shooters should arrive with ALL equipment and be prepared to go directly to the shooting area.
7. 1 shooter per target and targets can be no closer than 5 feet from one another.
8. Shooters must wear a mask at all times except while shooting and going to and from the shooting line.
9. While in the waiting area, shooters must be directly in front of their target and masked.
10. Attendees are asked to **sit in school designated areas** and separate from the other school.
11. In **larger gymnasiums** (St. Peter, St. Joseph Cathedral, OLLIS) where bleachers will have designated seating locations of family groups for social distancing, **masks are not required once seated.**
12. In **smaller gymnasiums** where social distancing between family/school groups cannot be achieved **masks will be required** for the entirety of the event.
13. Once a flight is finished, shooters and their attendees are asked to **exit the waiting area and bleachers as quickly as possible** for the next flight.
14. If possible, host schools should enter and exit attendees through different doors.

### **Cheer**

1. **See Basketball rules 1-8.**
2. Because cheerleaders are not expected to wear a mask while cheering, they must have a designated location in the gymnasium that is at least 6 six feet from seating areas and player benches.

I appreciate these guidelines call for certain sacrifice and may result in some inconvenience. They are the best way we know how to have sports competitions during a pandemic. We appreciate your patience and your support.

Blessings,



Erin Vader, Ed.D.  
Superintendent