



Reopening of Athletics Plan

Introduction

This document is intended to guide all constituents of SHA on recommendations for reopening of our athletic programs during the COVID-19 Pandemic. The intention of these recommendations is to keep our student athletes, coaches, and community safe.

General Considerations

- All off-season workouts are open and voluntary
- While there is still an inherent risk of infection for those participating, everyone in attendance should be actively working towards decreasing the risk of transmission to others.
- Everyone should arrive and leave at the scheduled time to avoid overlap in groups.
- All athletes should clean individual equipment and clothing after every use.
- Coaches should clean all team/shared equipment after every use.

Requirements for Coaches

- Design activities that focus on increasing risk mitigation strategies (social distancing, hand hygiene, etc.).
- Design activities to resume in a gradual fashion to avoid overuse injuries and exertional/heat-related illnesses.
- Consider that all athletes have some level of detraining and may not be returning at the same fitness level and activities may need to be adjusted accordingly. Additionally, if athletes miss sessions, they may need to start at a previous level.
- Coaches should work with the AD and/or an Athletic Trainer for guidance on adhering to each stage's recommendations.
- Break time may need to be increased and/or staggered to accommodate social distancing, hand washing, and avoiding shared hydration sources.
- Coaches must stay until all members of their team have left the campus.
- Notification of any use of facility (indoor or outdoor) must be given to the athletics department prior to entry into the facility.

Requirements for Student Athletes

- Gradually work up intensity of activity.
- Communicate all health and fitness-related concerns with coaches and athletic trainers immediately.
- Athletes should arrive prepared to go and avoid congregating before the workout.



- Athletes should leave immediately following the workout.
- All athletes should clean individual equipment and clothing after every use.

Pre-Workout Procedure (for all phases)

- All athletes and coaches in attendance must complete screening prior to practice.
- Anyone with positive findings on screening should not attend (even as a spectator). Coaches should not allow athletes to return until they are given the ok by an athletic trainer or administrator.
- Athletic Trainers will continually monitor screenings and reach out to anyone with positive findings with further instructions.
- Coaches must review the screening report at the start of each workout and confirm that everyone in attendance has completed a screening survey that day.
- Coaches must maintain accurate attendance of each workout and submit to the athletics department immediately after practice.
- Athletes and coaches should use hand sanitizer and/or wash hands prior to the start of workout and if needed throughout practice and/or at breaks.
- Each athlete must have their own personal water bottle and a facial covering to participate. No coolers or hydration stations should be utilized at this time.

Screening Procedure

- Screening survey should be completed the same day as initial workout and athlete and/or coach may not remain on campus if the screening survey is not completed.
- Athletes should complete screening in consultation with parents.

Screening Survey Questions

In the past 72 hours, have you or anyone in your household experienced symptoms of acute respiratory illness, such as: a fever of 100.4 F or higher, fatigue, body aches, cough, shortness of breath, sore throat, runny/stuffy nose, loss of taste or smell?

In the past 14 days, have you had close contact (i.e. within 6 feet for more than a few minutes) with anyone who tested positive for COVID-19 (AKA coronavirus), is in the process of being tested for COVID-19, is isolating as a result of a suspected COVID-19 infection, or is experiencing acute symptoms of COVID-19?

- If 'yes' to either question or you are concerned that you may be ill, remain home.
- The coach will contact parents if athletes do not pass the screening.
- Temperatures will be taken at each workout, coach will notify parent if a temperature exceeds 100.4 F.



- At a minimum, students (and any members of their household) will need to be withheld from workouts for 72 hours. Additionally, students may need to be cleared by a physician to return depending on severity and length of symptoms.
- Athletes who previously were diagnosed with COVID-19 and have since recovered should receive clearance from treating health care provider and notify coaches and athletic trainers so an appropriate return to play plan can be established.
- If anyone tests positive for COVID-19 who was at a workout within 14 days, appropriate notification and tracing will be initiated.

Phase 1 (Minimum of 14 days assuming county remains in a downward trend)

- Conditioning and individual non-contact drills only.
- Groups of 25 or less (including coaches).
- Consider scheduling multiple sessions if more than 25 want to attend.
- No group huddles.
- Instruction can be given in a socially distant manner.
- Stretching, warmups, and cooldowns can be done in a socially distant manner.
- Restrooms should be used one at a time if needed.
- Indoor sports should consider doing conditioning and individual drills outside.
- Facial coverings required for all coaches. Facial coverings required when students arrive/leave and during down time when they are not doing exertional activity (i.e. during instruction). Facial coverings are not recommended during activity.
- Parents should remain in their vehicles.
- No shared objects (including bottles, towels, sports equipment, pinnies, etc.).
- No handshakes, fist-bumps, high-fives, etc.
- Team meetings should take place on a virtual platform.

Phase 2 (Minimum of 14 days assuming county remains in a downward trend)

- Conditioning, Individual Drills, and Group Drills
- No intrasquad scrimmages
- Groups of 50 or less outside, Groups of 25 or less inside the gym. Groups of 10 or less in the fitness center.
- Workouts should be contained in pods of 10 or less. These pods remain together for all activity and intermingle with other pods as little as possible.
- No group huddles.
- Instruction can be given in a socially distant manner.
- Stretching, warmups, and cooldowns can be done in a socially distant manner.
- No locker room use. Restrooms should be used one at a time if needed.
- Athletes should take frequent breaks for hand-washing or hand sanitizer use.



- Facial coverings required for all coaches. Facial coverings required when students arrive/leave and during down time when they are not doing exertional activity (i.e. during instruction). Facial coverings are not recommended during activity.
- Parents should remain in their vehicles.
- Limit shared objects to those required for sport only (i.e. volleyballs, etc.).
- Athletes should still bring their own water supply and avoid sharing towels or pinnies.
- Team equipment should be cleaned at the conclusion of each session by coaching staff and individual clothing or equipment should be cleaned at the conclusion of each session by the participant.
- No handshakes, fist-bumps, high-fives, etc.
- Team meetings should allow for social distancing or take place on a virtual platform.

References

1. NFHS Guide for Opening Up High School Athletics and Activities- May 2020
2. NATA COVID-19 Return to Sport Considerations for Secondary School Athletic Trainers- May 2020
3. PA Department of Education Preliminary Guidance for Phased Reopening of Pre-K to 12 Schools- June 3, 2020
4. CDC COVID-19 Considerations for Youth Sports- May 29, 2020
5. KSI Return to Sports and Exercise during the COVID-19 Pandemic: Guidance for High School and Collegiate Athletic Programs- June 2, 2020
6. Washington University Resocialization of Sports Recommendations- June 1, 2020
7. UPMC Sports Medicine Playbook: Returning to Sports During COVID-19 Minimum Guidelines (High School)- May 28, 2020
8. PIAA Press Release- June 5, 2020
9. With special thanks to Pat Crater for the UCFSD Athletics Reopening Plan