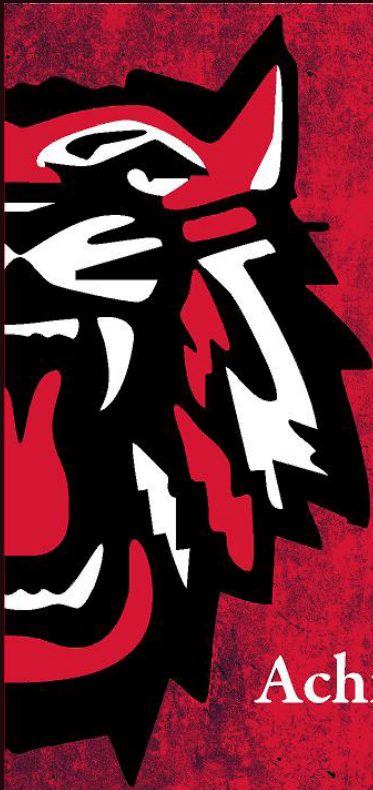


Rabun County High School

COVID-19 Athletics Return To Play

Phase I



MISSION STATEMENT

Creating a culture of academic and personal success through positive relationships, hard work, and an emphasis on student ownership.

VISION STATEMENT

Achieving excellence in everything we do.



RABUN COUNTY HIGH SCHOOL ATHLETICS



Guidance for returning to conditioning on June 8th with restrictions for ALL sports

GHSA Official Guidelines and/or Restrictions

- All summer work is voluntary
- Schools/School Systems may be more restrictive than the GHSA but not less
- Workouts are conditioning only, no balls or sport specific equipment
- Member schools should prepare an Infectious Disease Prevention Plan prior to staff and athletes returning to conditioning. *(This plan is attached with this document.)*
- Signage should be posted on site with the following:
 - Do you or have you had a fever in the last week?
 - Have you been diagnosed with COVID-19?
 - Have you been in contact with anyone diagnosed with COVID-19?
 - Have you traveled to a “hot spot” for COVID-19?
- Groups of 20, including coaches, for workouts per sport at any given time at the campus/facility.
 - Campus/Facility denote the buildings and contiguous property surrounding the buildings. You cannot have a group from one sport in the weight room and another group from the same sport on a field on the same campus. This includes adjacent middle school properties. If your middle school that feeds the high school is on an entirely different campus/facility, a second group from the same sport could condition at that location as well as following the same guidelines.
 - *(Rabun County) – Elementary and Primary School campus are not to host multiple groups from the same sport. (Example = Football having a group in the high school weight room as well as a group at the Primary School field at the same time will NOT be allowed. Basketball having a group at the high school gym as well as having a group at the Elementary School gym will NOT be allowed.)*
- Groups should be the same individuals (including coaches) for each session to limit risk of exposure. Students or coaches CANNOT change groups for the duration of this guidance
 - Athletic Directors and Head Coaches are allowed to monitor all workouts. Schools that employ a Strength and Conditioning coach may use that individual to direct all workouts. These individuals count in the group limit of 20 persons. Social Distancing, hand washing/sanitizer are stressed and masks/face coverings for these individuals is highly recommended. Groups should be consistent from workout to workout.
 - If there are multiple sport athletes, one conditioning group should be selected and adhered to for the duration of this guidance. There should be no student athletes in multiple conditioning groups. This applies to multiple sport coaches as well.
 - Example: Player A who plays football and boys basketball will only go to one conditioning session (either with football or with basketball) to limit exposure between groups.
- No use of locker rooms or shower facilities. Students should report to the facility dressed to condition and shower at home

- Weight Equipment should be cleaned prior to each workout and sanitized between use by each student.
- The weight room will be disinfected prior to workouts each day and immediately following each workout session
 - There will be, at the minimum, a 15-minute break in between workout groups to give coaches/staff time to disinfectant all equipment that will be used.
- Any equipment used by an athlete during a workout will be cleaned prior to use by any other athlete.
 - *If Player A is bench pressing, after Player A is finished with his/her set, that weight bar has to be sanitized (wiped down) before Player B can begin his/her set.*
- Hand sanitizer should be plentiful and readily available
- Each student should have their own personal water bottle. No use of water fountains or “water-cows” is allowed.
- Side spots only in weight training, safety bars are preferred.
- Social distancing should be adhered to always and masks/face covering are recommended for the weight room.
- At least 15 minutes should be scheduled between groups to allow for disinfecting the facility
- There will be no competition allowed between other schools
- NO VISITORS ARE ALLOWED AT CONDITIONING SESSIONS – this will be monitored/enforced by School Resource Officers.

Rabun County High School Guidelines and/or Restrictions (along with the GHSA guidelines)

- Locker rooms will only be open to use the bathroom. Only ONE athlete/coach at a time will be allowed to enter the locker room to use the bathroom.
- There will be no “Little Wildcat Camps” on campus this summer. If guidelines are lifted or adjusted, we will re-visit the possibility of hosting these camps. Our current student-athletes/coaches are the main priority right now.
- The only entry point to athletic facilities will be at the bottom gate (beside the tennis courts). This is for parents dropping off or picking up student-athletes as well as the athletes who are driving will be allowed to park up at the facility.
 - Parents will be able to enter and drop-off/pick-up at the top parking lots beside the gym, weight room, and practice fields. Parents WILL NOT be allowed to stay inside the facility to watch workouts or conditioning sessions due to the no visitors allowed guideline by the GHSA.
- COACHES – If you are with your team at ANY off-campus facility... these restrictions/guidelines will be enforced. Anytime you as the head coach OR assistant coaches are coaching your team, that workout/practice will be considered a Rabun County High School organized workout.
- Coaches if your sport plans to use the weight room you will need to do the following:
 - Get approval for day/time by Coach Jay due to the amount groups that will be using that facility.
 - Our strength and conditioning coaches will help devise a workout plan for you that will be safe and efficient for our student-athletes, IF NEEDED.
 - If there is NOT a certified strength and conditioning coach in the weight room at the time your sport is working out, you as the head coach will be liable/responsible for any injuries that might occur.

- The weight room will be disinfected prior to workouts each day and immediately following each workout session
 - There will be, at the minimum, a 15-minute break in between workout groups to give coaches/staff time to disinfectant all equipment that will be used.
- Any equipment used by an athlete during a workout will be cleaned prior to use by any other athlete.
 - *If Player A is bench pressing, after Player A is finished with his/her set, that weight bar has to be sanitized (wiped down) before Player B can begin his/her set.*
- All coaches/teams will follow the pre-screening procedures in the Infectious Disease Prevention Plan. Coaches/Teams will follow these pre-screening procedures before every group as well as every day that you have a scheduled workout.
- Please see and abide by the new training room rules in the Infectious Disease Prevention Plan.

Please adhere to the guidance provided as it is given to create the safest environment for our coaches, athletes, and all with whom they come in contact. I fully expect this guidance to change over time but it will remain in place for at least the first week of workouts as we focus on conditioning rather sport-specific skills. Safety MUST be our top priority and I appreciate your cooperation.

Infectious Disease Prevention Plan

COVID-19

Rabun County High School Athletics

Purpose

With the recent occurrence of COVID -19 and concerns for re- opening of high school athletics, the following guidelines are being implemented along with the official Georgia High School Association (GHSA) guidelines. These guidelines are for the protection of all, athletes, coaches, athletic training and other medical personnel, and affiliated support staff in accordance with current Governor's Office, Center for Disease Control and Prevention (CDC), and Georgia High School Association (GHSA) guidelines/policies. These guidelines will be flexible and subject to change as time, information, and research is updated. It has been established by health care authorities and leaders to have a process for screening and educating athletes, parents, and staff to self-monitor and report pertinent changes as they are encountered.

Process for screening and testing

1. Every athlete, coach, or staff member will be screened prior to participating in any workout using the attached COVID 19 screening form and all screenings will be documented.
2. Signage should be posted on site with the following:
 - i. Do you or have you had a fever in the last week?
 - ii. Have you been diagnosed with having COVID-19?
 - iii. Have you been in contact with anyone diagnosed with COVID-19?
 - iv. Have you traveled to a "hot-spot" for COVID-19?
3. If any athlete/coach falls under the criteria above. That athlete/coach will be sent home and not be allowed to return until:
 - i. Proof of a negative COVID-19 test
 - ii. 14-day quarantine and symptom free
4. If an athlete/coach have and pre-screening symptoms in the pre-screening process (see sample monitoring form):
 - i. The athlete will be removed from activity and a second temperature reading will be taken.
 - If the temperature is still above the threshold (100.3 F) the athlete will be sent home.
 - If the same athlete presents the same symptoms of a high temperature the next day. That athlete will be sent home and will not be allowed to return until:
 - Proof of a negative COVID 19 test
 - 14-day quarantine and symptom free
5. If at any time an athlete/coach/staff tests positive for COVID 19, all other members of that workout group will be notified and will not be allowed to return until:
 - i. Proof of a negative COVID 19 test
 - ii. 14 day quarantine and symptom free
6. If screenings are performed by a coach, the screening form will be completed and emailed to the Head Athletic Trainer (Coach Tiz) and/or Athletic Director (Coach Jay), as soon as completed.
7. Self-monitoring is to be instituted continuously. All athletes, coaches, and staff are to be educated as to the importance of and signs to be monitored via this process.

Infectious Disease Prevention Plan

COVID-19

Rabun County High School Athletics

8. Reported self-monitoring positives are to follow the above process for screening and testing as indicated and recorded in the athlete's record.

Athletic Training Room Rules/Procedures

1. Student-Athletes/Coaches/Staff will be asked to either wash their hands or use hand sanitizer as they enter the athletic training room
2. One student-athlete per treatment table, one student-athlete per taping station, a max of 4 student-athletes in the athletic training room at one time.
3. Student-Athletes can request to witness and assist in the sanitizing of all rehab equipment prior to use.
4. The cold whirlpool will NOT be available until all restrictions are lifted
 - a. In the event of a heat related illness the cold whirlpool will be used as an essential emergency treatment.
5. The ice machine will be OFF LIMITS to all student-athletes. Ice will be for treatments only. No eating or adding ice to personal containers.
6. Rehab times will be scheduled in 30 minute blocks.
7. No equipment bags, backpacks, or lunch boxes are to be brought into the athletic training room.
8. Absolutely NO hanging out in the athletic training room.
9. No eating or drinking in the athletic training room
10. Practice social-distancing while waiting for athletic training services

Cleaning Procedures

Athletic Training Clinic

1. Every table will be cleaned at the beginning of each day and after each patient.
2. Athletic Training staff will wash hands or use hand sanitizer before and after contact with every athlete.
3. All reusable equipment to be cleaned after use.

Weight Room

1. The weight room will be disinfected prior to workouts each day and immediately following each workout session
 - a. There will be, at the minimum, a 15-minute break in between workout groups to give coaches/staff time to disinfectant all equipment that will be used.
2. Any equipment used by an athlete during a workout will be cleaned prior to use by any other athlete.
 - a. *If Player A is bench pressing, after Player A is finished with his/her set, that weight bar has to be sanitized (wiped down) before Player B can begin his/her set.*

Infectious Disease Prevention Plan

COVID-19

Rabun County High School Athletics

Other Equipment

1. Any equipment used during workouts will be cleaned prior to workouts beginning and immediately following each workout. *(Same process as the weight room above)*
2. Any equipment used by an athlete during a workout will be cleaned prior to use by any other athlete. *(Same process as the weight room above)*

Athlete Guidelines

1. Athletes are required to bring their own water. The water bottles should have the student-athlete's name on it to minimize the risk of mixing up water bottles.
2. It is highly encouraged to maintain appropriate distancing between athletes, during activities, rest breaks, etc.
3. All athletes are encouraged to change clothes and immediately shower as soon as possible after practices and activities. All clothing worn during workouts should be washed immediately following each workout. Athletes will shower at home; no one will have access to the locker room except to use the bathroom.
 - a. The athlete will not leave any personal items (cleats, towels, socks, etc.) at the facility. Everything will travel with the student-athlete.
4. A bathroom will be designated for use at each workout location on campus and only one athlete will be allowed to use the bathroom at a time.
5. Athletes should not bring any balls, bats, or sport specific equipment to any workouts/activities during this time.

Parent/Guardian Guidelines

1. Parents/Guardians will use the bottom gate (beside the tennis courts) as the only entry point to access all athletic facilities.
2. Parents/Guardians will be allowed to enter and drop-off/pick-up their children at the top parking lots beside the gym, weight room, and practice field.
3. Parents/Guardians will NOT be allowed to stay on campus to watch practice/conditioning sessions due to the no visitors allowed on campus guideline set by the Georgia High School Association (GHSA).
 - a. This will be monitored and enforced by our School Resource Officers.