



## **Grace Extracurricular Activities and Athletic Pandemic Operations Plan**

Category 1- No Community Spread

Category 2- Minimal to Moderate Community Transmission

Category 3- Substantial Community Transmission

**Health and Safety Measures for all Conditioning, Practice, and Contests regardless of category**

### **A. Screen for signs of COVID-19:**

- All coaches and students should be screened for signs/symptoms of COVID-19 prior to a workout. Screening includes a temperature check.
- Responses to screening questions for each person should be completed
- Any person with symptoms of COVID-19 should not be allowed to participate and should contact his or her primary care provider or other appropriate health-care professional.
- Vulnerable individuals should consult with their medical provider regarding participation in athletic activities.

### **B. Stay Home if sick or a Close Contact with someone who has confirmed COVID-19**

- Do not go to work, school, practice, or competition if you do not feel well or if you have been informed you are a close contact of someone with COVID-19.
- Contact and follow the advice of your medical provider.

### **C. Practice good hygiene**

- Athletes, coaches, officials, and staff should wash your hands with soap and water or use hand sanitizer, especially after touching frequently used items or surfaces. Individuals should wash their hands for a minimum of 20 seconds with warm water and soap before touching any surfaces or participating in workouts or contests.
- Avoid touching your face.
- Sneeze or cough into a tissue, or the inside of your elbow.

- Disinfect frequently used items and surfaces as much as possible.
- Wear face in accordance to the guidelines provided
- Appropriate clothing/shoes should be worn at all times in the weight room to minimize sweat from transmitting onto equipment/surfaces.
- No pre-game and post-game handshakes/high-fives/fist bumps.
- Students must be encouraged to shower and wash their workout clothing immediately upon returning to home.

#### **D. Hydration**

- All students shall bring their own water bottle. Water bottles must not be shared.
- Hydration stations (water cows, water trough, water fountains, etc.) should not be utilized. No touch bottle filling stations acceptable.

#### **E. Illness reporting**

- Administration for both schools will notify event athletes, coaches, event staff, media, spectators and vendors if the organizers/medical personnel learn of a confirmed cases of COVID-19 at the event in accordance with privacy laws.

#### **F. Facilities—Cleaning and Ventilation**

- Adequate cleaning schedules should 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 (chairs, furniture in meeting rooms, locker rooms, weight room equipment, bathrooms, athletic training room tables, etc.). Sanitize surfaces that are touched with bare skin.
- Hand sanitizer should be plentiful and available to individuals as they transfer from place to place.
- Weight equipment, balls, etc. should be wiped down thoroughly before and after use.
- Any equipment such as weight benches, athletic pads, etc. having holes with exposed foam should be covered.
- If pods or groups of students are moving from one area to another in shifts, finish cleaning before the new group enters the area. Clean and disinfect high-touch surfaces each night after students leave.
- Ventilation is important for reducing transmission of respiratory droplets and aerosols. Practice outside as much as possible. Maximize the outside air brought in through mechanical ventilation and improve filtration.

- When safe, open windows and doors to increase outside air.

### **G. Transportation to Events**

Schools must consider physical distancing requirements when scheduling contests and events for the 2020-2021 school year.

Physical distancing will be maintained on buses when possible.

### **H. Physical Distancing During Contests/Events/Activities**

#### a. Sidelines/ benches/ bleachers

Appropriate physical distancing will need to be maintained on sidelines/bench during contests and events through all phases as much as possible.

#### b. Who should be allowed at events?

Group people 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 at events until restrictions on mass gatherings are lifted according to the different categories.

### **I. Gate Fees Plan**

Gate fees can be paid at the gate or can be paid online at our district website Pay High School Fees Online (right hand side at the bottom of the page). Please bring your receipt for entry.

### **Athletic Guidelines Specific to Category 1**

Limitations on Gatherings:

- Gathering sizes over 50 individuals indoors or outdoors, where appropriate physical distancing and precautionary measures can occur.
- When not directly participating in practices or contests, care should be taken to maintain a minimum distance of at least 6 feet between each individual. Consider using tape, cones, or paint as a guide for students and coaches.

#### Physical Activity and Athletic Equipment:

- Moderate risk sports practices and competitions may begin. If spectators are allowed, physical distancing.
- 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 should be plentiful at all contests and practices.
- Athletic equipment such as bats, batting helmets and catchers gear should be cleaned between each use. Other equipment, such as wrestling ear guards and football helmets/other pads 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.

#### **Athletic Guidelines Specific to Category 2**

##### Limitations on Gatherings:

- Groups of up to 50 people at a time inside or outside. Indoors, there must be enough space for operating with limited physical distancing.
- 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 5-10 students always working out together. Smaller pods can be utilized for weight training. Pods should remain separate with a buffer zone. The students in a pod should be consistent from day to day. 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 physical distancing can occur. Appropriate physical distancing will need to be maintained on sidelines and benches during practices. Use tape, cones, or paint as a guide for students and coaches.

#### Physical Activity and Athletic Equipment:

- Competitions should be limited to local geography.
- Modified practices should begin for all sports following guidelines below.
- 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 intermittently during practices and contests.
- Hand sanitizer should be plentiful available at all contests and practices.
- Athletic equipment such as bats, batting helmets and catchers gear should be cleaned between each use.
- 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.

### **Athletic Guidelines Specific to Category 3**

#### Limitations on Gatherings:

- No gathering of more than 10 people or less at a time (inside or outside).
- Sporting venues are closed to the public.
- Locker rooms should not be utilized. 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 5 students always working out together. Smaller pods can be utilized for weight training. Pods should remain separate with at least 6 feet of physical distance between each pod throughout each workout. The students in a pod should be consistent from day to day. 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 physical distancing can occur.

#### Physical Activity and Athletic Equipment:

- There should be no shared athletic equipment (towels, clothing, shoes, or sports specific equipment) 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 after each use and prior to the next workout.
- 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 as body weight, sub-maximal lifts and use of resistance bands.

- Free weight exercises that require a spotter cannot be conducted while honoring physical distancing. Safety measures in all forms must be strictly enforced in the weight room.

Examples (including but not limited to):

- A basketball player can shoot with a ball(s), but a team should not practice/pass a single ball among the team where multiple players touch the same ball.
- A football player should not participate in team drills with a single ball that will be handed off or passed to other teammates. Contact with other players is not allowed, and there should be no sharing of tackling dummies/donuts/sleds.
- A volleyball player should not use a single ball that others touch or hit in any manner.
- Softball and baseball players should not share gloves, bats, or throw a single ball that will be tossed among the team. A single player may hit in cages, throw batting practice (with netting as backstop, no catcher). Prior to another athlete using the same balls, they should be collected and cleaned individually.
- Wrestlers may skill and drill without touching a teammate.
- Cheerleaders may not practice/perform partner stunts or building (chants, jumps, dances without contact are permissible).
- Tennis players may do individual drills, wall volleys and serves.
- Runners should maintain the recommended 6 feet of distancing between individuals

### **Contests Risk Levels**

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, performance and competitive cheer and dance/drill that involves stunting

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),

tennis\*, swimming relays, pole vault\*, high jump\*, long jump\*, bowling\*, and 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 physical distancing or individually with no sharing of equipment or the ability to clean the equipment between use by competitors.

Examples: Individual running events, throwing events (javelin, shot put, discus), individual swimming, golf, weightlifting, performance and non-competitive dance/drill with no stunting, and cross country running (with staggered starts)

## **Athletics /Activities**

Activities will continue as scheduled with Fall sports seasons beginning on August 10<sup>th</sup>.

- Student participants will be documented in order to track contact.
- Student participants will have a temperature screening prior to participation in games or practice.
- Student participants will complete a symptom screening questionnaire identifying symptoms or contact with COVID 19 persons prior to practice or games.
- Students should bring their own water bottle and not share water bottles with others.
- Equipment should be sanitized before and after practices.
- Training rooms should be marked with designated physical distancing areas to maintain safe distancing for athletes and trainers.
- Bench areas and sidelines should be situated so as to maintain physical distancing as much as possible.
- Ticket taking lines may be arranged so as to promote physical distancing.
- Cashless systems may be considered (i.e. Venmo, Debit/Credit Cards)
- Bleacher seating may be designated with vacant rows and seats to promote physical distancing.
- Masks may be worn but are not required for spectators.
- Coaches, Officials and contest personnel must wear cloth face coverings at all times
- If a school district closes due to COVID-19 there will be no practice, training, or competition among athletes in that school or district during the time of the closure.
- If a student or team comes in contact with someone who has tested positive for COVID 19 while participating in a practice or game either from another team or a teammate, symptom screening will continue and masks will be required for all participants while they are not actively participating in drills or competition.
- If a student participant tests positive for COVID 19 they will be required to quarantine for 14 days prior to being allowed to participate.
- In order for an individual to return to school or participation an exposed person is required to be deemed not contagious by a qualified medical doctor and has the results of a negative COVID-19 test.