



Servite Athletes,

While Servite prepares to transition our athletes back into practices, we feel it is vital to inform all our athletes about the requirements for practices/workouts.

Servite High School Athletics COVID-19 Return to Activity Policy and Procedures

The Athletic Department's policy and procedure is outlined below for the safe return to athletic activity of Servite student-athletes beginning on July 6th, 2020. This plan is subject to change as the COVID-19 situation evolves and new information becomes available from the state, local health department and CDC.

PHASE I:

- All athletic facilities will remain controlled.
 - Courage Field will remain locked and can only be used with a coach or strength coach present. Gates will be locked after each session; the field is not to be accessible without a coach.
 - A coach must be present for any sort of activity, athletes are not to be using facilities on their own.
 - Access and use of facilities and equipment will be coordinated and scheduled through the Sports Medicine Staff or the Strength & Conditioning Staff and coaches, where permissible with approval of the Athletic Director. Coaches and/or staff must be present for oversight during training. Coaches and staff will also be screened on a daily basis.
- Athletes will be assigned to a group and have scheduled workout times. There will be no switching of groups; if an athlete misses their scheduled time, they miss workouts for that day. This allows limited exposure if a student athlete tests positive for coronavirus.
- Athletes will be assigned a specific screening time prior to practice. Athletes should not arrive more than 10 minutes prior to their assigned time. Upon arrival athletes must maintain social distancing of 6 feet and wear a mask. Athletes are not permitted to socialize upon arrival with any other athlete or staff member. They are to walk directly to their assigned area. If you arrive early it is recommended you wait in your car in the air conditioning until your assigned arrival time.
- Screening will consist of a series of questions, along with daily temperatures and symptom checklist. All athletes must be symptom free and a temperature less than 100.4 degrees before being cleared to participate. Any temperature above 100.4 will require immediate referral to the athlete's primary care physician (PCP). If an athlete is referred to their PCP, they MAY NOT

return without written documentation from their PCP, negative results from a valid COVID test, or following a 14 day quarantine.

Questionnaire checklist:

1. Have you or anyone in your household had any of the following symptoms in the last 21 days:
sore throat, cough, shaking with chills, nausea and/or vomiting, body aches for unknown reasons, shortness of breath for unknown reasons, loss of smell, loss of taste, fever at or greater than 100.4 degrees Fahrenheit?
2. Have you or anyone in your household tested positive for COVID-19?
3. Do you have any reason to believe you or anyone in your household has been exposed to or acquired COVID-19?
4. Have you been in close proximity to any individual who tested positive for COVID-19?
 - If you respond yes to any of these questions, please remain home. Do NOT come to campus.
 - Athletes will line up in their designated area, maintaining 6ft distance from each other, while they wait to be walked up to the screening area by their coach or a member of the sports medicine staff to conduct their screening.
 - Athletes will have to complete the questionnaire through the Servite app and show the GREEN clear page to be allowed in for their workout, and then have their temperature taken.
 - Sports Medicine staff will wear a mask and gloves.
 - Only current Servite student-athletes who have been medically cleared by the sports medicine staff may utilize the facilities. NO VISITORS.
 - Individual workouts and lifting workouts will be limited to no more than 10 people, including coaches and/or athletic trainers.
 - Current CDC Guidelines recommend 6 feet distance between individuals.
 - Personal hygiene, frequent washing of hands, sanitizers, dis-infectant wipes and equipment disinfectant and cleaning will be implemented.
 - Use every other weight rack, alternate between sessions, directed by strength staff.
 - Supervisors of workouts will use a mask.
 - Physical distancing will also be required during individual workouts. No 1 on 1 drills or pick-up games during Phase 1. Multiple athletes during a workout need to maintain 6ft distancing from each other and coaches. NO PHYSICAL CONTACT.
 - All locker rooms are closed to Servite athletes.
 - The weight room and equipment will be cleaned between each lifting session. Servite custodial staff will also thoroughly clean the weight room and athletic training room each evening or morning.
 - All athletes will bring their own water bottles. Bottles will not be shared. No water will be provided. No drinking fountains will be available. (1 gallon of water is highly recommended for each practice)

- Athletes are limited to one bag to carry all personal equipment/clothing. Athletes should come dressed for workout and are required to bring their own towel. Nothing may be shared.
- Educational material will be provided for all athletes and staff.

Athletic Training Room (ATR) – PHASE I

- The ATR will not be open during phase 1 for treatment. Contact Sports Medicine Staff for further assistance.
- Injury evaluations and/or rehabilitation will need to be scheduled with the Sports Medicine staff.
- Only (1) athlete per Athletic Trainer will be permitted in the ATR at any time.
- Ice bags will be available upon guided exit. You will not be permitted back on campus once you have exited unless otherwise instructed by the Sports Medicine Staff. At this time, the use of the ice baths will not be permitted.

Weight Room – PHASE I

- 6ft physical distancing will be implemented during each lifting session.
- Without compromising safety, workouts will be modified to allow for more individual training.
- Frequent cleaning and sanitizing of weight equipment before, during and after use.
- At least 10 minutes scheduled between groups to sanitize racks, bars, benches, and other heavily used equipment.

PHASE II:

- We anticipate all the same policies and procedures as Phase 1. We expect participant numbers to increase. This will be determined by the State and Department of Health.

PHASE III:

- To be determined by the State and Department of Health.

DUE TO CDC REGULATIONS, WE ARE NOT ALLOWED TO HAVE SPECTATORS (INCLUDING PARENTS AND/OR SIBLINGS) ON CAMPUS INCLUDING ATHLETIC FACILITIES.

By signing this document, I acknowledge that I (parent/guardian name) _____, have read and agree to the above and consent to (student athlete's name) _____ participating in athletic programs at Servite High School for this 2020-2021 school year.

Parent Signature: _____ Date: _____

Student Signature: _____ Date: _____