

FREDERICA ACADEMY ATHLETICS **INFECTIOUS DISEASE PLAN FOR COVID-19**

PURPOSE

With the recent occurrence of COVID-19 and concerns of re-opening high school athletics, Frederica Academy (FA) Athletics has taken additional measures in ensuring the safety of our athletics staff and student-athletes. In accordance with guidelines set forth by the Center for Disease Control (CDC), the National Federation of State High School Associations (NFHS) Sports Medicine Advisory Committee (SMAC), Southeast Georgia Health System (SGHS), and Georgia Independent School Association (GISA), these guidelines are for the protection of all student-athletes, coaches, athletic trainer(s) and other medical personnel, and affiliated support staff. These guidelines will be subject to change at any time as information and research is updated with COVID-19. Compliance with requirements in this policy is mandatory and apply to all student-athletes and coaches, at all levels, across all sports.

KNOWN SIGNS AND SYMPTOMS RELATED TO COVID-19

- Fever
- New or unexplained cough
- New or unexplained Shortness of Breath / Difficulty Breathing
- New loss of taste or smell
- Close contact with someone diagnosed with COVID-19

PROCESS FOR SCREENING AND TESTING

Student-athletes are expected to report for workout/conditioning/practice sessions only with their assigned group at their designated time and location. Student-athletes should arrive with their workout/conditioning/practice gear already on as locker rooms will not be utilized at this time.

- Coaches / Volunteer Screener(s): Report to the FA Athletic Training Room to be screened prior to workout/conditioning/practice
- Student-athletes: Report to the upper school parking lot round about (at the back of the upper school, field house, and gymnasium). Remain in their car or 6-feet apart for screening by the FA Athletic Trainer, designated coach, and/or volunteer screener(s) for their designated group.

Every student-athlete and coach will be required to be screened at the screening checkpoints prior to admission/participation in any workout/conditioning/practice session using the COVID-19 screening forms and all screenings will be documented regardless if student-athlete is in attendance or absent.

- *WITH REGARDS FOR INCELEMENT WEATHER:*
 - Coaches / Volunteer Screener(s): Report to the breeze way outside of the main entrance to the FA Gymnasium
 - Student-athletes: Report to the breeze way outside of the main entrance to the FA Gymnasium and the breeze way outside of the side entrance to the Athletic Conference

Room (designated by FA Athletic Trainer and if there are multiple groups they will be instructed on where to report by the FA Athletic Trainer upon arrival).

- *Always maintain 6 feet apart under the breeze way(s) and secluded from direct potential threats proposed by inclement weather.*

The following screening criteria will be included:

- Do you or have you had a fever in the last 2 weeks?
- Do you have a new or unexplained cough?
- Do you have any new or unexplained shortness of breath?
- Do you have any new or unexplained loss of sense of taste or smell?
- Have you or anyone you have close contact with been diagnosed for COVID-19 or is awaiting test results?
- Have you traveled out of the area to a “hot spot” for COVID-19?
- Temperature screening via infrared thermometer

If the coach and student-athlete does not present with any signs or symptoms of COVID-19 and passes the screening (i.e. answered no to all the questions) then they will be allowed to participate in workout/conditioning/practice activities.

If any coach and/or student-athlete does present with any signs or symptoms of COVID-19 and/or has a fever of 100.0 degrees F or greater, they will be denied participation for workout/conditioning/practice activity and will not be allowed to return until:

- Proof of negative COVID-19 test is turned in to the FA Athletic Trainer
- 14-day quarantine and symptom free without medication
- All other participants in his/her designated “group”, including coach and anyone the athlete has been in close contact with, will be informed to take extra precaution and continue to maintain safe practices until student-athlete or coach has been cleared by a physician or a negative COVID-19 test result is obtained by the FA Athletic Trainer.

If at any time a student-athlete or coach tests positive for COVID-19, all other members of that “group” will be notified but are allowed to return to any workout/conditioning/practice activity at FA with MANDATORY MASK during the duration of participation with the exception of high intensity training. If members of that “group” elect not to return to participation with a mask they will be required to complete the following before being allowed to return to participation:

- Proof of a negative COVID-19 test is turned in to the FA Athletic Trainer
- 14-day quarantine and symptom free without medication.

If any student-athlete or coach states that a member of the household has tested positive or awaiting test results for COVID-19, that student-athlete and/or coach will be allowed to return to participation with a MANDATORY MASK on during the duration of participation. If at any time the student-athlete or coach become symptomatic they will be required to quarantine for 14 days and be tested for COVID-19. If the member of the household is awaiting results and the student-athlete or coach is in a mandatory mask, they will be allowed to remain in that mandatory mask until the tested individual can provide

proof of a negative COVID-19 test to the FA Athletic Trainer. If any student-athlete or coach denies participation with the mandatory mask, they will not be allowed to return to participation until:

- After an isolated 14-day quarantine asymptomatic and no additional members of the household are ill

If any student-athlete or coach states close contact with someone that has tested positive or awaiting test results for COVID-19, it is recommended they get tested. They may continue to participate with a MANDATORY MASK as long as they are symptom free while also maintaining an isolated 14-day quarantine from the said individual. If the student-athlete or coach becomes symptomatic at any time it is required to be tested and complete a 14-day isolated quarantine.

- *Close contact can include:*
 - *Ride sharing*
 - *Playing recreational sports (i.e. basketball, volleyball, flag football, football, etc.)*
 - *Sharing a room*

Screenings that are performed by coaches will be provided with a flow chart denoting the steps to take for yes and no questions, and if there is any insecurities, coaches will contact the FA Athletic Trainer to make a review of the screening questionnaire and determine participation status. Coaches will also email or provide hardcopies of the screening questionnaire to the FA Athletic Trainer at the end of every week.

Self-monitoring is to be instituted continuously with all student-athletes, coaches, athletic staff, etc., being educated as to the importance of the signs and symptoms of COVID-19 to be monitoring during this process. Any reporting self-monitoring positives are to follow all the above stipulations for screening and testing.

CRITERIA FOR RETURN TO PARTICIPATION

If a symptomatic student-athlete, coach, athletic staff, etc., tests positive for COVID-19, the following must be completed before return to play will be allowed:

- Isolated 14-day quarantine
- 3-days symptom free without use of fever reducing medications
- Proof of a negative test result provided to the FA Athletic Trainer –or- provide a Physician clearance note to the FA Athletic Trainer

If an asymptomatic student-athlete, coach, athletics staff, etc., tests positive for COVID-19, the following must be completed before return to play will be allowed:

- Isolated 14-day quarantine
- Proof of a negative test result provided to the FA Athletic Trainer –or- provide a Physician clearance note to the FA Athletic Trainer

***Isolated 14-day quarantine starts the day the individual is tested.*

CONCERNING RIDE SHARING AND SOCIAL DISTANCING

It is recommended that outside of the sports participation that student-athletes, coaches, and FA athletics staff continue to maintain appropriate social distancing, use of personal protective equipment (PPE), avoid large crowds and events, and avoid personal contact with individuals known to have COVID-19. With regards to ride sharing please use appropriate PPE unless all student-athletes are in the same “group” for workout/conditioning/practice activities. Student-athletes seen without use of PPE ride sharing with another individual diagnosed with COVID-19 may be suspended from participation until proper clearance is provided to the FA Athletic Trainer.

PHYSICAL ACTIVITY AND ATHLETIC EQUIPEMENT

At any time a severe increase of cases is seen by the State of Georgia or there is a positive test of any one or more athlete(s) at FA, it could result in a pull back on restrictions to a previous phase (i.e. back to Phase 1 from Phase 2) or complete halt of all participation of FA Athletics.

Phase 1

There should be no shared towels, clothing, shoes, or any other sports specific equipment (i.e. balls, gloves, bats, athletic gear, helmets, mats, rackets, etc.) between student-athletes.

Student-athletes should arrive with their appropriate workout clothing on (do not share clothing between teammates) as locker rooms will not be utilized at this time. Individual clothing/towels should be washed and cleaned after every workout.

There will be no switching of athletes/coaches/FA athletic staff between assigned groups. 1 coach per 10 athletes will be permitted per group at this time. No more than 10 athletes in the weight room at one time with addition of the coach to oversee the workout/sanitize the equipment after use. Any athlete that is not participating in the workouts/conditioning/drills/practice will be REQUIRED to maintain the proper 6 feet social distancing.

All athletic equipment, including balls, should be cleaned after every use during the workout and prior to the next student-athlete using the equipment.

Individual drills requiring the use of athletic equipment are permissible, but the equipment should be cleaned prior to use by the next individual.

Resistance training should be emphasized as body weight, sub-maximal lifts and use of resistance bands (if applicable).

Free weight exercises that require a spotter cannot be conducted while honoring social distancing norms. Safety measures WILL BE strictly enforced in the weight room.

Phase 1 Examples per Sport

- **Football:** Groups and assigned group coach can participate in conditioning and workout sessions spaced out all over the practice/game field. No participation in 7 on 7 or team drills. No utilization of a football that will be handed off or passed to other teammates. Contact with other players is not allowed. Should be no sharing of any tackling dummies/donuts/sleds (excluding weight room sleds which are sanitized between each athlete).
- **Volleyball:** No use of balls that others touch or hit in any manner. No use of net at this time.
- **Basketball:** Athletes can shoot with a ball(s) (maximum of 4 balls), but a team should not practice/pass a single ball among the team where multiple players touch the ball. Prior to another athlete using the same balls or upon conclusion of the practice session, they should be collected and cleaned individually.
- **Soccer:** Athletes can individually practice on goal kicks (no keeper/goalie allowed), dribbling, and foot work with the soccer ball (maximum of 5 balls). Prior to another athlete using the same balls or upon conclusion of the practice session, they should be collected and cleaned individually.
- **Baseball:** Athletes should not share gloves, bats, or throw a single ball that will be tossed among the team. A single player may hit in cages and throw batting practice (with netting as a backstop, no catcher is allowed). Prior to another athlete using the same balls (maximum of 12-15) or upon conclusion of the practice session, they should be collected and cleaned individually.
- **Cheerleading:** May not practice/perform partner stunts/building. Chants, jumps, dances without contact are permissible.
- **Cross Country:** Runners should maintain the recommended 6 feet of distancing between individuals.
- **Track and Field:** Individual running events on you own or at a facility is permitted. High jump, javelin, shot put, and discus is permitted with mandatory cleaning of all equipment at conclusion of practice and no sharing of equipment at any time between two or more athletes practicing the same field events.
- **Swim:** Individual swimming is permitted. No sharing of towels, goggles, swim cap, or swimsuits at any time.
- **Tennis:** Athletes may do individual drills. Wall volleys and serves with their own equipment. No sharing of rackets, balls, or any other athletic equipment is allowed at any time.
- **Golf:** Athletes may hit at ranges or into netting with their own clubs (no sharing of clubs will be allowed). Prior to another athlete using the same balls or upon conclusion of the practice session, they should be collected and cleaned individually.

Phase 2

Lower risk sports* practices and competitions may resume.

**see Potential Infection Risk by Sport below*

Modified practices may begin for Moderate risk sports*.

**see Potential Infection Risk by Sport below*

There will be no sharing of athletic towels, clothing, or shoes between student-athletes at any time.

Student-athletes should arrive with their appropriate workout clothing on (do not share clothing between teammates) as locker rooms will not be utilized at this time. Individual clothing/towels should be washed and cleaned after every workout.

There will be no switching of athletes/coaches/FA athletic staff between assigned groups. 1 coach per 15 athletes will be permitted per group at this time. No more than 10 athletes in the weight room at one time with addition of the coach to oversee the workout/sanitize the equipment after use. Any athlete that is not participating in the workouts/conditioning/drills/practice will be REQUIRED to maintain the proper 6 feet social distancing.

All athletic equipment (tackling dummies/donuts/sleds), including, balls, should be cleaned intermittently during practices and contests.

Athletic equipment such as bats, batting helmets, catchers gear, rackets, clubs, etc., should be cleaned between each use.

Maximum lifts should be limited in the weight room with power cages (if applicable) be used for squats and bench press. Spotters MUST stand at each end of the bar to comply with social distancing protocols.

Phase 2 Examples per Sport:

- **Football:** 7 on 7 is permitted at this time. No participation of team drills at any time. One football may be handed off or passed to other teammates with cleaning of that ball after each drill is complete. Contact with other players is not allowed. Tackling dummies/donuts/sleds are permitted with intermittent cleaning during activity (excluding weight room sleds which are sanitized between each athlete).
- **Volleyball:** Use of 7 balls maximum is permitted at this time with mandatory cleaning after each drill is complete. Using the net is permitted at this time.
- **Basketball:** athletes can shoot with a ball(s) (maximum of 6 balls), but a team should not practice/pass a single ball among the team where multiple players touch the ball. Individual training with a coach is allowed but must be the same coach throughout the duration of training. Prior to another athlete using the same balls or upon conclusion of the practice session, they should be collected and cleaned individually.
- **Soccer:** Athletes can practice on goal kicks (no keeper/goalie allowed), dribbling, and foot work with one other athlete (maintaining 6 feet apart) with the soccer ball (maximum of 8 balls). If the ball is touched any time during participation it must be sanitized before the next drill begins. Prior to another athlete using the same balls or upon conclusion of the practice session, they should be collected and cleaned individually.
- **Baseball:** Athletes should not share gloves or batting gloves at any time. Bats, batting helmets, and catchers gear may be shared with MANDATORY sanitation between each use. Maximum of 20-25 balls may be used for drill work and throwing around during participation. A single player may hit in cages and throw batting practice with a netting back stop or catcher. Prior to

another athlete using the same balls (maximum of 20-25) or upon conclusion of the practice session, they should be collected and cleaned individually.

- **Cheerleading:** may not practice/perform partner stunts/building. Chants, jumps, dances without contact are permissible.
- **Cross Country:** Full Participation is permitted at this time. Runners should maintain the recommended 6 feet of distancing between individuals.
- **Track and Field:** Individual running events on you own or at a facility is permitted. High jump, javelin, shot put, and discus is permitted with mandatory cleaning of all equipment at conclusion of practice and sharing of equipment between two or more athletes (no more than 15 athletes per coach) practicing the same field events is permitted with MANDATORY cleaning of equipment between each athlete.
- **Swim:** Full participation of individual swimming is permitted. Swimming relays are permitted at this time with mandatory cleaning of any equipment touched post relay. No sharing of towels, goggles, swim cap, or swimsuits at any time.
- **Tennis:** Athletes may do individual drills and practice single matches with one other athlete. NO double matches will be allowed at this time. Sharing of rackets and balls is permitted with MANDATORY cleaning of equipment between each athlete. NO sharing of towels, water bottles, or athletic gear at any time.
- **Golf:** Full Participation. All shared equipment should be sanitized between each use of the athlete. All equipment (with the exception of shared equipment) should be collected and cleaned individually after participation.

Phase 3

Moderate risk sports practices and competitions may begin

**see Potential Infection Risk by Sport below*

Modified practices may begin for Higher risk sports

**see Potential Infection Risk by Sport below*

There will be no sharing of athletic towels, clothing, or shoes between student-athletes at any time.

Student-athletes should arrive with their appropriate workout clothing on (do not share clothing between teammates) as locker rooms will not be utilized at this time. Individual clothing/towels should be washed and cleaned after every workout.

Athletic equipment such as bats, batting helmets, and catchers gear should be cleaned between each use. Other equipment (football helmets, other pads, soccer headgear, volleyball knee pads, swim attire, etc.) should be worn by only one athlete and not shared at any time.

Maximum lifts should be limited in the weight room with power cages (if applicable) be used for squats and bench press. Spotters MUST stand at each end of the bar to comply with social distancing protocols.

Phase 3 Examples per Sport:

- **Football:** Team drills are permitted at this time with a 30-45 minute time limit per practice. One football may be handed off or passed to other teammates with cleaning of that ball after each drill is complete. Contact with other teammates is permitted during team drills only. Tackling dummies/donuts/sleds are permitted with intermittent cleaning during activity (excluding weight room sleds which are sanitized between each athlete).
- **Volleyball:** Full Participation with proper cleaning at the end of participation.
- **Basketball:** Full Participation with proper cleaning at the end of participation.
- **Soccer:** Full Participation with proper cleaning at the end of participation.
- **Baseball:** Full Participation with proper cleaning at the end of participation.
- **Cheerleading:** Athletes may practice/perform partner stunts/building. Chants, jumps, dances with contact for a maximum of 30 minute increments are permissible per practice. All equipment utilized (megaphones, poms, mats, etc.) must be cleaned post participation.
- **Cross Country:** Full Participation is permitted at this time. Recommended 6 feet of distancing between individuals.
- **Track and Field:** Full Participation with proper cleaning at the end of participation.
- **Swim:** Full participation with proper cleaning at the end of participation.
- **Tennis:** Full participation with proper cleaning at the end of participation.
- **Golf:** Full Participation with proper cleaning at the end of participation.

POTENTIAL INFECTION RISK BY SPORT

Higher Risk: Sports that involve close, sustained contact between participants, lack of significant protective barriers, and high probability that respiratory particles will be transmitted between participants.

Example: Football, Competitive Cheerleading, Lacrosse, Wrestling, Competitive Dancing

Moderate Risk: Sports that involve close, sustained contact, but with protective equipment in place that may reduce the likelihood of respiratory particle transmission between participants OR intermittent close contact OR group sports OR sports that use equipment that can't be cleaned between participants.

Example: 7 on 7 Football, Basketball, Volleyball, Baseball, Softball, Soccer, Water Polo, Gymnastics, Ice Hockey, Field Hockey, Tennis, Swimming Relays, Pole Vault, High Jump, Long Jump

Lower Risk: Sports that can be done with social distancing or individually with no sharing of equipment or the ability to clean the equipment between use by participants.

Example: Individual Running Events (some Track events), Cross Country Running (with staggered start times), Throwing Events (javelin, shot put, discus), Individual Swimming, Golf, Weightlifting, Sideline Cheer

HYDRATION

Phase 1 & 2

Per recommendation by NFHS and SGHS every student athlete must bring their own water bottle during workout/conditioning/practice activity.

Water bottles must not be shared at any time between student-athletes, coaches, staff, etc.

Hydration stations (i.e. water cows, water troughs, water fountains, etc.) should not be utilized in early phases.

Phase 3

Per recommendation by NFHS and SGHS every student athlete must bring their own water bottle during workout/conditioning/practice activity.

Water bottles must not be shared at any time between student-athletes, coaches, staff, etc.

Hydration stations (i.e. water cows, water troughs, water fountains, etc.) may be utilized but must be cleaned after every workout/conditioning/practice activity

FA ATHLETIC TRAINING ROOM PROCEDURES

Phase 1 & 2

Two athletes per athletic trainer will be allowed in the FA Athletic Training Room at all times unless emergency medical assistance or severe acute injury is occurring.

At this time, the FA Athletic Training Room will be utilized for major rehab, emergency medical assistance, and any acute injury care only.

At home rehabilitation for all injuries will be utilized when possible for all student-athletes.

Phase 3

Four athletes per athletic trainer will be allowed in the FA Athletic Training Room at all times unless emergency medical assistance or severe acute injury is occurring.

The FA Athletic Training Room will be utilized for major rehab, emergency medical assistance, acute injury care, and chronic injury care only.

CLEANING PROCEDURES

Frederica Academy Athletic Training Room

1. Every table and whirlpool will be sanitized at the beginning of each day, after each patient, and at the end of each day.
2. FA Athletic Trainer will wash their hands or use hand sanitizer before and after contact with every student-athlete/patient.
3. All reusable equipment is to be cleaned prior and post each use by student-athlete, coach, or other medical staff.
4. PPE is to be worn / used as indicated previously by the NFHS, SGHS, and GISA.
5. All disposable goods and PPE are to be disposed of properly.

Frederica Academy Weight Room

1. Frederica Academy Weight Room will be disinfected prior to workouts, after each student-athlete utilizes the equipment, and at the end of the participation time.

*****Locker Rooms, Weight Room, Athletic Training Room, Concession Areas, and Gym will be fumigated once a month*****

OTHER EQUIPMENT:

1. Any equipment used during the COVID-19 pandemic will be cleaned prior to workout/conditioning/practice beginning and immediately post conclusion of all participation time.
2. Any equipment used by the student-athletes during the workout/conditioning/practice will be cleaned prior to use by any other student-athlete.

FA LOCKER ROOMS

All Frederica Academy sports will be placed on a staggering schedule for locker room admittance to ensure the safety of all of our student-athletes, coaches, and athletics staff. Student-athletes will be divided into groups of no more than 12 players at time to report to the locker room to change and prepare for practice. Designation of groups will be determined by the Head Coaches with assistance from the FA Athletic Trainer if needed. Each group will be allowed 10 minutes in the locker room to get dressed and prepared for practice. Those who are awaiting their group time to report to the locker room will be allowed wait on the home stadium bleachers.

With regards to inclement weather:

For Murray Field House:

- 1 group may wait in the weight room
- 1 group may wait under the breeze way in front of the main entrance of the gym
- 1 group may wait in the gym lobby (if not already occupied by the gym groups)
- 1 group may wait in Hamilton Hall

For Gymnasium:

- 1 group may wait in the gym lobby
- 1 group may wait on the home gym bleachers
- 1 group may wait on the visitor gym bleachers
- 1 group may wait in the Athletic Conference Room (if needed)

For Visiting Teams:

- Any groups larger than 50 on the roster will be required to change in the gymnasium with social distancing.
- Any groups under 50 on the roster will be required to change in the two visiting locker rooms located in the gymnasium.

GAME DAY PARTICIPATION / ATTENDANCE

All student-athletes will be allowed to report to the locker room(s) during game days to get dressed and prepared for the game competition, but NO LINGERING will be allowed.

All community coaches will be MANDATED to be screened prior to all conditioning/practice/competition play.

There will be NO TAILGATING at any competition on the Frederica Academy grounds.

For Spectators:

- Frederica Academy Athletics will follow the guidelines set forth by CDC and the state of Georgia for admittance to all athletic events. Please be advised that this is subject to change based off how the CDC and state of Georgia regulations are continuously changing at this time.

For Travel:

- If Frederica Academy Athletics teams are traveling via the Frederica Academy small buses, all student-athletes, coaches, and athletics staff will be REQUIRED TO WEAR A MASK.
- If traveling via Kelly Tours Charter buses or anything similar, student-athletes, coaches, and athletics staff will be REQUIRED TO WEAR A MASK since all individuals will be sitting two to a row.

FA ATHLETE RECOMMENDATIONS

1. At this time, due to the safety concerns, no water will be provided during workouts. Student-Athletes will be required to bring their own water bottle as previously stated. **It is recommended to have a minimum of 1 gallon.** Student-athletes will not be allowed to participate in workout/conditioning/practice activity if they do not bring their own water bottle.
2. It is highly recommended to maintain appropriate distancing between student-athlete/coaches/FA staff during activities, rest breaks, etc.
3. All student-athletes are encouraged to change clothes and immediately shower as soon as possible after workout/conditioning/practice activities. All clothing worn during workout/conditioning/practice participation should be washed immediately following each session
4. Bathrooms will be designated for use at each workout/conditioning/practice location on the FA campus and only one student-athlete, coach, and/or staff will be allowed to use the bathroom at a time.

For more information regarding limitation of gatherings, facility cleaning, athletic equipment uses, and sport level of risk refer to the NFHS Guidelines.

<http://nfhs.org/media/3812287/2020-nfhs-guidance-for-opening-up-high-school-athletics-and-activities-nfhs-smac-may-15-2020-final.pdf>