



## GUIDANCE FOR OPENING UP HIGH SCHOOL ATHLETICS AND ACTIVITIES

### **Phase 2 – Red Tier (Substantial)**

#### **Pre-Workout/Contest 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 2.

#### **Limitations on Gatherings:**

- No gathering of more than 12 at a time (this number includes coaches and athletes).
- Indoor and outdoor activities are permissible.
- If locker rooms or meeting rooms are used, there must be a minimum distance of 6 feet between each individual at all times.
- 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. Appropriate social distancing will need to be maintained on sidelines and benches during practices. Consider using tape or paint as a guide for students and coaches.

#### **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.

**Ventilation:**

- Doors and windows will remain open during all indoor workouts.
- HVAC Filters to be installed and changed regularly.
- Fans will be set up and turned on when available.

**Physical Activity and Athletic Equipment:**

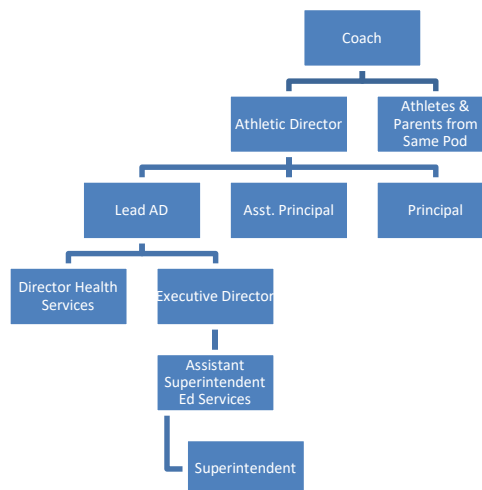
- Lower risk sports practices and competitions may resume.
- Modified practices may begin for Moderate risk sports.
- There will be no shared athletic towels, clothing or shoes between students.
- Students will wear their own appropriate workout clothing (do not share clothing), and individual clothing/towels will be washed and cleaned after every workout.
- Equipment can be shared within the pod.
- All athletic equipment, including balls, will be cleaned intermittently during practices and contests.
- Hand sanitizer will be plentiful at all contests and practices.
- Athletic equipment such as bats, batting helmets and catchers gear will be cleaned between each use.
- Maximum lifts will be limited and power cages will be used for squats and bench presses. Spotters will stand at each end of the bar.

**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)