

Sugar-Salem School District COVID-19 Extra-Curricular Plan

Objective: Develop guidelines and practices that will minimize the risks and transmission of COVID-19 for student athletes, coaches, and patrons as they participate in extra-curricular activities and events. These guidelines are in conjunction with:

- Sugar-Salem School District re-opening guidelines: <http://www.sugarsalem.org>
- Governor Little's guidelines: <https://rebound.idaho.gov/stages-of-reopening/>
- IHSAA and NFHS guidelines: www.ihsaa.org
- Southeastern Idaho Public Health Department guidelines: <https://www.siphidaho.org/coronavirus.php>
- CDC Guidelines: <https://www.cdc.gov/coronavirus/2019-ncov/index.html>

Guidelines for Parents:

- Ensure that your student athlete(s) are healthy before leaving the home. It is recommended that you take their temperature daily.
- Keep student athletes home if they exhibit any symptoms of COVID-19 and contact your health provider, administration, and/or coaches. (See COVID-19 Symptoms Checklist below)
- Wash their practice/game clothing and gear frequently. Daily is highly recommended.
- Ensure they have adequate cloth face masks available for practice, travel, and game situations.

Guidelines for Coaches/Participants:

- Ensure no-one enters practice exhibiting COVID-19 symptoms. (See COVID-19 Symptoms Checklist below)
- Report individual illnesses and those whom may have been exposed to administration.
- Ensure that hand sanitizer is available at all contests and practices. Participants/athletes, coaches and officials clean hands frequently.
- Equipment wiped down as frequently as possible.
- Coaches may be required to wear masks at all times when near athletes.
- All athletes/participants may be required to wear masks when not physically participating (i.e. locker rooms, warm-ups, training rooms, etc.)
- Adequate cleaning schedules should be created and implemented for all athletic facilities to mitigate any communicable diseases.
- No shared water bottles, towels or other personal equipment.
- Stagger games and practices if possible (cleaning in between).
- Do not make any practice mandatory. Emphasize the importance for individuals to stay home if feeling ill. Encourage parents to carefully monitor the health of their children.

- Coaches have access to thermometers if a participant/athlete is symptomatic. If any individual presents with a fever of 100.4 or higher, send home. When available, call for Athletic Trainer to check athlete's temperature and make recommendations.
- No pre-game and post-game contact, such as handshakes/high-fives/fist bumps. Practice limited contact among athletes.
- Any coach or student athlete who has had a positive COVID-19 test should be cleared by a doctor's note, release form from the Southeastern Idaho Public Health Department (208-478-6303), or an appropriate medical professional before they return to participate. Notes should be given to AD, administrator, coach, or Athletic Trainer. Coaches will follow IHSAA athlete re-entry guidelines.

Guidelines for Events:

- Coaches and other contest personnel may be required to wear facemasks during the events.
- Marked spacing and/or limit spectators to allow for appropriate physical distancing. Spectators may be required to wear face masks at all events.
- Entrance and exit flow-paths established and marked for each athletic facility.
- Referees may be required to take their temperature before an event.
- Live streaming of games as much as possible where available (all high school gyms and Holt Arena). <https://www.nfhsnetwork.com/>
- Coaches will follow specific sport guidelines produced by the IHSAA and their committees.
- All bus passengers may be required to wear face masks and use hand sanitizer prior to boarding. Passengers will be expected to space out to the greatest extent possible. Windows will be cracked to promote air-flow.

Guidelines for Training Room:

- Signage for entry and exit of training room.
- All athletes wash hands upon entering.
- Trainers may be required to wear face masks.
- Taping provided in alternate site beside training room (i.e. hallway).
- Spread out the workspace in the training room. Only one student per treatment area.
- Physical distancing enforced and "Hygiene Basics" adhered to in all situations.
- Athletes will not be allowed to get ice out of training room.

Guidelines for Reporting Illness and Response:

- If the organizers/medical personnel learn of suspected or confirmed cases of COVID-19 at the event, follow public health notification process for all event participants/athletes, coaches, event staff, media, spectators and vendors.
- Coaches, student athletes, parents, and athletic trainer will notify administration of any COVID -19 cases, symptoms, etc. so proper steps can be taken.

Guidelines for Return to Participation:

Coaches and student-athletes who develop fevers, persistent coughs or other common symptoms of COVID-19 are asked to seek a medical diagnosis and are expected to take the following steps before returning to school or extra-curricular participation.

Not tested for COVID – 19	Isolate for at least 14 days after illness onset and produce a release form from a medical care provider to coach/AD/AT.
Positive test for COVID-19	
Negative test for COVID – 19	Coaches or student-athletes may return to school as early as 24 hours after fever has ended and produce a release form from medical provider to coach/AD/AT.

Coaches and student-athletes who have been in close contact (less than 6 feet for more than 15 minutes) with an individual who is symptomatic but has not tested positive for COVID-19 will be asked to self-quarantine for 24 hours and monitor their own symptoms.

Coaches and student-athletes who have been in close contact with an individual who has been diagnosed with COVID-19, they will be asked to self-quarantine for 14 days in accordance with CDC guidelines or produce a release form from a medical care provider before returning to school or extra-curricular participation.

COVID-19 Symptoms Checklist:

Coaches and student-athletes who exhibit one or more of the following symptoms should stay home from school. Students with symptoms should refer to Appendix A for guidelines for returning to school.

- Fever or chills
- Shortness of breath or difficulty breathing
- Muscle or body aches
- New loss of taste or smell
- Congestion or runny nose
- Diarrhea
- Persistent coughing
- Fatigue
- Headache
- Sore throat
- Nausea or vomiting

3-Phase Plan for Facilities and Activities

	Phase 1	Phase 2	Phase 2 (Advanced)	Phase 3
	Low Risk	Moderate Risk	High Risk	Critical Risk
Activities	<ul style="list-style-type: none"> * IHSAA – approved activities will follow IHSAA guidelines * Other clubs and activities must submit a plan that meets EIPH protective order and is approved by district committee * No field trips, whole-school assemblies or other activities that involve groups in excess of EIPH mandated group sizes 			All extracurricular activities suspended
Coaches & Participants	<ul style="list-style-type: none"> * Face coverings may be required if physical distancing between other participants cannot be maintained * No handshakes between participants, coaches, and officials * Individual water bottles and towels * Disinfectant spray/microfiber towels used by coaches and players in the locker rooms 			
Spectators	<ul style="list-style-type: none"> * Seating limited to allow 6 feet of social distancing between families 	<ul style="list-style-type: none"> * Limit of 150 spectators (150 per side at stadium events) * Limit to one parent per participating student * Face coverings required 	<ul style="list-style-type: none"> * Limited to participants only * No spectators Permitted 	
Rentals	<ul style="list-style-type: none"> * Social distancing * Increase custodial personnel to cover sanitization needs where possible 	<ul style="list-style-type: none"> * Social distancing * No more than 150 people or ½ of allowed capacity as defined by fire code * Face coverings required * Increase custodial personnel to cover sanitization needs 	<ul style="list-style-type: none"> * No rentals for any facility the district is not using to accommodate students or programs in this phase * No more than 50 People 	
Outdoor Fields	<ul style="list-style-type: none"> * Social distancing between families * Utilize every other row * Restricted Concessions * Increased administrative supervision 	<ul style="list-style-type: none"> * Parents only attendance 150 people on each side of stadium * Concessions stands closed * Face coverings required 	<ul style="list-style-type: none"> * Social distancing * No spectators – participants only * Concession Stands closed * Masks required * Youth basketball, volleyball, or other outside groups participants and 1 parent only 	
				<ul style="list-style-type: none"> * Gates locked on all fenced facilities * Playgrounds wrapped with caution tape and signs posted regarding closure of facility

<p>Gymnasium Weight Rooms and Fitness Rooms</p>	<ul style="list-style-type: none"> * Social distancing * Restricted concessions * Increased Administrative Supervision * Sanitation of facility required between use * Spray and wipes available for use by facility users 	<ul style="list-style-type: none"> * Social distancing * Parents only attendance 150 people * Concession stands closed * Face coverings required * Limit access to half capacity * Utilize every other row/machine/station 	<ul style="list-style-type: none"> * Social distancing * No spectators – Participants only * Concession stands Closed * Masks required * Youth basketball, volleyball, or other outside groups participants and 1 parent only * Limit access to 50 People * Utilize every other row/machine/station 	<ul style="list-style-type: none"> * Gymnasiums and Elementary Cafeterias will not be used
<p>Auditorium and common areas</p>	<ul style="list-style-type: none"> * Social distancing between families * Utilize every other row when able * Increased administrative supervision * Sanitization of facility required between use 	<ul style="list-style-type: none"> * Social distancing * Parents only attendance - 75 people on each side of the gym for high schools, 150 total for middle school and elementary activities not to exceed ½ of the allowed capacity * Face coverings required 	<ul style="list-style-type: none"> * Participants only for choir, band and drama activities – No spectators * No other nonessential activities 	<ul style="list-style-type: none"> * Auditoriums and common areas will not be used

** Be advised that the “Sugar-Salem School District COVID-19 Extra-Curricular Plan” could be amended at any time, without notice, as circumstances arise.