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To: HS Building Administrators, Athletics Directors & Coaches

From: Michael Wellington, Archdiocesan Director of Youth and Young Adult Ministry & Director in charge of Athletics for Archdiocesan Schools

Date: June 18, 2020

Re: Key Points from recent document from the CIAC

Recently the CIAC published a document entitled “The Connecticut Interscholastic Conference Resocialization of Interscholastic Athletics and Activities Programs Guidelines”. I am attaching this document to this email for your reference. It outlines a four-stage process for the resumption of interscholastic athletics for the 2020 – 2021 school year. Below I have listed some of the key points from the document. I encourage you to review these, review the original document from the CIAC and contact me with any questions that you may have. As new/updated policies are issued, I will be keeping you up to date with the latest information and guidelines.

Key Points from CIAC Document

- Four (4) stages to “Resocialization of Interscholastic Athletics”

Stages

1. June 1 – July 5 for “Highest Risk & Virtual**” – **No athletic activities**
2. July 6 – August 2* for “High Risk In-person**”
3. August 3* - August 31* for “Low to Moderate Risk Competition**”
4. August 31* “High Risk Competition**”

*There **Must** be at least four (4) weeks between stages 2 to 3 **and** stages 3 to 4 **and** approval to move onto the next stage is required.

**The specific sports listed in the risk categories can be found in the CIAC document.

- The CIAC document gives stage by stage guidance for: Gathering Limitations, Facilities, Screening, Hygiene Practices, Hydration/Food, Travel, Locker Rooms/Athletic Training Areas, Weight Rooms & Athletic Equipment.
- Health screening using approved guidelines at every team activity will be required.
- Social distancing during transportation must be maintained. Alternative methods of transportation may need to be explored. Competition schedules may need to be modified.
- Non-medical face coverings are recommended for all participants, **except** when engaging in “Vigorous activity”.
- The CIAC is advising that student athletes are going to be experiencing “Deconditioning / Regression” as a result of the time away from organized sports due to the pandemic. As such, the CIAC is advising that coaches should plan for a structured re-conditioning period for their athletes.

Each of the above key points is explained in detail in the CIAC document.

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