



Woodland Hills Wolverines

2020-2021

ATHLETIC, HEALTH, & SAFETY PLAN

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Introduction

This guidance document is the collaborative effort by the Pennsylvania Governor’s Office, Department of Health (DOH), Pennsylvania Department of Education (PDE), PIAA, along with the PIAA Sports Medicine Advisory committee. The Governor’s Office, PDE, and the PIAA believe it is essential to the physical and mental well-being of high school students in the state of Pennsylvania to return to physical activity and athletic competition. The medical professionals and school administrators that serve on the Sports Medicine Advisory Committees recognize that it is likely that ALL students will not be able to return to – and sustain – athletic activity at the same time in all schools across the commonwealth. There will also likely be variation in what sports and activities are allowed to be played and held. While typically there would be reservations regarding such inequities, the PIAA endorses the idea of returning students to school-based sports in any and all situations where it can be done safely.

The steps of “re-opening” outlined in this document are based upon the Preliminary School Sports’ Guidance for Schools which was released by the Governor’s Office and PDE in June 2020. Additionally, the White House document released in April 2020, the NFHS Guidance For Opening Up High School Athletics and Activities released in May 2020, CDC Consideration for Youth Sports released in May 2020, and the UPMC Sports Medicine Playbook-Return to Sports During COVID-19 released in May 2020 were also referenced. This guidance document is a resource for the Woodland Hills School District’s interscholastic athletic teams. The phases outlined in this document will continue to be in accordance with guidelines published by the Governor’s Office, the CDC, and our administrative team, and are subject to change. Additional guidance and direction in the weeks ahead should also be anticipated. This guidance has been divided into four major sections:

1. Points of Emphasis
2. Administrative Areas to Address
3. Summer Conditioning and Practice Sessions
4. Contests, Games, and Competitions

Points of Emphasis

1. Face Coverings and Social Distancing

Decreasing potential exposure to respiratory droplets is the guiding principle behind social distancing and the use of face coverings. It is also the basis of the stratification of risk by sport presented later in this document. The use of cloth face coverings is meant to decrease the spread of respiratory droplets. As state and local COVID-19 prevalence decreases, the need for strict social distancing and the use of face coverings will lessen. Whenever possible, social distancing should be practiced. When athletes are not required to be in close proximity, 6-feet should be between each player and coach. This is noted in this document under Preventative Measures, Hygienic Considerations, and Phases of Summer Conditioning and Practice Sessions. Guidance should continue to be sought from state and local health departments and some direction could also be provided on a sport-by-sport basis.

- a. The Centers for Disease Control and Prevention (CDC) is additionally “advising the use of simple cloth face coverings to slow the spread of the virus and help people who may have the virus and do not know it from transmitting it to others.” (“Recommendation Regarding the Use of Cloth Face Coverings, Especially in Areas of Significant Community-Based Transmission”)
- b. Recognizing the benefits and potential drawbacks of the use of cloth face coverings during conditioning and physical activity, this guidance recommends the following:
 1. State, local, or WHSD guidelines for cloth face coverings should be strictly followed.
 2. In the absence of guidelines to the contrary, the recommendation is that cloth face coverings be worn by students during Phases 1 and 2 as currently outlined. The exceptions are swimming, distance running, or other high-intensity aerobic activity. Cloth face coverings may continue to be used during Phase 3 and 4 when not engaging in vigorous activity, such as sitting on the bench during contests, in the locker room, and in the athletic training room. Cloth face coverings will be considered acceptable. There is no need to require or recommend “medical grade” masks for athletic activity.
 3. Any student who prefers to wear a cloth face covering during a contest will be allowed to do so as long as it does not pose a health risk
 4. Plastic shields covering the entire face (or attached to a helmet) during athletic contests will be subject to approval by the PIAA.
 5. Coaches, officials, and other contest personnel may wear cloth face coverings at all times during Phases 1 through 4. (Artificial devices such as an air horn or a timer system with an alarm can be used to signal in place of a traditional whistle.)

2. COVID-19 Testing and Response

Testing regimens, specific guidelines regarding mass gatherings, and response to a student or team member testing positive for COVID-19 (including contact tracing) are all currently under review, and guidance will come from CDC and state and local health departments. Limited testing availability, lack of resources for contact tracing, and expanding knowledge of the characteristics of COVID-19 transmission could all result in significant changes to these recommendations. The PIAA will continue to disseminate this information as it becomes available.

3. COVID-19 School Closures

Due to the near certainty of recurrent outbreaks this coming fall and winter in some locales, the Woodland Hills School District will prepare for periodic school closures and the possibility of some teams having to isolate while in-season. WHSD will develop guidelines regarding practice and/or competition during temporary school closures, the cancellation of contests during the regular season, and parameters for the cancellation or premature ending to postseason events/competitions. Post-season tournament progression policies will be subject to the PIAA.

4. Contest Scheduling

With the uncertainty of which phase(s) will be attained at the beginning of a sports season or maintained during a season, scheduling contests that require less travel when possible will be considered. Such scheduling will reduce time spent in buses or vans. It will also potentially decrease the need for rescheduling contests as “opening up” may occur regionally. If opponents at the time of a contest are subject to different restrictions, re-scheduling that contest for a later date may be problematic.

5. Vulnerable Individuals

“Vulnerable individuals” is defined by the CDC as people age 65 years and older and others with serious underlying health conditions, including high blood pressure, chronic lung disease, diabetes, obesity, asthma, and those whose immune systems are compromised such as by chemotherapy for cancer and other conditions requiring such therapy. There are specific guidelines for vulnerable individuals within this document.

6. Preventative Measures

Social distancing and other preventive measures such as a face covering will be the “new normal” as workouts, practices, and contests begin.

Administrative Areas to Address

1. Pre-participation Physical Evaluation

The PIAA requires that all students participating in an interscholastic sport complete a Pre-participation Physical Evaluation (PIAA CIPP) on or after June 1, 2020. The student's PIAA CIPPE must be submitted to the athletic office prior to the first day of official practice. Additionally, all students must complete a COVID-19 Specific Questionnaire prior to beginning voluntary summer workouts (see pg. 18 for sample COVID-19 Specific Questionnaire).

2. Mandatory Education

The COVID-19 pandemic has currently caused the cancellation of many in-person educational events. It is acceptable to have online training courses for AED/CPR and First Aid for the 2020-21 academic year.

3. Equipment Reconditioning

The National Athletic Equipment Reconditioners Association (NAERA) has indicated that significant equipment reconditioning capacity is currently operational. WHSD will ensure that equipment not sent out for reconditioning, will be done so immediately. If WHSD currently has equipment being reconditioned, contact will be made with the reconditioning company regarding delivery.

4. Athletic Training Services

Athletic trainers in high schools are positioned to play a vital role as sports return following this pandemic. As health-care professionals, they can take lead roles in developing and implementing infection control policy throughout the school. The PIAA and its SMAC continues to promote the importance of athletic trainers in high schools and their role in injury evaluation, treatment, and risk minimization as well as being a vital component of any return-to-school and athletics plan.

5. Return to Physical Activity

Current pre-season conditioning and acclimatization models assume that athletes have deconditioned over the summer months. The current pandemic may result in students being deconditioned for four to five months. The first safety concern with the return to sports conditioning and practices is for overuse injuries, resulting from going "too hard, too fast." These include muscle strains, overuse tendon injuries, and stress fractures. It is paramount that head coaches carefully review practice and competition schedules prior to the beginning of the season and decide upon realistic goals for pre-season conditioning. The conditioning process generally takes at least three to four weeks for athletes to begin to realize measurable improvements in fitness. Increasing the pre-season workload in an attempt to accelerate "getting into shape" often leads to undue fatigue and greater injury risk. Injuries may also be minimized through a limited progression of activity at the beginning of a sport season (e.g., no more than a 10 percent increase in activity per week). As a reminder, all pre-season conditioning activities are voluntary as per the PIAA Handbook. Individuals who choose to skip pre-season conditioning activities will be provided home workout regimens by each coach. It is also vital, when applicable, to consider and implement effective heat acclimatization progressions and accommodations in this process (see [NFHS Heat Acclimatization Position Statement at www.NFHS.org](http://www.NFHS.org)).

6. Hygienic Considerations

Illness reporting

- WHSD will notify all event athletes, coaches, event staff, media, spectators, vendors, and school administration if the organizers/medical personnel learn of suspected or confirmed cases of COVID-19 at an event.

Considerations for Officials, Coaches, Other Personnel

- Vulnerable individuals should not participate in any practices, conditioning activities, contests, or events during Phases 1 and 2.
- Masks may be worn, social distancing enforced, and "hygiene basics" adhered to in all situations.

Hygiene Basics

- Wash your hands with soap and water or use hand sanitizer, especially after touching frequently used items or surfaces.
- Avoid touching your face.
- Sneeze or cough into a tissue or the inside of your elbow.
- DO NOT spit at all – air, ground, equipment, hands, sunflower seeds, etc.
- Disinfect frequently used items and surfaces as much as possible.
- Strongly consider the use of face coverings while in public, and particularly when using public transportation or ride-sharing services (ie. Uber, taxis, etc.).

People Who Feel Sick Should Stay Home

- Do not go to work or school.
- Contact and follow the advice of your medical provider.

Positive Cases and Coaches, Staff, or Athletes Showing COVID-19 Symptoms

What are the signs and symptoms of COVID-19?

- Symptoms may appear 2-14 days after exposure to the virus. The symptoms may range from mild to severe.
- Symptoms may include:
 - o Fever or chills
 - o Cough
 - o Shortness of breath or difficulty breathing
 - o Fatigue
 - o Muscle or body aches
 - o Headache
 - o New loss of taste or smell
 - o Sore Throat
 - o Congestion or runny nose
 - o Nausea or vomiting
 - o Diarrhea

What to do if you are ill?

- If you are ill or think you are infected with the COVID-19 virus, **STAY AT HOME**.
 - o It is essential that you take steps to help prevent the disease from spreading to people in your home or community.
 - o If you think you have been exposed to COVID-19 and develop a fever and symptoms, call your healthcare provider for medical advice.
- Notify the school immediately (principal, athletic director, athletic trainer, and/or coach)
- It will be determined if others who may have been exposed (students, coaches, staff) need to be notified, isolated, and/or monitored for symptoms.
- Persons who have been notified that they were exposed (for example through contact tracing) to someone with a COVID diagnosis should be excluded from all activities. Currently, exposure is defined as being within 6 feet of someone who is diagnosed with COVID within the 48 hours before they became symptomatic.
- If a positive case of COVID-19 is diagnosed, contact tracing will be implemented with the assistance of local health professionals and the CDC and DOH. After confirmation of positive diagnosis, all team activities will be suspended for a minimum of 14 days.

What to do if a student or staff member becomes ill with COVID-19 symptoms during practice, event, or during transportation to or from an event?

- Every effort will be made to isolate the ill individual from others, until the student or staff member can leave the school or event.
- The athlete's parent/guardian will be contacted immediately, and arrangements will be made for the student to be picked up.
- The ill individual will be asked to contact their physician or appropriate healthcare professional for direction.
- All affected facilities will need to be disinfected immediately.

What is the Procedure for Notification if there is a Confirmed Case of COVID-19?

- Should an employee or student be confirmed with COVID-19, the employee who discovered the diagnosis (principal, athletic director, athletic trainer, and/or coach) will notify the WHSD Covid-19 Response Coordinator (James Harris, harrja@whsd.net, 412-731-1100 ext. 0183.) The employee will share a list of students and employees that may have come in contact with the confirmed case.
- The District will issue communication via email to parents/guardians and staff that may have been exposed.

Return of Student or Staff Member to Athletics Following a COVID-19 Diagnosis

- Student or staff must provide written medical clearance from their licensed medical provider before being allowed back to practice/conditioning.
- Return to athletics can begin once the individual is cleared by a licensed medical provider and is determined to be non-contagious, fever free (without fever-reducing medicine), has vast improvement in respiratory symptoms (cough, shortness of breath), and experiences no vomiting or diarrhea.

Other Considerations

- Hand sanitizer will be available at contests and practices.
- Participants, coaches, and officials should wash and sanitize their hands frequently.
- Balls and equipment should be wiped down after each workout session.
- There will be no pre-game and post-game handshakes/high-fives/fist bumps.
- Officials and sideline volunteers will be provided the option to wear face coverings (may use artificial devices in place of whistle).

Contests, Games and Competition

1. **Potential Infection Risk by Sport** (modified from United States Olympic and Paralympic Committee – Sports Medicine recommendations which was examined through the probability of respiratory droplet transmission/exposure).

Higher Risk: Sports that involve close, sustained contact between participants, lack of significant protective barriers, and high probability that respiratory particles will be transmitted between participants.

Examples: Wrestling, football, boys lacrosse, girls competitive cheer.

Moderate Risk: Sports that involve close, sustained contact, but with protective equipment in place that may reduce the likelihood of respiratory particle transmission between participants or intermittent close contact or group sports or sports that use equipment that can't be cleaned between participants.

Examples: Basketball, volleyball, baseball*, softball*, soccer, gymnastics* (if equipment can't be sufficiently cleaned between competitors), bowling*, ice hockey, tennis*, swimming relays, pole vault*, high jump*, long jump*, girls lacrosse, 7 on 7 football. (* = Could potentially be considered "lower risk" with appropriate cleaning of equipment and use of masks by participants.)*

Lower Risk: Sports that can be done with social distancing or individually with no sharing of equipment or the ability to clean the equipment between uses by competitors.

Examples: Individual running events, throwing events (shot put, discus), individual swimming, golf, weightlifting, alpine skiing, sideline cheer (no contact - chants and jumps only), cross country running (with staggered starts).

2. **Transportation to Events**

WHSD will consider social distancing requirements when scheduling contests and events for the fall. Social distancing (as required by state or local health department) will need to be maintained on buses/vans. Thus, multiple buses/vans and/or parental/guardian transportation will likely be needed.

3. **Social distancing during Contests/Events/Activities**

Sidelines/benches: Appropriate social distancing will need to be maintained on sidelines/bench during contests and events. Tape or paint could be used as a guide for students and coaches.

Individuals allowed at events: Individuals could be grouped into tiers from essential to non-essential and decide which tiers will be allowed at an event:

1. Tier 1 (Essential): Athletes, coaches, officials, event staff, medical staff, security
2. Tier 2 (Preferred): Media
3. Tier 3 (Non-essential): Spectators, vendors

Only Tier 1 and 2 personnel will be allowed to attend events until state/local health departments lift restrictions on mass gatherings.

4. Athletic Training Services

Given the coming financial crisis at the state and local levels, the NFHS SMAC fears that athletic trainer positions will be seen as a “luxury” and those positions will be at risk during the budgeting process. It is also assumed that athletic trainers supplied to high schools by hospitals and sports medicine clinics are also at risk as many medical clinics and hospitals have suffered severe revenue loss during the pandemic.

Athletic trainers in high schools are positioned to play a vital role as sports return following this pandemic. As health-care professionals, they can take lead roles in developing and implementing infection control policy throughout the school. WHSD recognizes the importance of athletic trainers in high schools and their role in injury evaluation, treatment and risk minimization as well as being a vital component of any return-to-school and athletics plan.

Summer Conditioning and Practice Sessions

The following Phases are in accordance with the [Preliminary Guidance for Phased Reopening of Pre-K to 12 Schools](#) issued by the Governor's Office.

PHASE 1: CONDUCT OF CONDITIONING AND PRACTICE SESSIONS (June 22 - July 10)

Pre-workout Screening:

- All coaches and students should be screened for signs/symptoms of COVID-19 prior to a workout through visual checks.
- Responses to screening questions via Google Forms for each person will be recorded and stored prior to workouts so that there is a record of everyone present in case a student develops COVID-19 (see pg. 17 for sample Google Monitoring Form). *Do not share a personal mobile device to complete the form.*
- Any person with positive symptoms reported should not be allowed to take part in workouts and should contact his or her primary care provider or other appropriate health-care professional. Additionally, any person with positive symptoms displayed or reported upon arrival to an organized event will be isolated in the athletic training room and/or team locker room until a parent or guardian arrives to remove the person from the premises. Upon their exit, the athletic training room and/or team locker room will be immediately cleaned and sterilized.
- Vulnerable individuals should not oversee or participate in any workouts during Phase 1.

Limitations on Gatherings:

- No gathering of more than 25 people (coaches and players, inside or outside) at a time.
- Locker rooms will not be utilized during this phase. Students should report to workouts in proper gear and immediately return home to shower at the end of the workout.
- Workouts should be conducted in "pods" of students with the same small group of students always working out together. Smaller pods must 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 should be wiped down and sanitized (chairs, furniture in meeting rooms, locker rooms, weight room equipment, bathrooms, athletic training room tables, etc.).
- Individuals should 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 available to individuals as they transfer from place to place.
- Weight equipment should be wiped down thoroughly before and after an individual's use of equipment.
- Appropriate clothing/shoes should 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. which have holes with exposed foam should be covered.
- Students must be encouraged to shower and wash their workout clothing immediately upon returning to home.

Physical Activity and Athletic Equipment:

- Students should wear their own appropriate workout clothing (do not share clothing, towels, shoes, or sport specific equipment) individual clothing/towels should be washed and cleaned after every workout.
- All athletic equipment, including balls, should be cleaned prior to the next workout session.
- Individual drills requiring the use of athletic equipment are permissible, but the equipment should be cleaned prior to use by the next individual.
- Resistance training should be emphasized through the use of body weight, sub-maximal lifts, free weights, and resistance bands.
- Free weight exercises that require a spotter cannot be conducted while honoring social distancing norms. Safety measures in every form must be strictly enforced in the weight room.

Examples (including, but not limited to):

- ❖ *A basketball team can shoot in small groups with designated balls, limiting the number of players that touch the same ball.*
- ❖ *A football team should limit the number of players that touch the same ball and assign designated balls for specific groups of players. Contact with other players is not allowed, and tackling dummies/donuts/sleds shall be limited to use by small groups.*
- ❖ *A volleyball player may use designated balls with a small group of players.*
- ❖ *Softball and baseball players should not share gloves, bats, or throw a single ball that will be tossed among the team. A designated number of balls should be used per small group. A single player may hit in cages, throw batting practice (only one catcher per pitcher). Prior to another workout session, baseballs should be collected and cleaned individually.*
- ❖ *Wrestlers may drill without touching a teammate.*
- ❖ *Cheerleaders may not practice/perform partner stunts or building. Chants and jumps without contact are permissible.*
- ❖ *Tennis players may do individual drills, partner drills, wall volleys, and serves.*
- ❖ *Runners should maintain the recommended 6 feet of distancing between teammates.*

Hydration/Food:

- All students shall bring their own water bottle. Water bottles must be labeled and not be shared. Water bottles must be cleaned after each use and air dried.
- Hydration stations (water buffalos, water trough, water fountains, etc.) shall not be utilized.
- Food should not be shared with others.

PHASE 2: CONDUCT OF CONDITIONING AND PRACTICE SESSIONS (July 13 - July 24)

Pre-Workout/Contest Screening:

- All coaches and students should be screened for signs/symptoms of COVID-19 prior to a workout through visual checks.
- Responses to screening questions via Google Forms for each person will be recorded and stored prior to workouts so that there is a record of everyone present in case a student develops COVID-19 (see pg. 10 for sample Google Monitoring Form). *Do not share a personal mobile device to complete the form.*
- Any person with positive symptoms reported should not be allowed to take part in workouts and should contact his or her primary care provider or other appropriate health-care professional. Additionally, any person with positive symptoms displayed or reported upon arrival to an organized event will be isolated in the athletic training room and/or team locker room until a parent or guardian arrives to remove the person from the premises. Upon their exit, the athletic training room and/or team locker room will be immediately cleaned and sterilized.
- Vulnerable individuals should not oversee or participate in any workouts during Phase 2.

Limitations on Gatherings:

- No gathering of more than 50 people (coaches and players, inside or outside) at a time.
- If locker rooms or meeting rooms are used, there must be a minimum distance of 6 feet between each individual at all times.
- Workouts should be conducted in “pods” of students with the same small group of 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. Tape or paint could be used 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 should be wiped down and sanitized (chairs, furniture in meeting rooms, locker rooms, weight room equipment, bathrooms, athletic training room tables, etc.).
- Individuals should 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 available to individuals as they transfer from place to place.
- Weight equipment should be wiped down thoroughly before and after an individual’s use of equipment.
- Appropriate clothing/shoes should 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. which have holes with exposed foam should be covered.
- Students must be encouraged to shower and wash their workout clothing immediately upon returning to home.

Physical Activity and Athletic Equipment:

- Competitions may resume for Lower Risk Sports and Moderate Risk Sports (see Contests, Games, and Competition - Potential Infection Risk by Sport).
- Modified Competitions may begin for Higher Risk Sports.
- There should be no shared athletic towels, clothing, or shoes between students.
- Students should wear their own appropriate workout clothing (do not share clothing), and individual clothing/towels should be washed and cleaned after every workout.
- All athletic equipment, including balls, should be cleaned prior to the next workout session.
- Hand sanitizer will be available at all contests and practices.
- Athletic equipment such as bats, helmets, and other gear should be cleaned between each workout session.
- Maximum lifts should be limited and power cages should be used for squats and bench presses. Spotters should stand at each end of the bar.

Hydration/Food:

- All students shall bring their own water bottle. Water bottles must be labeled and not be shared. Water bottles must be cleaned after each use and air dried.
- Hydration stations (water buffalos, water trough, water fountains, etc.) shall not be utilized.
- Food should not be shared with others.

PHASE 3: CONDUCT OF CONDITIONING AND PRACTICE SESSIONS (July 27 - August 7)

Pre-Workout/Contest Screening:

- Any person who has had a fever or cold symptoms in the previous 24 hours should not be allowed to take part in workouts and should contact his or her primary care provider or other appropriate healthcare professional. Additionally, any person with positive symptoms displayed or reported upon arrival to an organized event will be isolated in the athletic training room and/or team locker room until a parent or guardian arrives to remove the person from the premises. Upon their exit, the athletic training room and/or team locker room will be immediately cleaned and sterilized.
- Responses to screening questions via Google Forms for each person will be recorded and stored prior to workouts so that there is a record of everyone present in case a student develops COVID-19 (see pg. 10 for sample Google Monitoring Form). *Do not share a personal mobile device to complete the form.*
- Vulnerable individuals can resume public interactions, but should practice physical distancing and minimize exposure to social settings where distancing may not be practical, unless precautionary measures are observed.

Limitations on Gatherings:

- No gathering of more than 75 people (coaches and players, inside or outside) at a time.
- When not directly participating in practices or contests, care should be taken to maintain a minimum distance of 3 to 6 feet between each individual. Tape or paint could be used 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 should be wiped down and sanitized (chairs, furniture in meeting rooms, locker rooms, weight room equipment, bathrooms, athletic training room tables, etc.).
- Individuals should 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 available to individuals as they transfer from place to place.
- Weight equipment should be wiped down thoroughly before and after an individual's use of equipment.
- Appropriate clothing/shoes should 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. which have holes with exposed foam should be covered.
- Students must be encouraged to shower and wash their workout clothing immediately upon returning to home.

Physical Activity and Athletic Equipment:

- Higher Risk sports may resume competitions.
- There should be no shared athletic towels, clothing, or shoes between students.
- Students should wear their own appropriate workout clothing (do not share clothing), and individual clothing/towels should be washed and cleaned after every workout.
- Hand sanitizer will be available at all contests and practices.
- Athletic equipment such as bats, helmets, and catchers gear should be cleaned between each workout session. Other equipment, such as hockey helmets/pads, wrestling ear guards, football helmets/other pads, lacrosse helmets/pads/gloves/eyewear should be worn by only one individual and not shared.
- Maximum lifts should be limited and power cages should be used for squats and bench presses. Spotters should stand at each end of the bar.

Hydration/Food:

- All students shall bring their own water bottle. Water bottles must be labeled and not be shared. Water bottles must be cleaned after each use and air dried.
- Hydration stations (water buffalos, water trough, water fountains, etc.) may be utilized but must be cleaned after every practice/contest.
- Food should not be shared with others.

PHASE 4: CONDUCT OF CONDITIONING AND PRACTICE SESSIONS (Begins August 10th)

Pre-Workout/Contest Screening:

- Any person who has had a fever or cold symptoms in the previous 24 hours should not be allowed to take part in workouts and should contact his or her primary care provider or other appropriate healthcare professional.
- A record should be kept of all individuals present.
- Any person with positive symptoms reported should not be allowed to take part in workouts and should contact his or her primary care provider or other appropriate health-care professional. Additionally, any person with positive symptoms displayed or reported upon arrival to an organized event will be isolated in the athletic training room and/or team locker room until a parent or guardian arrives to remove the person from the premises. Upon their exit, the athletic training room and/or team locker room will be immediately cleaned and sterilized.

- Vulnerable individuals can resume public interactions, but should practice physical distancing and minimize exposure to social settings where distancing may not be practical, unless precautionary measures are observed.

Limitations on Gatherings:

- No gathering of more than 250 people (coaches and players, inside or outside) at a time.
- When not directly participating in practices or contests, care should be taken to maintain a minimum distance 6 feet between each individual. Tape or paint could be used 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 should be wiped down and sanitized (chairs, furniture in meeting rooms, locker rooms, weight room equipment, bathrooms, athletic training room tables, etc.).
- Individuals should 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 available to individuals as they transfer from place to place.
- Weight equipment should be wiped down thoroughly before and after an individual's use of equipment.
- Appropriate clothing/shoes should 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. which have holes with exposed foam should be covered.
- Students must be encouraged to shower and wash their workout clothing immediately upon returning to home.

Physical Activity and Athletic Equipment:

- There should be no shared athletic towels, clothing, or shoes between students.
- Students should wear their own appropriate workout clothing (do not share clothing), and individual clothing/towels should be washed and cleaned after every workout.
- Hand sanitizer will be available at all contests and practices.
- Athletic equipment such as bats, helmets, and catchers gear should be cleaned between each workout session. Other equipment, such as hockey helmets/pads, wrestling ear guards, football helmets/other pads, lacrosse helmets/pads/gloves/eyewear should be worn by only one individual and not shared.
- Maximum lifts should be limited and power cages should be used for squats and bench presses. Spotters should stand at each end of the bar.

Hydration/Food:

- All students shall bring their own water bottle. Water bottles must be labeled and not be shared. Water bottles must be cleaned after each use and air dried.
- Hydration stations (water buffalos, water trough, water fountains, etc.) may be utilized but must be cleaned after every practice/contest.
- Food should not be shared with others.

References

- “Opening up America Again.” The White House, <https://www.whitehouse.gov/openingamerica/>. Accessed: 5/6/2020.
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Sample Questionnaires

All sample forms will be issued to students via Google Forms.

COVID-19 Specific Questionnaire

1. Have you tested positive for COVID-19?
2. Have you had any known exposure to a COVID-19-positive individual?
3. Have you been tested for COVID-19?
4. Have you had any new onset cough or shortness of breath?
5. Have you experienced any recent febrile illness (fever)? (temp > than 100.4° F)
6. Have you traveled outside of the state within the last 14 days? If yes, when and where?

Pre-Workout/Contest Screening Questionnaire

1. Do you have new onset cough or shortness of breath?
2. Have you had a fever or felt febrile?
3. Have you had a temperature higher than 100.4° F within the last 24 hours?
3. Have you had known exposure to a COVID-19-positive individual?