

## St. Joseph School District: 2020 Summer Athletics Re-entry Plan

*The St. Joseph School District values the importance of the educational opportunities that athletics provide and recognizes the threats presented by COVID-19. We believe our plan for re-entry will help our student-athletes workout and compete in the safest manner possible.*

### **Phase I: June 15–28 - Conditioning Only**

- Daily coach/athlete screening: If temperature is above 100 degrees fahrenheit or the athlete has been exposed to COVID-19 in the past 14 days, the coach/athlete may not remain.
- No water fountain use: Athletes must supply their own water and should show their own water bottle when they are screened.
- No balls or sport-specific work allowed.
- Reacclimating students to physical conditioning and fitness is the priority.
- We are adhering to limits on the size of gatherings and maintaining social distancing.
- Trainers will do all maintenance work (taping) out on the fields, but we are limiting unnecessary interaction with the training room and trainers.

### **Phase I SPECIFIC: Conditioning – Outdoor ONLY**

Maximum 60 athletes per session: 3 groups with 20 per group

- 20 on the outside with selected weights/strength activities
- 20 in outdoor conditioning
- 20 in outdoor agilities

### **Phase II: Beginning no earlier than July 6 and ending no later than August 2, 2020 - Weight Training Room and Sport Specific Activities**

- Daily coach/athlete screening: If temperature is above 100 degrees fahrenheit or the athlete has been exposed to COVID-19 in the past 14 days, the coach/athlete may not remain.
- No water fountain use: Athletes must supply their own water and should show their own water bottle when they are screened.
- Weight room open: District will follow specific cleaning requirements and social distancing guidelines; wear mask if required indoors.
- Limiting restroom use to one girls' and one boys' bathroom inside the school.
- No athletes in the training room unless needed for injury.
- Maintain social distancing guidelines outdoors.
- Follow heat acclimatization requirements.
- Limit contact with equipment and other athletes

### **Phase II SPECIFIC: Weight Training and Conditioning**

Maximum 60 Athletes per session: 3 groups with 20 per group

- 15 max indoor weight room or 20 outside with selected weights/strength activities
- 20 in outdoor conditioning
- 20 in outdoor agilities

### **SPORTS SPECIFIC ACTIVITIES - MAXIMUM NUMBERS**

- 30 athletes – main gym (Basketball / Volleyball/ Football – 2 hour shifts)
- 15 athletes – small gym / MPR (Baseball / Softball / Wrestling – 2 hour shifts)
- 15 athletes max in weight room – 1 hour shifts
- 70 athletes outdoor practice (FB / Track)– 2 hour shifts
- 40 athletes outdoor practice (Soccer / Tennis/ Baseball / Softball) – 2 hour shifts

**ATHLETES DAILY PREPARATION FOR PRACTICE/PLAY:**

- Each individual athlete should make sure they have no symptoms.
- At minimum, thoroughly wash your hands with soap and water (minimum 20 seconds) OR use hand sanitizer before AND after practice or competition.
- Clean and wipe down any equipment, Before AND After practice or competition.
- Do NOT share water bottles, equipment, towels, etc.
- Avoid touching your face or any object unless necessary and wash your hands after.
- No high fives, fist bumps or chest bumps.
- Maintain physical distancing from teammates, coaches and other players when taking breaks and between games.

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**DO NOT ATTEND OR PARTICIPATE IN GROUP/TEAM SPORTS OR PRACTICE IF:**

- You are feeling ill. Symptoms of COVID-19 can include fever (temperature of 100 degrees fahrenheit as defined by the CDC), cough, difficulty breathing, and other symptoms as outlined by the CDC website.
- If you have been exposed to COVID-19 in the prior 14 days.
- If you are unsure about whether to attend or participate in practice due to possible symptoms OR exposure, it is recommended you contact your healthcare provider.

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**STEPS TO PREVENT THE SPREAD OF COVID-19:**

- Staying home if you are sick or do not feel well.
- Using social distancing and maintaining at least six feet between individuals in all areas.
- Covering coughs and sneezes with a tissue, then throwing the tissue in the trash.
- Washing hands often with soap and water for at least 20 seconds, especially after going to the bathroom, before eating, and after blowing your nose, coughing, or sneezing.
- Using hand sanitizer that contains at least 60% alcohol if soap and water are not available.
- Avoiding touching eyes, nose, and mouth with unwashed hands.
- [COVID-19: NSCA Guidance on Safe Return to Training for Athletes](#)

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**STEPS FACILITIES/COACHES SHOULD TAKE PRIOR TO PRACTICE:**

- Athletes and coaches should undergo screening and temperature checks before each practice.
- Sign-in roster for athletes/coaches to allow for contact tracing.
- Maintain physical distancing recommendations.
- Limit number of individuals.
- Cleaning guidelines should be followed according to CDC recommendations.
- No self-serve drink stations.

**CLEANING PROCESS:****Weight rooms**

- All machines MUST be properly cleaned before and after each individual use.
- Limit the number of athletes based on the size and capacity of the room to allow for physical distancing and proper cleaning between athletes.
- Remove and store non-essential equipment to minimize surface cleaning.

**Athletic training rooms**

- Limit athletes based on size/capacity to allow for physical distancing and proper cleaning between athletes.

- No use of cold/ice tubs for groups. However, if heat stroke/illness is a potential, an ice tub should be ready for treatment.
- No use of heat packs, ultrasound, electronic stimulation units initially. These items may be used once the facility has enough cleaning supplies for essential areas and individuals. Continue to clean in between each use.
- Remove and store non-essential equipment to minimize surface cleaning.

#### **Locker rooms**

- No use of tubs, showers, lockers until physical distancing guidelines are lifted.
- Can be used as bathroom facilities only if appropriate cleaning measures can be completed.
- Remove and store non-essential equipment to minimize surface cleaning.

#### **Bathroom Facilities**

- Conduct consistent and frequent cleaning as outlined by CDC or facilities should be locked if unable to be sufficiently cleaned.
- Adequate hand washing or sanitizer available and restocked on a regular interval.

#### **Equipment**

- Personal equipment should be cleaned with disinfectant before and after each use.
- Avoid community equipment use when possible. If not possible, equipment should be cleaned before and after each individual use. An exception is ball use.
- Ball sports - wipe down balls between drills, different users or have individual use ball availability if possible.
- Water/drinks - Each athlete should have their own individual drink. Encourage extra water options in case an athlete forgets their own water bottle.
- Individual towel use only.

#### **Mouthguards**

- In the current phase of return to sport, no contact is recommended. As contact is not recommended, each individual athlete must weigh the risk of infection with the use of a mouthguard with the benefit of protecting against dental trauma. If athletes are in a position where dental trauma or contact can occur, continue to use their personal mouthguards during play with the appropriate safeguards.
- There should be no sharing of mouthguards.
- In between uses, athletes should wash or sanitize hands before insertion and removal of the mouthguard.
- Recommend players have individual containers labeled into which they can place their mouthguard and not have it hanging on a helmet or out in the open.
- If the mouthguard is soiled, or a player is unsure if they have picked up another athlete's mouthguard, the mouthguard should be washed thoroughly with soap and water for a minimum of 20 seconds.
- Masks should be worn in public, outside of sport, as directed by state or local government and what is currently recommended by the CDC.
- We do recommend that coaches, staff and spectators wear masks or face protection.
- Masks should be considered while athletes are participating in their sport.