



P-H-M COVID Modification For Winter Sports Programs



The St. Joseph County Department of Health (SJCDH) recently made [recommendations on November 18, 2020](#) to further reduce and control the spread of COVID-19 in our community. In response to this the athletic department has made additional temporary restrictions for winter sporting events beginning on Friday, November 20, 2020. These will be re-evaluated by December 18th.

1) Spectator Limits

- Essential personnel for participating teams only.
 - No scouting (college or local teams).
 - No visiting cheerleaders.
- Only parents/guardians and siblings of players who live in the household may attend contests in-person.
 - All other family members are encouraged to watch the livestream from home.
- Family units should sit together and maintain social distance from others (at least 6 ft away).
- All spectators must follow [PHM COVID plans](#) and [screening expectations](#).
 - This includes wearing a face covering **at all times** while on campus and **during** the event. *No face covering = No admittance.*

2) All varsity level events will be live-streamed. Arrangements are being made for lower levels.

3) Winter Sport Team limitations:

- We will pause the attendance of cheerleaders, poms, and the pep band at basketball games through 12/18/20.
- The wrestling team will only compete once per week (every 7 days) in dual meets through 12/18/20.
- The basketball & swim teams will have at least 48 hours between contests (no back to back nights) through 12/18/20.
- Poms will participate in competitions virtually through 12/18/20

4) If an opponent has more than one (1) active, positive Covid case then we will reschedule the contest for a later date.

5) Out-of-season open gym and/or conditioning sessions for fall and spring sports are paused until the end of the 1st semester (1/15/2021).

6) Continue to follow all winter sport protocols identified by the athletic department, IHSAA, and NFHS.

- [Basketball](#)
- [Swimming & Diving](#)
- [Wrestling](#)
- **Cheerleading**
- **Poms**