



GUIDANCE FOR OPENING UP HIGH SCHOOL ATHLETICS AND ACTIVITIES

Phase 1- Purple Tier (Widespread)

Pre- workout Screening:

- All coaches and students will be screened for signs/symptoms of COVID-19 prior to a workout. Screening includes a temperature check.
- Responses to screening questions for each person will be recorded and stored so that there is a record of everyone present in case a student develops COVID-19.
- Any person with positive symptoms reported will not be allowed to take part in workouts and will contact his or her primary care provider or other appropriate health-care professional.
- Vulnerable individuals will not oversee or participate in any workouts during Phase 1.

Limitations on Gatherings:

- No gathering of more than 12 at a time (this number includes coaches and athletes).
- Outdoor activities only.
- Locker rooms will not be utilized during Phase 1. Students will report to workouts in proper gear and immediately return home to shower at end of the workout.
- Workouts will be conducted in “pods” of students with the same students always working out together. Smaller pods can be utilized for weight training. This ensures more limited exposure if someone develops an infection.
- There must be a minimum distance of 6 feet between each individual at all times. If this is not possible indoors, then the maximum number of individuals in the room must be decreased until proper social distancing can occur.

Facilities Cleaning:

- Adequate cleaning schedules will be created and implemented for all athletic facilities to mitigate any communicable diseases.
- Prior to an individual or groups of individuals entering a facility, hard surfaces within that facility will be wiped down and sanitized (chairs, furniture in meeting rooms, locker rooms, weight room equipment, bathrooms, athletic training room tables, etc.).
- Individuals will wash their hands for a minimum of 20 seconds with warm water and soap before touching any surfaces or participating in workouts.
- Hand sanitizer will be plentiful and available to individuals as they transfer from place to place.
- Weight equipment will be wiped down thoroughly before and after an individual’s use of equipment.
- Appropriate clothing/shoes will be worn at all times in the weight room to minimize sweat from transmitting onto equipment/surfaces.

- Any equipment such as weight benches, athletic pads, etc. having holes with exposed foam will be covered.
- Students must be encouraged to shower and wash their workout clothing immediately upon returning to home.

Physical Activity and Athletic Equipment:

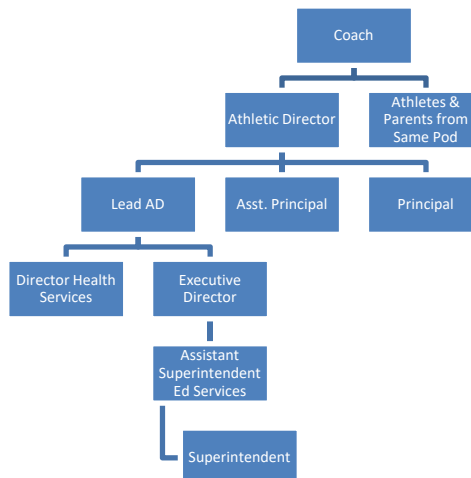
- ~~There will be no shared athletic equipment (towels, clothing, shoes, or sports specific equipment) between students.~~
- **Equipment can be shared within the pod (UPDATE)**
- Students will wear their own appropriate workout clothing (do not share clothing) individual clothing/towels will be washed and cleaned after every workout.
- All athletic equipment, including balls, will be cleaned after each use and prior to the next workout.
- Individual drills requiring the use of athletic equipment are permissible, but the equipment will be cleaned prior to use by the next individual.
- Resistance training will be emphasized as body weight, sub-maximal lifts and use of resistance bands.
- Free weight exercises that require a spotter cannot be conducted while honoring social distancing norms. Safety measures in all forms must be strictly enforced in the weight room.

Hydration:

- All students shall bring their own water bottle. Water bottles must not be shared.
- Hydration stations (water cows, water trough, water fountains, etc.) will not be utilized.

If the situation arises in which a COVID-19 case occurs and is confirmed by testing the following process will be followed:

- Notification Flow Chart:



- Deep clean all affected facilities (Custodial Team)
- Provide the District Office with the cleaning schedules (Plant Supervisor) and attendance sheets for that student’s pod (Coach/AD)
- Send out email communication to all school families (Principal)
- Quarantine all students in that pod and the employee (Health Department)