

PHASE ONE-JUNE 8, 2020 THROUGH June 21, 2020

All OSSAA rules and regulations along with Tulsa Public Schools Policies will remain effective during this time. Facilities will remain closed to the public until July 31, 2020. NO SPECTATORS OR OUTSIDE GROUPS WILL BE ALLOWED IN OR ON TULSA PUBLIC SCHOOLS FACILITIES DURING THIS TIME.

During each phase, each person, each day of attendance in each activity must complete a COVID 19 Screening form and temperature check. Vulnerable individuals should not oversee or participate in any workouts during any phase. All workouts are voluntary.

On June 8, 2020 Tulsa Public School coaches may have face to face contact with secondary level students using the provisions provided below. No team practice or activity specific instruction may be given during this phase. No camps, clinics or leagues may be conducted. Strength and conditioning are permitted outdoors only. No equipment such as balls, bats helmets are to be used this phase. No try-outs will be permitted during phase one.

OUTDOOR

- Each person entering the outdoor facility must have their temperature checked upon arrival.
- Each person will answer a series of screening questions. Any person answering yes to the screening questions will be asked to self-quarantine for 72 hours.
- Any individual with a temperature registering 100.4 degrees or higher will not be permitted to stay and will be required to self-quarantine for 72 hours and monitor symptoms..
- Coaches must assign students to specific work-out groups, keeping in mind that no group can be larger than 10 students. These groups will remain the same for the remainder of the summer for contact tracing purposes.
- Hands must be washed, or hand sanitizer used prior to entering the facility and touching any equipment
- Locker Rooms and/or restrooms are closed.
- Each person must remain 6 feet apart
- No shared hydrating bottles, towels, gloves, or any other personal equipment is permitted
- Hands must be washed, or hand sanitizer used every thirty minutes
- Water fountains and ice machines will only be accessible for coaches in the event of an emergency.
- Any equipment used must be disinfected every 30 minutes
- Coaches or other supervisory adults must wear masks or cloth face coverings
- Students who have traveled out of the country must self –quarantine for 14 days.

Rules and procedures for phase two will be released on June 15th 2020. Phase two will not begin until June 22, 2020.

PHASE TWO-JUNE 22, 2020 THROUGH JULY 15, 2020

The Oklahoma Secondary Schools Activities Association Board of Directors has waived the “Dead Period” for the summer of 2020. Beginning on June 22, 2020 we will resume with normal Rules and Regulations as specified by the OSSAA Handbook.

The following activities will be our operational guidelines for the remainder of the summer. There shall be no individual skills coaching, team practice, scrimmage or one on one opportunities. Tryouts will be permitted, however, groups larger than 50 must be divided into multiple sessions.

OSSAA and TPS approved camps will be permitted for TPS student athletes only. Approved camps will be conducted at TPS facilities and camp staff members must be approved TPS employees. Only TPS coaching staff members will be allowed to supervise the camp.

Indoors

Weight Room

- Each person entering the facility must have their temperature checked upon arrival. Any individual with a temperature registering 100.4 degrees or higher must not be permitted to stay and will be required to self-quarantine for 72 hours and monitor symptoms.
- Each person will answer a series of screening questions. Any person answering yes to the screening questions will be asked to self-quarantine for 72 hours
- Hands must be washed, or hand sanitizer used prior to entering the facility and touching any equipment
- Restrooms, if opened, must be sanitized before use and at the conclusion of the workout. During phase 2 locker rooms cannot be opened.
- Weight Rooms must be properly ventilated and no more than ten athletes in the room at any time.
- 2 people maximum on any one piece of equipment
- Each piece of equipment must be disinfected between each user of the equipment
- Hands must be washed, or hand sanitizer used every thirty minutes
- Any equipment used to include weights, balls, bats, helmets, etc. must be disinfected every 30 minutes
- No shared hydrating bottles, towels, gloves, or any other personal equipment is permitted
- Coaches or other supervisory adults must wear a mask or cloth face covering

GYM/INDOOR FACILITY

- Each person entering the facility must have their temperature checked upon arrival. Any individual with a temperature registering 100.4 degrees or higher must not be permitted to stay and will be required to self-quarantine for 72 hours and monitor symptoms.
- Each person will answer a series of screening questions. Any person answering yes to the screening questions will be asked to self-quarantine for 72 hours
- Hands must be washed, or hand sanitizer used prior to entering the facility and before beginning any drills or handling equipment
- Locker Rooms will not be opened. Restrooms, if opened, must be sanitized before use and at the conclusion of the workout
- Each person must remain 6 feet apart
- No shared hydrating bottles, towels, gloves, or any other personal equipment is permitted
- Any equipment used to include weights, balls, bats, helmets, etc. must be disinfected every 30 minutes
- Coaches or other supervisory adults must wear masks or cloth face covering

OUTDOOR

- Each person entering the facility must have their temperature checked upon arrival. Any individual with a temperature registering 100.4 degrees or higher must not be permitted to stay and will be required to self-quarantine for 72 hours and monitor symptoms.
- Each person will answer a series of screening questions. Any person answering yes to the screening questions will be asked to self-quarantine for 72 hours
- Hands must be washed, or hand sanitizer used prior to entering the facility and touching any equipment
- Restrooms if opened, must be sanitized before use and at the conclusion of the workout. Locker rooms will not be open during phase 2.
- Each person must remain 6 feet apart
- No shared helmets or equipment worn on head including face masks
- No shared hydrating bottles, towels, gloves, or any other personal equipment is permitted
- Hands must be washed, or hand sanitizer used every thirty minutes
- Any equipment used to include weights, balls, bats, helmets, etc. must be disinfected every 30 minutes
- Coaches or other supervisory adults must wear masks or cloth face covering

SPECIAL NOTE: ON JULY 15, 2020 – Unrestricted practice may begin for fast-pitch, volleyball, cross country, cheer, pom and marching band.

PHASE THREE – AUGUST 1, 2020

Practice may continue for fast-pitch softball, volleyball, cross country, cheer and marching band. Football may resume on August 10, 2020.

Q and A:

1. Question: Can TPS secondary level teams (students in grades 7-12) participate in camps or clinics or play in leagues at TPS school facilities?
Answer: Yes, however teams can ONLY participate at TPS facilities and ONLY TPS student-athletes are allowed. No spectators or outside groups are allowed.
2. Question: Are non-athletic activities included in these restrictions?
Answer: Yes, all activities are included in the restrictions.
3. Question: During phase two of the plan, can teams practice.
Answer: No, practice is not permitted.
4. Question: Does screening need to occur each day for each activity?
Answer: Yes, each person must be screened for COVID-19 prior to participation in each activity, each day during each phase of the plan.
5. Question: If a person is sent home due to a yes answer on the screening form, can that person return later in the day?
Answer: No, a person sent home may not be permitted to return the same day and must self-quarantine for 72 hours. The person may return with a medical release.
6. Question: If a person travels out of the country will that person observe a 14 day quarantine?
Answer: Yes, 14 days from the day he/she returns to Tulsa.

7. Question: If a transfer student comes to work out does that person sit out 14 days.
Answer: No, If the student has resided in Tulsa for at least 14 days in a row.
8. Question: Does a participant need a new physical prior to participation in phase two?
Answer: No, a new physical is not required until the first practice of any activity for the new school year. (Fall: Activity participants must have a physical on file before July 15). All athletes must have a current physical.
9. Question: Can a bandana be used as a face covering?
Answer: Yes, a mask, bandana or any cloth face covering may be used.
10. Question: Are tryouts permitted during phase two of the plan?
Answer: Yes try-outs may be conducted however social distancing guidelines must be followed and no groups larger than 50 are allowed.
11. Question: Can fall activities such as fast-pitch, cross country, volleyball, pom, cheer and marching band begin unrestricted practice on July 15?
Answer: Yes