



## Archbishop Murphy High School Return to Activity Procedures: PE/Strength & Conditioning/ Certified Athletic Training (ATC Services)

### Safe Start Washington Phased Reopening

The following document serves as a “Return to Activity” procedure that complies with the safety and health requirements put forward by the State of Washington for Snohomish County and include suggested protocols for returning to group physical activity guidance. This plan was created using a number of guidelines available from local, state, and national resources such as:

- [Center for Disease Control](#)
- [Washington Office of Superintendent of Public Instruction OSPI Guidelines for Reopening](#)
- [National Federation of State High School Associations \(NFHS\) Guidance for Opening Up High School Athletics and Activities](#)
- [National Strength and Conditioning Association \(NSCA\) Return to Training](#)
- [National Strength and Conditioning Association \(NSCA\) Safety Checklist](#),
- [National Athletic Training Association Ket Facts about Detraining](#)
- [CSCCa/NSCA CSCCa and NSCA Joint Consensus Guidelines for Transition Periods: Safe Return to Training Following Inactivity](#).

***The information here is not intended to be a substitute for professional medical advice and does not supersede any future directives or restrictions issued from local, state or federal authorities.***

At AMHS, our focus remains the health, safety, and development of christlike leaders in and around our community.

## **Return to Activity Plan: Physical Education, Strength & Conditioning, Certified Athletic Training (ATC) Treatment**

### **PHASE 2**

#### ***General Set Up***

- Before any participation is allowed, all AMHS students, coaches, program instructors, and volunteers will be required to sign the “Waiver/Release: COVID-19” that has been provided by the AMHS Administration.

- Face masks are required to be worn to, during, and from training by all coaches and players inside the AMHS Sports Performance facilities at all times (Weight Room, Athletic Training Room) and gymnasium.
- Social Distancing measures will be put in place for any and all activities located directly in the Sports Performance facilities (Weight Room, Athletic Training Room).
- Social Distancing measures should be put in place for any and all physical activities in the gymnasium located in Holy Cross Hall, Roman Miller Field, and Terry Ennis Stadium. Face masks will be mandatory for teachers, coaches, instructors, volunteers during any and all instruction with students, indoors or outdoors. Face masks will not be mandatory for students during aerobic-based activities (ex: Conditioning) in outdoor spaces but strongly recommended.
- AMHS will also be providing an access to hand sanitizer at multiple locations around campus and the Sports Performance facilities. Players must use hand sanitizer upon check in and immediately upon completion of training or treatment.
- “Vulnerable individuals” are defined by CDC as people age 65 years and older and others with serious underlying health conditions, including high blood pressure, chronic lung disease, diabetes, obesity, asthma, and those whose immune systems are compromised such as by chemotherapy for cancer and other conditions requiring such therapy.

**Pre Program AMHS Return to Activity Education:**

- All Teachers, Coaches, Instructors, and Volunteers will go through in person training focused on educating all adult leaders on the use of guidelines described in this return to activity guide.
- All participants of any physical activity program will go through an in person or virtual training session of guidelines for activity including, but not limited to:
  - Social Distancing measures
  - Facility Requirements, rules, and regulations during specific return to activity phases
  - Good Hygiene habits
  - Location of hand sanitizer stations
  - Do’s and Don’ts of each physical activity sessions
- A sign in sheet and completion checklist will be maintained of all personnel at the start of any and all training periods/seasons/camps/semesters.
- Upon the change of phases (upgraded or downgraded), all participants and instructors will be made aware of needed modifications.

## **Drop Off/Pick Up**

- A designated drop off, waiting area, and pick up area will be identified (via map and signs, see appendix 3). These spaces will be marked to support social distancing guidelines.
- Specific signs will indicate the walk way or flow of traffic into facilities or to fields/gyms.
- Participant parent/caregiver information will be recorded in case there is a need for a pick up following a positive result during the pre screening symptom check before participating.

## **Pre Participation Screening:**

- All coaches and students should be screened for signs/symptoms of COVID-19 prior to a training sessions, classes or treatment.
- Screening includes a temperature check and self survey. The screening will be conducted by a Sports Performance member (Certified Athletic Trainer, Director of Strength and Conditioning, Assistant Strength and Conditioning Coach, Intern Strength and Conditioning Coach), AMHS employed Coach, or AMHS Administrator.
- Participating Coach and Student temperature checks and survey responses to screening questions will be recorded digitally in the AMHS Teambuildr app and stored so that there is a record of everyone present in case any participant develops COVID-19 (see Appendix for sample self survey).
- Any person reporting symptoms should not be allowed to take part in workouts and will be advised to contact his or her primary care provider or other appropriate health-care professional. Continue to remind individuals to stay home if they feel sick.
- Vulnerable individuals should not oversee or participate in any training sessions, classes or treatment during Phase 2.

## **Limitations on Gatherings:**

- No gathering of more than 10 people (10 Students supervised by 1 Coach) at a time (inside or outside). Individual drills conducted in individually issued spaces.
  - Per OSPI request, limit to 20 in a space.

- Locker rooms or temporary storage should not be utilized during Phase 2.
  - Water bottles and any other “personal” effects (extra shoes, sweatshirts, etc) to be stored in specific areas limited to only that participant. Those areas to be cleaned in between sessions.
- Students should report to workouts in proper gear and immediately return home to shower at the end of the workout.
- Workouts should be conducted in “pods” of students with the same 5-9 students always working out together. Smaller pods can also be utilized. This ensures more limited exposure if someone develops an infection.
  - For summer schedules, SignUp Genius will be utilized for time slots for a designated period. Students will be locked into that time period with no time changes/alternates. (Example: Monday and Wednesday Only, 9am - 1015am)
  - Athletic Training services will only be available on a prescheduled basis on campus and must be scheduled directly with the Certified Athletic Trainer (ATC).
- There must be a minimum distance of 6 feet between each individual at all times. If this is not possible indoors, then the maximum number of individuals in the room must be decreased until proper social distancing can occur. Appropriate social distancing will be used in the following areas by using tape or paint as a guide for students and coaches.
  - Weight Room: Space between power racks in the weight room are 10 feet from middle, giving a 6 foot working space with a 4 foot buffer zone. Additional barrier markers will be utilized. Equipment will be utilized at the rack with limited travel and no shared equipment.
  - Athletic Training Room: Equipment such as treatment tables, exercise equipment, and therapeutic modalities will be arranged to allow 6 feet of distance between each area. The number of athletes in the athletic training room will be limited to a maximum of 2 in order to maintain proper distancing, athletes waiting for treatment will be asked to wait outside and not congregate in the hallway.
  - Terry Ennis Stadium, Roman Miller Field, Holy Cross Hall Gymnasium: Cones, tape, and naturally occurring sport lines (Football Yard markers, Soccer lines, Basketball Court lines etc.) will be highlighted and identified as barriers for training “stations” for participants. At no time will other participants use any shared equipment from these designated spaces or touch shared boundaries/cones. See appendix 3 for facilities outline.

### **Facilities Cleaning and Equipment Sanitation**

- Adequate cleaning schedules should be created and implemented for all athletic facilities to mitigate any communicable diseases.
  - Weight Room: Sports Performance Staff will adhere to the cleaning guidelines and documentation of those guidelines as outlined by the [NSCA Safety Checklist](#) (Appendix 4).

- Any equipment such as weight benches, athletic pads, etc. having holes with exposed foam will be removed.
- Prior to an individual or groups of individuals entering a facility, hard surfaces within that facility should be wiped down and sanitized (chairs, furniture in meeting rooms, locker rooms, weight room equipment, bathrooms, athletic training room tables, etc.).
- Current guidance for cleaning and disinfection for COVID-19 from the CDC states that disinfectants should be registered by the EPA for use against the COVID-19. [See List N: Disinfectants for Use Against SARS-CoV-2 \(COVID-19\)](#).
- Individuals should wash their hands for a minimum of 20 seconds with warm water and soap before touching any surfaces or participating in workouts.
- Hand sanitizer should be plentiful and available to individuals as they transfer from place to place. Designated areas can be identified on the Facilities Outline in Appendix 3.
- Appropriate clothing/shoes should be worn at all times in the weight room to minimize sweat from transmitting onto equipment/surfaces.
- Students must be encouraged to shower and wash their workout clothing immediately upon returning to home.
- There should be no shared athletic equipment (towels, clothing, shoes, or sports specific equipment) between students.
- Students should wear their own appropriate workout clothing (do not share clothing). Any facility issued individual clothing/towels should be washed and cleaned after every workout.
- All and any equipment that comes into contact with any coaches or participants, including balls, cones, bands, foam rollers, etc. should be cleaned after each use and prior to the next workout. Pinnies or bibs will not be utilized.

### **Physical Activity Prescription Guidelines**

- Systematic, measured, and recorded increases in intensity for all prescribed physical activity will be guided by the suggestions of the [NSCA Return to Training](#), the joint positions of the [CSCCa/NSCA](#), and [NATA Key Facts on Detraining](#).
  - *Strength & Conditioning*: All programming is recorded in AMHS Teambuildr app and is available upon request. COVID-19 modified curriculum map and lesson plans are also available via Atlas.
  - *Physical Education*: COVID-19 modified curriculum map and lesson plans are available via Atlas

- The application and education of this model to all parties (adults and student participants) is to significantly reduce the likelihood of athletic injury, illness, and catastrophic sport related issues (cardiac related illness, sudden cardiac arrest, exertional injuries, and/or death). This information will be distributed and made available to all instructors and participants when regular occurring adjustments are made.
- Resistance training should be reintroduced slowly, emphasizing as body weight, sub-maximal lifts and use of other light resistance modalities.
- Free weight exercises that require a spotter cannot be conducted while honoring social distancing, however safety measures in all forms must be and will be strictly enforced in the weight room.
- All Traditional Core or Foundational Lifts, especially those of the Squat and Bench Press, should be limited to power racks. Per NFHS and NSCA suggestion to support social distancing, two position spotting technique should be utilized or bar catches during these exercises.
  - All participants in this scenario will be mandated to wear masks while in the Weight Room.

### **Illness Reporting**

- Testing regimens and responses to a student or team member testing positive for COVID-19 (including contact tracing) are all currently under review, and guidance will come from CDC and state and local health departments. Limited testing availability, lack of resources for contact tracing, and expanding knowledge of the characteristics of COVID-19 transmission could all result in significant changes to the recommendations below. The NFHS, associated SMAC and state association SMACs expect to disseminate this information as it becomes available
- AMHS will adhere to the local and state health department directives upon notification of a positive COVID-19 test, contact tracing, and pausing/cessation of any and all related programs affiliated with the facility and/or campus.
- **If a participant, teacher, coach, instructor, or volunteer reports signs of COVID-19 in the temperature check or self survey:**
  - Separate the person away from others, with supervision at a distance of six feet, until the sick person can leave. While waiting to leave school, the individual with symptoms should wear a cloth face covering or mask if tolerated. Air out and then clean and disinfect the areas where the person was after they leave.

- The person with symptoms should follow [DOH guidance for what to do if you have symptoms for COVID-19](#) and have not been around anyone who has been diagnosed with COVID-19.
  - A designated AMHS administrator will ask the participants' parent/caregiver, teacher, coach, instructor, or volunteer to inform the school right away if the person is diagnosed with COVID-19.
- **If a participant, teacher, coach, instructor, or volunteer signs of suspected or confirmed COVID-19:**
    - If a student or staff member tests positive for COVID-19, the local health jurisdiction will advise next steps.
    - It is likely that many of the student's classmates will be considered close contacts and need to be quarantined for 14 days.
    - Refer to [What to do if you were potentially exposed to someone with confirmed coronavirus disease \(COVID-19\)?](#)
- **If a participant or teacher, coach, instructor, or volunteer signs of suspected or confirmed COVID-19 can return to the program when:**
    - At least three days (72 hours) have passed since recovery – defined as no fever without the use of medications and improvement in respiratory signs like cough and shortness of breath;
    - AND**
    - At least 10 days have passed since signs first showed up
    - OR**
    - It has been at least three days (72 hours) since recovery AND a health care provider has **certified in writing** that the student does not have suspected or confirmed COVID-19.

### Other Guidelines

- All teachers, coaches, instructors, and volunteers will continue to emphasize good hygiene habits to participants and practice them as well throughout the sessions.
  - Wash your hands with soap and water or use hand sanitizer, especially after touching frequently used items or surfaces.
  - Avoid touching your face.
  - Sneeze or cough into a tissue, or the inside of your elbow.
  - Disinfect frequently used items and surfaces as much as possible.
  - Strongly consider using face coverings while in public, and particularly when using mass transit.
  - People who feel sick will be encouraged to stay home and contact and follow the advice of your medical provider.
  - Wide availability of hand sanitizer at contests and practices.

- Teachers, coaches, instructors, and volunteers and officials should clean hands frequently.
- Spitting on training surfaces and in the presence of other participants will be discouraged.
- Handshakes/high-fives/fist bumps will be discouraged.

### **Appendix 1: Temperature Recording and Self Survey**

**Questionnaire Name**

COVID Screen

**Description (optional)**

COVID pre-screen

**Options**

Display total of value after athlete completes

**Link Document**

Folder Main Directory

Select a Document

Optional - select document

**Select Questions**

Click "New Question" above to add items to the select boxes

Do you have a fever?

Do you have a cough?

Do you have a sore throat?

Do you have shortness of breath?

Have recent loss of taste or smell?

Close Contact, or cared for someone with COVID-19?

What is your Temperature (if higher than 100.3 F)?



## **Appendix 2: AMHS Waiver/Release regarding COVID-19**

I, (**Parent/Guardian Name Here**), acknowledge that my student, (**enter name here**) is willing, voluntarily, and under my allowance participating in athletics, extra curricular activities, and/or physical education at Archbishop Murphy High School. In consideration of my students voluntary involvement in these aforementioned programs at AMHS, I have had an opportunity to carefully read the current [CDC Coronavirus Precautions and Guidelines](#), [Washington State Coronavirus Response](#), and the [National Federation of State High School Associations \(NFHS\) Guidance for Opening Up High School Athletics and Activities](#). I have also received educational information by AMHS Faculty and Staff discussing potential COVID-19 virus related health risks and recommended precautions in person and also via their published “AMHS Return to Activity” plan (**Hyperlink here when complete**) . I was given an opportunity to ask questions regarding the COVID-19 virus and my COVID-19 virus related questions were answered.

I acknowledge and agree to the following: (**Checkbox for each Consent**)

1. I am aware of the COVID-19 virus and guidelines as reported by the CDC, Washington State Governor's Office, and the NFHS Guidance. I have considered all of these risks, made my own inquiry and investigation, and voluntarily agree to assume them for my student.
2. The enrollment of my student at AMHS signifies that my student is voluntarily and willingly choosing to come to the AMHS Campus when physically able.
3. My student, through my permission, is voluntarily and willingly participating in activities aforementioned above.
4. I assume to further agree to voluntarily assume all risks related to the COVID-19 virus.
5. I consent to my students' participation in contact tracing protocol, if necessary, at AMHS lead by a Chief Safety Officer (CSO) and the Department of Health.
6. On behalf of myself, my heirs, successors and assigns, hereby waive and release AMHS, its employees, trustees, officers, and agents from and against all claims, liability, rights, causes of action, costs, attorneys fees and expenses of any nature whatsoever, whether known or unknown, for injury, loss, or damage due to contracting the COVID-19 virus.

I, (**Parent/Guardian Name Here**), have read the above and agree that the statements are accurate.

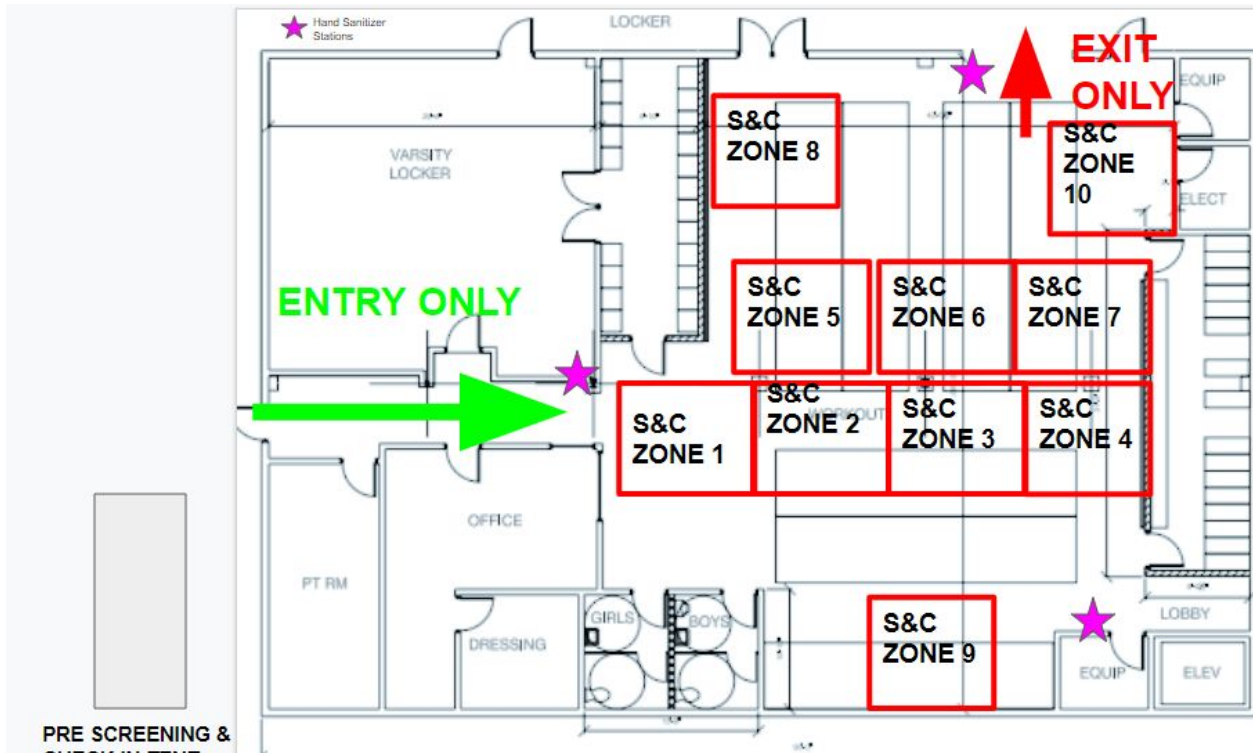
This acknowledgment shall be in effect from the date this document is signed and shall remain in effect until the conclusion of the related academic school year.

Parent Signature

Student Signature

**Appendix 3: Facilities Outline (Weight Room, Terry Ennis Stadium, Gym)**

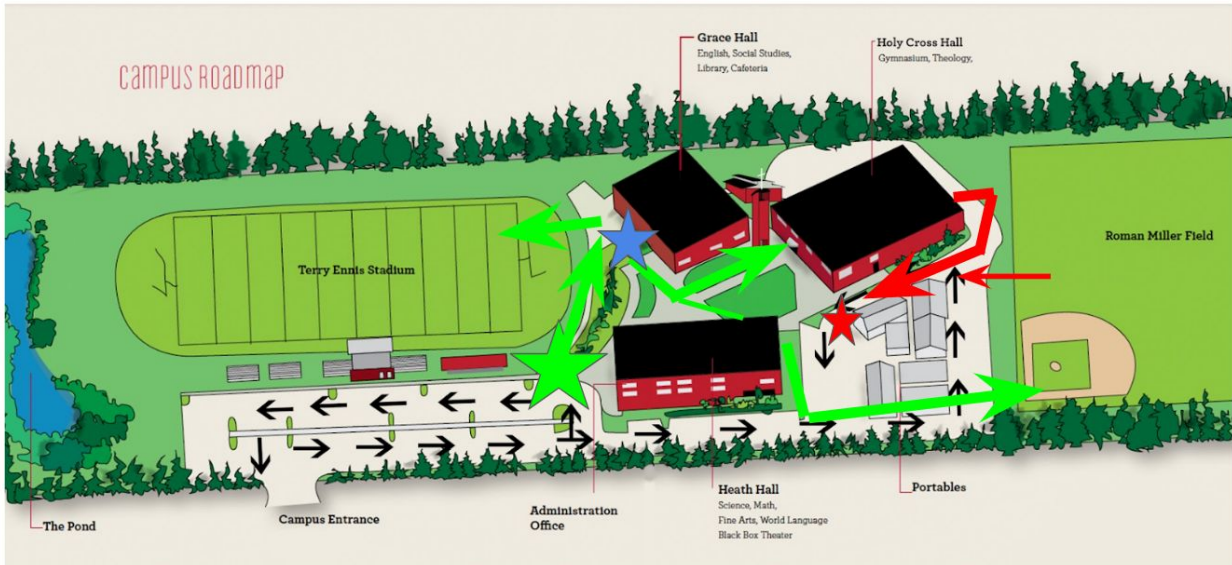
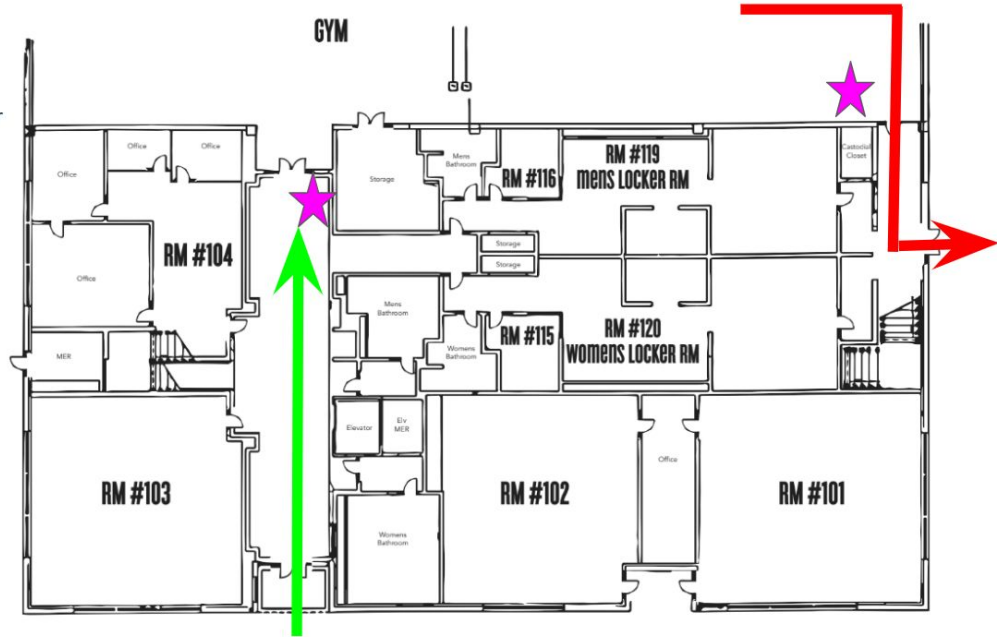
★ = Hand Sanitizer Stations





HOLY CROSS HALL 1<sup>ST</sup> FLOOR

★  
Hand Sanitizer Stations



- ★ Drop Off Area
- ★ Pick Up Area
- ★ Medical Check In Area
- Arrows indicate one way movement of athlete traffic

## Appendix 4: NSCA Safety Checklist

# NSCA'S SAFETY CHECKLIST

## FOR EXERCISE FACILITY AND EQUIPMENT MAINTENANCE



### EXERCISE FACILITY

#### FLOOR

- Inspected and cleaned daily
- Wooden flooring free of splinters, holes, protruding nails, and loose screws
- Tile flooring resistant to slipping; no moisture or chalk accumulation
- Rubber flooring free of cuts, slits, and large gaps between pieces
- Interlocking mats secure and arranged with no protruding tabs
- Nonabsorbent carpet free of tears; wear areas protected by throw mats
- Area swept and vacuumed or mopped on a regular basis
- Flooring glued or fastened down properly

#### WALLS

- Wall surfaces cleaned two or three times a week (or more often if needed)
- Walls in high-activity areas free of protruding appliances, equipment, or wall hangings
- Mirrors and shelves securely fixed to walls
- Mirrors and windows cleaned regularly (especially in high-activity areas, such as around drinking fountains and in doorways)
- Mirrors placed a minimum of 20 inches [51 cm] off the floor in all areas
- Mirrors not cracked or distorted (replace immediately if damaged)

#### CEILING

- All ceiling fixtures and attachments dusted regularly
- Ceiling tile kept clean
- Damaged or missing ceiling tile replaced as needed
- Open ceilings with exposed pipes and ducts cleaned as needed

### EXERCISE EQUIPMENT

#### STRETCHING AND BODY WEIGHT EXERCISE AREA

- Mat area free of weight benches and equipment
- Mats and bench upholstery free of cracks and tears
- No large gaps between stretching mats
- Area swept and disinfected daily
- Equipment properly stored after use
- Elastic cords secured to base with safety knot and checked for wear
- Surfaces that contact skin treated with antifungal and antibacterial agents daily
- Nonslip material on the top surface and bottom or base of plyometric boxes
- Ceiling height sufficient for overhead exercises (12 feet [3.7 m] minimum) and free of low-hanging apparatus (beams, pipes, lighting, signs, and so on)

#### RESISTANCE TRAINING MACHINE AREA

- Easy access to each station (a minimum of 2 feet [61 cm] between machines; 3 feet [91 cm] is optimal)
- Area free of loose bolts, screws, cables, and chains
- Proper selectorized pins used
- Securing straps functional
- Parts and surfaces properly lubricated and cleaned
- Protective padding free of cracks and tears
- Surfaces that contact skin treated with antifungal and antibacterial agents daily
- No protruding screws or parts that need tightening or removal
- Belts, chains, and cables aligned with machine parts
- No worn parts (frayed cable, loose chains, worn bolts, cracked joints, and so on)

#### RESISTANCE TRAINING FREE WEIGHT AREA

- Easy access to each bench or area (a minimum of 2 feet [61 cm] between machines; 3 feet [91 cm] is optimal)
- Olympic bars properly spaced (3 feet [91 cm]) between ends
- All equipment returned after use to avoid obstruction of pathway
- Safety equipment (belts, collars, safety bars) used and returned
- Protective padding free of cracks and tears

- Surfaces that contact skin treated with antifungal and antibacterial agents daily
- Securing bolts and apparatus parts (collars, curl bars) tightly fastened
- Nonslip mats on squat rack floor area
- Olympic bars turn properly and are properly lubricated and tightened
- Benches, weight racks, standards, and the like secured to the floor or wall
- Nonfunctional or broken equipment removed from area or locked out of service
- Ceiling height sufficient for overhead exercises (12 feet [3.7 m] minimum) and free of low-hanging apparatus (beams, pipes, lighting, signs, and so on)

#### **WEIGHTLIFTING AREA**

- Olympic bars properly spaced (3 feet [91 cm]) between ends
- All equipment returned after use to avoid obstruction of lifting area
- Olympic bars rotate properly and are properly lubricated and tightened
- Bent Olympic bars replaced; knurling clear of debris
- Collars functioning
- Sufficient chalk available
- Wrist straps, belts, and knee wraps available, functioning, and stored properly
- Benches, chairs, boxes kept at a distance from lifting area
- No gaps, cuts, slits, splinters in mats
- Area properly swept and mopped to remove splinters and chalk
- Ceiling height sufficient for overhead exercises (12 feet [3.7 m] minimum) and free of low-hanging apparatus (beams, pipes, lighting, signs, and so on)

#### **AEROBIC EXERCISE AREA**

- Easy access to each station (minimum of 2 feet [61 cm] between machines; 3 feet [91 cm] is optimal)
- Bolts and screws tight
- Functioning parts easily adjustable
- Parts and surfaces properly lubricated and cleaned
- Foot and body straps secure and not ripped
- Measurement devices for tension, time, and revolutions per minute properly functioning
- Surfaces that contact skin treated with antifungal and antibacterial agents daily

## **FREQUENCY OF MAINTENANCE AND CLEANING TASKS**

### **DAILY**

- Inspect all flooring for damage or wear
- Clean (sweep, vacuum, or mop and disinfect) all flooring
- Clean and disinfect upholstery
- Clean and disinfect drinking fountain
- Inspect fixed equipment's connection with floor
- Clean and disinfect equipment surfaces that contact skin
- Clean mirrors
- Clean windows
- Inspect mirrors for damage
- Inspect all equipment for damage; wear; loose or protruding belts, screws, cables, or chains; insecure or nonfunctioning foot and body straps; improper functioning or improper use of attachments, pins, or other devices
- Clean and lubricate moving parts of equipment
- Inspect all protective padding for cracks and tears
- Inspect nonslip material and mats for proper placement, damage, and wear
- Remove trash and garbage
- Clean light covers, fans, air vents, clocks, and speakers
- Ensure that equipment is returned and stored properly after use

### **TWO OR THREE TIMES PER WEEK**

- Clean and lubricate aerobic machines and the guide rods on selectorized resistance training machines

### **ONCE PER WEEK**

- Clean (dust) ceiling fixtures and attachments
- Clean ceiling tile

### **AS NEEDED**

- Replace light bulbs
- Clean walls
- Replace damaged or missing ceiling tiles
- Clean open ceilings with exposed pipes or ducts
- Remove (or place sign on) broken equipment
- Fill chalk boxes
- Clean bar knurling
- Clean rust from floor, plates, bars, and equipment with a rust-removing solution

From NSCA, 2016, *Essentials of strength training and conditioning*, 4th ed., edited by G. Haff and T. Triplett (Champaign, IL: Human Kinetics). Adapted, by permission, from National Strength and Conditioning Association, 2004, *NSCA's essentials of personal training*, edited by R.W. Earle and T.R. Baechle (Champaign, IL: Human Kinetics) 604-606.

## Appendix 4: References

- Center for Disease Control <https://www.cdc.gov/coronavirus/2019-ncov/index.htm>
- [Washington Office of Superintendent of Public Instruction OSPI Guidelines for Reopening,](#)
- [National Federation of State High School Associations \(NFHS\) Guidance for Opening Up High School Athletics and Activities,](#)
- [National Strength and Conditioning Association \(NSCA\) Return to Training,](#)
- [National Strength and Conditioning Association \(NSCA\) Safety Checklist](#)
- [National Athletic Training Association Ket Facts about Detraining](#)
- [CSCCa/NSCA CSCCa and NSCA Joint Consensus Guidelines for Transition Periods: Safe Return to Training Following Inactivity.](#)
- Washington State Summer Programs Guidelines - <https://www.doh.wa.gov/Portals/1/Documents/1600/coronavirus/SummerGuidanceK-12.pdf>
- “Return to Training Considerations Post-COVID-19.” United States Olympic & Paralympic Committee - Sports Medicine, Version 0.12. <https://www.teamusa.org/coronavirus>.
- “Opening up America Again.” The White House, <https://www.whitehouse.gov/openingamerica>

## **Appendix 5: Contacts**

Chief Safety Officers regarding this publication:

- Jordan James, Archbishop Murphy High School Director Of Wellness, Director of Strength and Conditioning - [jjames@am-hs.org](mailto:jjames@am-hs.org)
- Evan Goreham, Archbishop Murphy High School Certified Athletic Trainer (ATC), [evan.goreham@irgpt.com](mailto:evan.goreham@irgpt.com)
- Cassie Synder, Athletics Director - [csynder@am-hs.org](mailto:csynder@am-hs.org)

*Contact Phone: 425-379-6363*