

## **2021-2022 Winter Sports Update #1: October 26, 2021**

As we approach the Winter season, we wanted to share what LMS has approved for masking guidelines. We will follow the guidelines from the Fall season until further notice.

### **Covid Protocols:**

- **Masking:** The current expectation for masking follows the Governor's mandate that all persons inside any school building wear a mask at all times.
- **Contact Tracing and Isolation Guidelines:**
  - **If fully vaccinated:** People who are fully vaccinated do NOT need to quarantine after contacting someone who has COVID19 unless they have symptoms. However, fully vaccinated people should get tested 3-5 days after their exposure, even if they don't have symptoms, and wear a mask indoors in public settings for 14 days or until they receive a negative test result.
  - **If you have had covid in the prior three months:** People who have had COVID-19 illness within the previous three months and have recovered and remain without COVID-19 symptoms (cough, shortness of breath, fatigue) do NOT need to quarantine after contact with someone who has COVID-19.
  - **If unvaccinated:** Stay home for 14 days after your last contact with a person who has COVID-19 and monitor for symptoms. You may shorten your quarantine after day ten without testing, and no symptoms are present or after day seven after receiving a negative test result (test may occur on day five or later)
- **Return to play after covid:** If a player tests positive for covid, they may return to school after at least ten days since symptoms appeared and 24 hours with no fever without the use of fever-reducing medications and other Covid-19 symptoms are improving. Before they return to play, they must follow a return to play protocol designed to safeguard against potential cardiac complications from Covid-19.
- **If you have already had Covid:** You must complete the return to play protocol before you may start practices.

### **Winter Season Information.**

For all pertinent information regarding the Winter sports season, please visit the [LMS Athletics web page](#).

### **Booster Clubs**

All booster clubs are now allowed to utilize the concession stands for any event. Please follow LMS's guidelines regarding handwashing and being aware of one's safety. All other restrictions are removed.



### **LMS Athletics Health & Safety Plan**

Phase 3 of the LMS Athletics Health & Safety plan will be adjusted based upon the coming guidance from PIAA SMAC and our school's team physician. Until then, we will continue to follow our school's health & safety guidance above.

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### **Winter Sports Start Dates (Start Date of Official Practices):**

- High School Basketball and Bowling- Friday, November 19th, 2021. Basketball practice will be located in gyms A and B after school. Bowling practice will be located at the Rocky Springs center.
- Junior High Basketball - Monday, November 22nd, 2021, in Gym A from 3:30 pm-5:00 pm.
- Chess Club - November 2nd, 2021. Practices are (Tuesdays and Thursdays) in R324 from 3:15 pm-5:15 pm

### **Information For Student/Athletes Regarding Weight Room Usage**

Teams are allowed to use the weight room. There will be supervision present. Students are expected to wear a mask when actively participating and clean their equipment after use.

### **Participation Requirements**

Students participating in LMS athletic programs at the HS and MS levels must have the following on file with LMS before they are permitted to participate in practice:

1. **A completed physical on the [PIAA CIPPE form](#) (includes three additional LMS forms to complete):**
  - 1) Physicals and all appropriate paperwork must be completed and turned in to our athletic trainer by Friday, November 12. If you had the physical completed before October 8, you would need to complete the [section 8 Recertification form](#). The complete packet of physical information can be accessed at [Physical Packet](#). If you have any questions, please email our trainer Ann Seaton at [seatonar@lancastermennonite.org](mailto:seatonar@lancastermennonite.org)
    - a) **Registration deadlines are as follows:**
      - i) High School & Middle School sports are due Friday, November 12, 2021.
2. **Baseline Impact Testing:** We will be using a new program instead of ImPACT for concussion testing. Our Athletic Trainer and coaches will have more details on the first day of practice.



### **LMS Fall Sports Head Coaches Information**

LMS Head Coaches will provide information regarding practice/game schedules and expectations for the upcoming season. LMS Head Coaches information:

- HS Boys Basketball - [Seth Buckwalter](#)
- JH Boys Basketball - [Michael Natale](#)
- HS Girls Basketball - [Teasia Myers](#)
- JH Girls Basketball - [Jon Venable](#)
- Chess - [Neil Reinford](#)
- HS Coed Bowling - [Sean Boer](#)

### **Game Schedules on Arbiterlive**

Game schedules are available on the [Arbiterlive](#) website. Enter Lancaster Mennonite School, select your team, and sign up to receive real-time updates and cancellations. Select your sport of interest. Arbiterlive is the most up-to-date scheduling database. During the season, Head Coaches will communicate schedule changes to players and parents directly.

### **Winter 2021-22 Sports Season News & Notes**

- The Junior High basketball program will begin open gyms every Tuesday and Thursday from October 29th, 2021, to November 18th, 2021.
- For all pertinent information regarding the Winter sports season, please visit the [LMS Athletics web page](#).
- If we experience inclement weather, the [LMS Athletics web page](#) and [Arbiterlive](#) will be updated by 8:00 AM.

Thanks & Go, Blazers!

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