

Carmel Athletics

Phase 2 (July 20 – August 14)

PREPARING TO TRAIN - Protect Against Infections:

- Should an athlete or coach exhibit symptoms consistent with COVID-19 or be diagnosed with COVID-19, he/she must see a physician and be cleared for training prior to attending practice.
- Any athlete or staff who feel ill in any way, or have any of the following symptoms: subjective fever or actual fever (greater than 99.5 degrees Fahrenheit), cough, shortness of breath or difficulty breathing, chills, repeated shaking with chills, muscle pain, headache, sore throat, loss of taste or smell, diarrhea, known close contact with a person who is lab-confirmed, suspected, or under medical evaluation pending results for to have COVID-19 should stay home.
- Wash your hands with soap and water for 20 seconds or longer, or use a hand sanitizer if soap and water are not readily available, before beginning your session. Showering is best. Come to practice clean.

- All athletes will be screened prior to entering the facility area. All athletes will need to wear a mask or face covering upon arrival and attest to a Self-Evaluation Affirmation. The questions will be posted as signage at the entry points to the facility to assist with entry in an efficient manner.
 1. **In the last 72 hours have you had a fever or chills and/or taken medication for a fever? (If you are unsure, please utilize a thermometer for an accurate reading. A temperature of 100.4 or higher constitutes a fever according to medical professionals)**
 2. **Do you have symptoms for COVID-19 such as new or worsening cough, shortness of breath or sore throat?**
 3. **In the past 14 days have you been in close contact (was within 6 feet for longer than 15 min without protective equipment) with a person known/suspected to have COVID-19 and/or have you been diagnosed with COVID-19?**

- A staff member will ask athletes health and risk questions prior to facility entry. We will immediately send home those athletes who report feeling ill, who are experiencing symptoms, or who had a high risk exposure to COVID-19.
- Attendance of student-athletes will be kept by each coaching staff for each session of training.
 - Athletes will need a mask or face covering coming into the facility and when they are screened by the Self-Evaluation Affirmation.
 - Maintain social distancing on entry and exit and please avoid lines and congregating at entry and exit. Entry points will be scattered into facilities based on last names to create smaller groups.
- Arrive as close as possible to when practice begins and try to be timely when picking up your athlete. Athletes may enter 10 minutes prior to practice and will enter in a social distance manner.
- 15 total hours on campus will be allowed for a student-athlete through August 2.
- No parents will be allowed access to the practice facility in accordance with IDOE/IHSAA guidelines in Phase 1 and 2. Please maintain social distance while on the property for drop-off and pick-up.
- All athletes will arrive dressed for practice.

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- Locker room access will remain closed through August 9. The only exception will be football for equipment storage purposes only. Football will have access to locker room facilities at 50% capacity with a small group access procedure. Students will wear face coverings in the locker room.
- The Athletic Training Room facilities will be available. All staff and student-athletes in the Training Rooms will be required to wear masks.
- We will limit bathroom use to one athlete at a time.
- Equipment used during practice will be cleaned with an approved EPA disinfectant.
- The staff will:
 - Wear masks or face coverings unless addressing a group using social distancing.
 - Maintain six-foot spacing with athletes during practices when practical.
 - Document attendance.

Student-Athletes should bring:

- A mask, to be worn by student-athletes upon entry and exit of the facility, as well as anytime vigorous activity is not being performed.
- A full water bottle to avoid touching a tap or water fountain handle.
- A clean beach towel to each practice to be used individually by the student-athlete for perspiration. Do not share towels.
- Hand Sanitizer for individual use if possible.

DURING PRACTICE

- Maintain appropriate social distancing from other athletes when possible.
- Do not engage in celebratory acts such as hugging, shaking hands, or giving a high five. Air knuckles or unique changes to celebratory acts to eliminate touching are encouraged.
- If you need to sneeze or cough, do so into a tissue or upper sleeve/arm area. (Wash hands after or use hand sanitizer).
- Athletes must listen carefully and follow all coach directions.

AFTER PRACTICE

- Athletes will be dismissed in smaller groups. Leave the facility as soon as reasonably possible after practice. No congregating or social activity should take place.
- Wash your hands thoroughly with soap and water for 20 seconds or longer, or use a hand sanitizer after leaving the practice field, court or location.

PROCEDURE IN CASE OF POSITIVE COVID-19 TEST

1. The individual should let the head coach of their sport know immediately.
2. The Hamilton County Health Department will be contacted by Carmel Clay Schools for additional guidance.