



TRAILBLAZER
CONFERENCE



Spring Activities Health & Safety Guidelines

Ralston Public Schools, in partnership with the Trailblazer Conference, present the following guidelines for spring activities. These guidelines closely follow the NSAA (Nebraska School Activities Association) recommendations for spring activities as of March 3, 2021.

This plan will create consistency within our conference schools as it relates to attendance for parents, sponsors, students, media, and other event personnel. Trailblazer Conference schools will use this document to guide the safe and healthy management of spring activities. It also allows each school flexibility to adjust guidelines, if needed, to meet the specific demands for local facilities and events.

The following guidelines meet the expectations of local health departments in each conference schools' jurisdiction.

Extracurricular Activities Protocol	<ul style="list-style-type: none">• The Trailblazer Conference will follow guidance from the NSAA, Nebraska Department of Education, and local health departments for all extracurricular activities.• All rules and regulations within this document are subject to change based on changes within the Governor's Directed Health Measures, NSAA, and/or local public health departments.
Pre-Screening for Athletes	<ul style="list-style-type: none">• Parents will screen their children at home for fever, chills, cough, shortness of breath, difficulty of breathing, fatigue, muscle or body aches, headache, loss of taste or smell, sore throat, congestion, runny nose, nausea, vomiting, or diarrhea.• If symptomatic, students should not report to school, practice, or any activity. Parents should consult a medical professional immediately.



Passes / Spectators	<ul style="list-style-type: none">● The home team may limit passes based on current restrictions and virus trends.● Only essential personnel, coaches, players, and medical staff should accompany a team.● Conference tournaments/meets may limit the number of spectators based on current restrictions.● Family units are recommended to be seated together, socially distanced from other family units (6' or more) whenever possible.● General spectators are allowed and will follow home school expectations for capacity.
Entering a Stadium	<ul style="list-style-type: none">● If possible, each conference stadium will have designated home and away entrances and seating.● Social distancing will be expected upon entering the stadium at each entry point.● Spectators should be masked upon entry and are required to be masked until they have separated themselves from non-household members by a minimum of six feet.
Masks	<ul style="list-style-type: none">● Student participants will wear a mask when not involved in active participation during the event.● Coaches, workers, and bench officials will be required to wear masks at all times unless they can appropriately social distance.● All spectators are required to wear masks unless they can establish six feet of separation from non-household members.
Hand Sanitizing and Hand Washing	<ul style="list-style-type: none">● Players/Student Participants and staff will wash hands upon arrival, prior to game/event, at halftime, and after the game/event. Each team is responsible for bringing their own sanitizer and cleaning supplies.



Touch Surface Cleaning	<ul style="list-style-type: none">● Local cleaning protocols will be in place throughout the contest.● NSAA guidelines will be in place throughout the contest.
Officials	<ul style="list-style-type: none">● Scoreboard operators are required to wear a mask.● Social distancing is expected during interactions with players and coaches.● Game officials are under NSAA guidance.
Media	<ul style="list-style-type: none">● Media should call ahead to host school prior to attending events to reserve attendance.
Athletic Training	<ul style="list-style-type: none">● Protocol established by the home team will be communicated to the visiting team prior to the contest.● Appropriate signage will be posted.
Exiting the Stadium After Games/Activities	<ul style="list-style-type: none">● Spectators must leave immediately following games.● Players and coaches for both teams will exit directly and as quickly as possible without loitering.
Concessions	<ul style="list-style-type: none">● Concessions will be determined by the host school.● Social distancing is expected in concession lines.
Workers	<ul style="list-style-type: none">● Workers will follow all safety protocols.● Masks will be worn at all times if not able to social distance.
Conference Tournaments/Meets	<ul style="list-style-type: none">● Will be played as scheduled with appropriate modifications to schedules and spectator limitations.



No Contests/Forfeits	<ul style="list-style-type: none">● Games or contests not able to be played will be designated a “no contest” per NSAA guidelines.● If a team is unable to play a contest in a conference tournament due to being quarantined, the non-quarantined team will advance in the bracket. The contest will be reported as a “no contest” per NSAA guidelines.
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Team Sports

Baseball	<ul style="list-style-type: none">● Family units and general spectators are asked to wear masks unless they can adequately social distance.● Student sections will be determined by the host school.● NSAA Baseball Rules Modifications will be in effect.● Social distancing is expected of athletes when not actively competing.● Social distancing expected on the bench and/or dugout.● No sharing of water bottles, helmets, catcher’s equipment, or bats.● No seeds, gum or spitting.● Eliminate handshakes with coaches/umpires, opposing teams, and teammates.● Disinfect the bench/dugout area prior to competition.● Wash stations or sanitizer available at each dugout.
Soccer	<ul style="list-style-type: none">● Family units and general spectators are asked to wear masks unless they can adequately social distance.● Student sections will be determined by the host school.● NSAA Soccer Rules Modifications will be in effect.● Social distancing is expected of athletes when not actively competing.● No sharing of water bottles or other equipment.● No seeds, gum or spitting.● Eliminate handshakes with coaches, officials, opposing teams, and teammates.● Wash stations or sanitizer available at each bench area.
Track and Field	<ul style="list-style-type: none">● Family units and general spectators are asked to wear masks unless they can adequately social distance.● Student sections will be determined by the host school.



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	<ul style="list-style-type: none">● Social distancing is expected of athletes when not actively competing.● Disinfect implements before, during and after competition.● Recommend / require meet officials to wear face coverings● Provide adequate space to physical distance in the clerking area.
Boys Golf	<ul style="list-style-type: none">● Provide adequate space to physical distance in the warm up areas such as driving range and putting green.● Social distancing is expected of athletes when not actively competing and as much as possible when play is in progress.● Spectators will be expected to wear a mask when not able to social distance.
Girls Tennis	<ul style="list-style-type: none">● Family units and general spectators are asked to wear masks unless they can adequately social distance.● Student sections will be determined by the host school.● Social distancing is expected of athletes when not actively competing.