

# North Branch Area Public Schools

38705 Grand Ave, North Branch, MN 55056



## **ATHLETE DROP OFF and BUS PARKING:**

- Athletes must be dropped off at door #11.
- Buses may remain parked in the main lot along Grand Ave.

**SPECTATOR PARKING:** Student parking lot outside of door #11.

## **SPECTATORS:**

- Two spectators will be allowed per student-athlete.
- Athletes will be required to notify their AD/Coach of the spectators that will be attending. First name, last name, email address and phone number will be required of each spectator. Spectators must be on the pass list to be admitted.

## **MASKS/FACE COVERINGS:**

- Student-Athletes: A face mask/covering must be worn when entering/exiting the venue, using the restroom/locker room and when not competing.
- Coaches and Event Personnel: A face mask/covering must be worn at all times.
- Spectators: A face mask/covering must be worn at all times.

## **OFFICIALS:**

- A face mask/covering must be worn at all times.
- Electronic whistles are recommended.
- Whistle coverings are permitted and recommended.
- Gloves may be worn-including medical latex gloves, work gloves or other gloves specifically designed for officiating.
- Locker rooms will not be provided.

## **TEAM SEATING:**

- Coaches and athletes must maintain social distancing of 6 feet.
- Each team will be assigned a section of bleachers or a row of chairs.

## **SPECTATOR SEATING:**

- 2 spectators will be allowed for each *competing* student-athlete.
- Spectators will not be allowed to enter the gym area until 15 minutes prior to the start of the meet.
- Spectators will be expected to leave the gym immediately following the meet.
- Spectators must NOT have access to athletes.



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## **LOCKER ROOM:**

- No locker rooms will be provided.
- Restrooms are located just inside door #11, by the Main Gym entrance.
- Athletes are expected to come dressed for competition.

**CONCESSIONS:** No concessions will be available.

## **TRAINER:**

- A trainer will be onsite.
- Each team is responsible for their own hand sanitizer, equipment wipes, etc..

**LIVE STREAMING:** The meet will be streamed via a link provided by North Branch Activities Department.

## **PRE-COMPETITION:**

- Visiting schools may not arrive until 1 hour prior to the match.
- Warm-ups are limited to 30 minutes.
- Social distancing must be maintained during warm-ups.
- Weigh-Ins
  - Weigh-ins will take place prior to arriving for competition. Coaches will communicate the time of said weigh-ins.
  - All weigh-ins must be recorded on paper using the TrackWrestling weigh in sheet.
  - All weigh-ins must be witnessed and certified by a school administrator who is not a coach.
- Skin checks will be conducted at the competition site by an official.
- Pre-match conferences are limited to one coach and one captain from each team.
- The pre-match conference will remain at the center of the mat.
- No handshakes may occur.
- The coin toss will be conducted by the official who is the owner of the coin. This individual will handle the coin.
- Teams will remain socially distanced on the sideline for the playing of the national anthem.
- Starting athletes will report to the scorer's table immediately following the national anthem.
- Team introductions will take place, social distancing must be maintained.
- The use of hand sanitizer is required of all athletes prior to the start of each match. Hand sanitizer will be available at each scorer's table.
- Mats will be sanitized by the HOME team coaches after warm-ups.

## **COMPETITION:**

- Officials will have no contact with athletes during competition.
- No handshakes will occur between athletes prior to the start of the match.
- The referee will raise their own color band to signify the winning athlete.
- The athlete will raise their own arm to indicate victory.



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- Teams will not be allowed to huddle prior to the start of at the end of a match.
- Mat Sanitization
  - Before warm-ups
  - At the conclusion of warm-ups prior to the first dual on the mat
  - After the conclusion of the dual
- Social distancing must be maintained during timeouts.
- For a triangular, the host school will wrestle 1st and 3rd. Spectators and wrestlers not participating in the 2nd match will be asked to leave and reenter between matches.

## **POST COMPETITION:**

- Post match handshakes may not occur. Coaches and student-athletes should consider other ways to show post-match appreciation for opponents and judges.
- Teams are required to remove trash and belongings from their assigned team area.
- Post match meetings should be brief (5 minutes max) and social distancing of 6ft must be maintained.
- Masks are required for all post match meetings.
- No award ceremonies will follow the conclusion of competition.
- Coaches and athletes should consider other ways to show post-match appreciation for opponents and officials.
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## **MISCELLANEOUS INFORMATION:**

All personnel must have clearance from their school's Athletic / Activities Director. Mississippi 8 Conference Passes and Region 7AA passes will ONLY be honored if pre approved and on the pass list (due to 150 capacity). **\$7.00 for adults and \$5.00 for students.**

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