



Omaha Public Schools Winter High School Athletics and Activities Guidelines

The Omaha Public School Winter High School Athletics and Activities Guidelines align directly with the protocols established by the Metro Conference and NSAA.	
Extra-Curricular Activities Guidelines	<ul style="list-style-type: none"> • During 100% remote learning, no in-person athletics or activities • During in-person learning (100% or 3/2 Instructional Model)- <ul style="list-style-type: none"> ○ Practices and competitions are permitted. ○ Participation is strictly voluntary. ○ All students must obtain a pre-participation physical. ○ All students must complete required OPS and NSAA forms. ○ All students who participate in the 3/2 instructional model are allowed to attend daily practices and contests. Students who participate in 100% remote learning are not eligible to participate. ○ Students are responsible for their own transportation to school for practices and home contests during their non in-person learning days. ○ Students are required to wear face coverings when not involved in rigorous physical activity. ○ Coaches and sponsors are required to wear face coverings at all times.
Pre-Screening for Participants	<ul style="list-style-type: none"> • Parents will screen their children at home for fever or chills, cough, shortness of breath or difficulty breathing, fatigue, muscle or body aches, headache, new loss of taste or smell, sore throat, congestion or runny nose, nausea or vomiting, and diarrhea. • Students should take their temperature each day before attending school/practice/contest. • If the student or any member living in the student's household are symptomatic, the student will not report to school/practice/contest and parents will consult a medical professional. • Coaches and sponsors will educate students regarding screening protocol and the conditions required for daily participation.
Passes, Spectators, Venues	<ul style="list-style-type: none"> • Basketball - 0- 2 tickets for each participant's family. Every effort will be made to live-stream home varsity basketball contests. • Swimming & Diving– Due to the limited capacity of our swimming venues, no patrons will be admitted to competitions. Every effort will be made to live-stream home swimming contests. • Wrestling - 0-2 tickets for each participant's family for a dual, triangular or quad and 0-2 tickets each participant's family for any meet larger than a quad. Every effort will be made to live-stream home varsity wrestling contests. • Unified Bowling - 0-2 tickets for each participant's family. • Bowling - 0-2 tickets for each participant's family. • Cheer and Dance - 0-2 tickets for each participant's family. Cheer and Dance team members can only attend home varsity basketball games. Cheer and Dance members will not be allowed on the floor while the game is being played. • Vocal and Instrumental Music- Every effort will be made to live-stream music performances. Audiences will not be present. • No band, pep bands, or students will attend athletic events at this time. • Each school will use a Tally System to determine who is allowed to attend the event. • AD's may reduce the number of patrons at events in order to ensure safety and social distancing. • If symptomatic for covid-19, patrons should not attend any school functions or activities. • Families will wear face coverings and stay seated together socially distanced from other families. When multiple level teams play - fans are expected to exit after their game when their child's not playing. • Schools will designate restrooms for visiting and home patrons. • Separate entry and exit points will be established in order to minimize crowds and congregation.

All recommendations are subject to change or adjust based on the fluidity of the health and situations of our State and Community.



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	<ul style="list-style-type: none"> Tape, stickers, and barriers will be used as a guide for fans to promote/ensure social distancing.
Cohorts	<ul style="list-style-type: none"> Basketball, Swimming & Diving, Wrestling, Cheer, Dance, Drama- For practices, small training groups will be established- groups are not to exceed 25 students in any one area. Unified Bowling, Bowling, Clubs & Activities- For practices, small training groups will be established- groups are not to exceed 15 students in any one area. Vocal and Instrumental Music- For practices, small training groups will be established- groups are not to exceed 25 students in any one area. For concerts, the full group may perform. Students will maintain a minimum distance of 6 feet while playing and will follow all guidelines for music. Audiences will not be present. Every effort will be made to live-stream performances.
Hosting Limitations for Invites	<ul style="list-style-type: none"> Swimming & Diving and Wrestling- 3 team maximum during the week and 8 team maximum on the weekends (Friday and Saturday).
Concessions	<ul style="list-style-type: none"> Concessions will not be offered at this time.
Event Personnel	<ul style="list-style-type: none"> Staff will wear face coverings at all times. Staff will ask pre-screening questions of all patrons before entering. Signs detailing the screening questions should be printed and hung in high traffic areas. Staff will be stationed at multiple points of entry to promote/ensure social distancing of crowds
Locker Rooms	<ul style="list-style-type: none"> Coaches/Players must adhere to social distancing guidelines- 6 feet. Visiting teams may not be provided a locker room. Teams should arrive prepared for competition. Masks will be worn at ALL times in the locker room. Scheduled use of the locker rooms before practice (staggered/assigned) will be drafted by the athletic director for all winter athletics and activities. Designated entrance and exits will be utilized. No more than 25 students will be permitted to use the locker room at any one time. Students will have a maximum of four minutes to change and exit the locker room. Coaches and sponsors are required to supervise the locker room.
Training Rooms	<ul style="list-style-type: none"> Training rooms become mobile and provide services outside the confines of the room (where appropriate and possible). The use of a larger area significantly lowers the risk of viral transmission. Daily rehabilitation and treatment will be scheduled, and appointments will be made. Students will not have access to ice machines. A cooler with pre-made ice bags will be present at each mobile/outside training room. This provides quick and easy access to ice. Prophylactic taping will be limited because it presents an unnecessary risk to the athlete and athletic trainer. Taping will continue to be provided for legitimate injuries and athletes who demonstrate a need for support.
Transportation	<ul style="list-style-type: none"> Buses/vans will be filled to 50 % capacity. Students will be required to wear face coverings and be assigned seats. It is recommended one student/coach/sponsor per seat. (zig-zag method) The buses/vans will be filled from back to front and students will exit from the front to back. Multiple buses/vans may be required to transport teams/groups to events. Travel requiring an overnight stay is not permitted at this time.
Communication	<ul style="list-style-type: none"> The athletic office will work with District Communications to provide stakeholders weekly health and safety updates concerning athletics and activities. Athletic Directors will conduct a virtual meeting with all parents and guardians to cover the OPS winter athletics and activities guidelines.

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