



2020-2021 COVID19
Athletics Response Plan



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Overview

For the foreseeable future, the COVID-19 pandemic is likely to affect our daily school athletics routines. Prudence calls for prayerful, thoughtful, and coordinated planning as we learn how to best respond to this short-to-medium-term challenge.

Our mission to provide a Christ-centered experience for Christian families in the Treasure Valley is best fulfilled when coaches and student-athletes come together for practice and competition. However, until the COVID-19 pandemic has abated, an athletics program requires special precautions and protocols to safeguard the health and well-being of our coaches, student-athletes, and spectators. We have developed these protocols in close coordination with local, regional, and state agencies.

It is our intention to operate our Middle School and High School athletics programs when conditions permit. For the safety of our coaches, student-athletes, and spectators, and depending on conditions and guidance from coordinating agencies, we may need to resort to suspending these activities. The overall conditions and modifications listed in this document are likely to change as we move forward.

Thank you for your patience and your prayers as we persevere through this unprecedented challenge.

Coordination with Local and State Agencies

This plan is meant to be supplemental to the following agencies framework or guidelines:

1. [Southwest District Health - COVID-19 Guidance for Schools](#)
2. [Idaho State Board of Education - Idaho Back to School Framework](#)
3. [Idaho High School Activities Association - Guidance for Opening Up High School Athletics](#)
4. [State of Idaho - Idaho Rebounds](#)

Athletics Policy Changes

Student-athlete Screenings

We expect that parents perform regular temperature screenings at home before departing for the school. This partnership will help limit the number of student-athletes that need to be sent back home due to fever. Before admittance to any practice or competition, each student-athlete must complete a routine temperature check and health screening questionnaire.

Modified Student-athlete Medical Policy

An interim modification will be made to our Athletics Handbook Medical Policy section. Student-athletes who are ill will NOT be allowed to participate if they or any other family member exhibits any COVID19 related symptoms. If the student-athlete has been sick, they will NOT be allowed to return until 72 hours have passed with no fever-reducing medicine and no symptoms. We will also require a doctor's release that clears the student-athlete to return and participate.



Coaches Screenings

We expect that all coaches perform regular temperature screenings at home before departing for the school, practice venue, or competition venue. Before admittance to any practice or competition, each coach must complete a routine temperature check and health screening questionnaire.

Locker-Rooms

Lockers-rooms will be available for use.

Holding Area for Sick Student-athletes

All athletic venues at NCS will have a designated area that will be utilized as a holding area for sick student-athletes waiting to be picked up.

Transportation

Bus and van service for our athletic teams will have modified seating to accommodate physical distancing between student-athletes to the extent possible. Siblings will be seated together as much as possible.

A temporary exception to our Athletic Handbook policy is being made so allow parents to transport their student-athletes to a competition with arrangements made in advance with the front office.

Spectators

Attendance Limitations

We may limit the number of spectators at each competition to help limit the number of people inside our athletic venues in an effort to maintain physical distancing. We may need to block off every other row in our bleachers/seating to help maintain physical distancing. We also may need to clear all spectators from the venue between individual matches to help with attendance limitations and cleaning.

Venue Entry and Exit

To limit crowding and help maintain physical distancing, we will adjust how people enter and exit our athletic venues. Entry will still be primarily through a single door due to admission/gate requirements. We will encourage families/groups to maintain appropriate physical distancing while waiting in line. Exit from each venue will occur through the closest doorway or gate, based on your seating location. The use of activity passes or credit card (cashless) for entrance to a venue is strongly encouraged.

Masks or Cloth Face Coverings

We encourage the use of cloth face coverings for all spectators, especially in places where physical distancing is difficult. The use of cloth face coverings for children ages ten and under is at the discretion of the parent(s). Any person exhibiting mild symptoms must wear a cloth face-covering until leaving the athletic venue. Any local, state, or federal mandates will supersede school guidelines.



Daily Sanitation Protocols

Venue Disinfections

We utilize a combination of CDC-approved disinfectant and a dilution of disinfecting bleach to clean lockers, showers, shared tables, countertops, doorknobs and handles, bathroom fixtures, and bleacher areas after every event.

Hand Sanitizer Stations

Coaches, student-athletes, and spectators will keep their hands sanitized using the dispensers of hand sanitizer that are installed at every indoor venue.

Locker Room Strategies

- Custodial staff clean after events
- Integrate good hygiene practices into coaching and locker room expectations
- Limit the use of shared materials and spaces
- Keep student-athlete belongings separate
- Avoid sharing supplies
- Avoid outside food in the locker room
- Student-athletes and coaches use personal water bottles and water bottle filling stations vs. hallway drinking fountains

Hygienic Practices

Parents are required to keep sick student-athletes and their siblings home for at least 72 hours after a fever subsides without the use of fever-reducing medicines. We rely on parents to promote the same hygienic practices we will direct student-athletes to practice at school, including:

- covering coughs or sneezes with a bent arm or tissue and washing hands or using hand sanitizer afterward;
- washing hands with soap and water for 20 seconds, dry hands with a paper towel, and using the paper towel to turn off the faucet;
- keeping hands away from nose, mouth, and eyes; and
- avoiding the sharing of food, drinks, and personal care items (e.g., lip balm).

Procedure for Positive or Suspected COVID-19 Case

The following procedure is to be used if a student-athlete or coach is identified as COVID-19 positive or suspected positive.

Action Item: student-athlete or coach is respectfully asked to isolate in the holding area.

- For student-athletes, the coach or athletic director will call parents or legal guardians for pickup.
- For coaches, the front office will coordinate with school leadership to manage follow-on effects.



- Student-athlete or coach will be provided appropriate personal protective equipment, and any coach interacting with the confirmed or suspected case will be provided with a mask and gloves.

Action Item: School administration traces a list of potential exposures (coaches and student-athletes).

- The school administration will coordinate (as appropriate) with parents/legal guardians of the student-athlete or directly with the coach to build a list of potential exposures.

Action Item: School leadership communicates relevant details to the school community.

- School leadership will update the school community (parents/guardians) via ParentAlert mass communications system (email/text/voice) with appropriate incident details.
- School leadership will update other teams with appropriate incident details if we have played or will play then within ten days.



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IHSAA Endorsement



Revision History

Date	Revision	Author	Changes
2020-07-29	0.1	Jeff A	<ul style="list-style-type: none">Initial document that was converted from the school response plan.
2020-07-30	0.2	Jeff A	<ul style="list-style-type: none">Updated based on reference documents and review with Superintendent and High School Athletic Director.