



COVID-19 Safe Return to Play Plan

Preseason Workouts:

1. Prior to preseason workouts, all athletes should complete a basic self-evaluation before arriving at LCCS. In the past 24 hours, have you shown any of the **“Lions 6 Head-to-Tail” symptoms of COVID:**
 - HEAD - headache and/or fever
 - NOSE - congestion or runny nose and/or loss of smell
 - THROAT - cough and/or soreness
 - LUNGS - shortness of breath and/or difficulty breathing
 - STOMACH - nausea, vomiting, or diarrhea
 - MUSCLES - unexplained fatigue, muscle soreness, and/or body aches
2. Upon arrival for preseason workouts, all athletes must report to the back lobby to check in and have their temperature taken. If a student's temperature reads 100.0° or higher, they will sit inside the doors for 3-5 minutes and then have his/her temperature taken again. (We understand that sometimes infrared thermometers get a high reading if an individual has been in a hot car or is coming in on a hot day.) If the temperature is still high, they will be scanned a third time. At that point a parent will be contacted, and the athlete will be sent home.
3. After an athlete is cleared to enter the building, they must immediately go to the locker rooms to wash their hands. Bags and belongings should NOT be left in the locker room. Personal items must be taken to the practice site with the athlete.
4. During workouts, athletes and coaches will be encouraged to social distance when possible and practice safe habits in consideration of others.
5. After workouts, all athletes must re-enter the building to wash their hands before going home.
6. Masks are not required before, during, or after preseason workouts.

In-season, After-school Practices & Contests:

1. Prior to practice or an athletic contest, all athletes should do a self-evaluation re-check. In the past 24 hours, have you shown any of the **“Lions 6 Head-to-Tail” symptoms of COVID:**
 - HEAD - headache and/or fever
 - NOSE - congestion or runny nose and/or loss of smell
 - THROAT - cough and/or soreness
 - LUNGS - shortness of breath and/or difficulty breathing
 - STOMACH - nausea, vomiting, or diarrhea
 - MUSCLES - unexplained fatigue, muscle soreness, and/or body aches
2. Before going to practice or a contest, all athletes must change and then wash their hands thoroughly in the locker rooms. Temperatures will not be re-taken before practice since students were checked upon arriving to school that day.
3. During practices and contests, athletes and coaches will be encouraged to social distance when possible and practice safe habits in consideration of others.
4. After practice or a contest, all athletes must re-enter the building to wash their hands before going home.
5. Masks are not required before, during, or after practices or contests.

Transportation in LCCS Buses:

1. Prior to getting on the bus, all athletes should do a self-evaluation re-check. In the past 24 hours, have you shown any of the “**Lions 6 Head-to-Tail**” **symptoms of COVID:**
 - HEAD - headache and/or fever
 - NOSE - congestion or runny nose and/or loss of smell
 - THROAT - cough and/or soreness
 - LUNGS - shortness of breath and/or difficulty breathing
 - STOMACH - nausea, vomiting, or diarrhea
 - MUSCLES - unexplained fatigue, muscle soreness, and/or body aches
2. Before getting on the bus, all athletes must wash their hands thoroughly in the locker rooms. Temperatures WILL be re- checked before entering the bus. If a student's temperature reads 100.0° or higher, they will wait 3-5 minutes and then have his/her temperature taken again. If the temperature is still high, they will be scanned a third time. At that point a parent will be contacted, and the athlete will be sent home.
3. During bus rides, athletes and coaches will be required to wear a mask for the safety and consideration of others.
4. All athletes and coaches will have assigned seats on LCCS buses that they must use for the entire season. This will ensure that close contact only happens with a small number of the same group of teammates.
5. Upon arriving at the campus of another school, athletes and coaches will adhere to the guidelines of the host school. Masks must stay on until instructed otherwise.
6. After the contest, athletes will be required to wash their hands (if possible, if not, hand sanitizer will be provided) and put on their masks before re-entering the bus.
7. Unfortunately, teams will not stop for food on any trip that is less than one hour away from LCCS. Please be prepared to pack post-game snacks and drinks.

Confirmed Case of COVID-19 within the Athletic Dept:

If a student athlete or coach tests positive for COVID-19:

- The student/coach must follow their their physician's recommendations / CDC guidelines for self-quarantining.
- A general *Possible COVID-19 Exposure Notification Email* will be sent to families who have athletes that may have had a closet-contact exposure during an athletic event. This email will focus on maintaining the privacy of the student, coach, or family that is “under investigation” for COVID-19. This allows families to be aware of a possible exposure. Families are encouraged to monitor for symptoms and to contact their physician in the event that they are concerned about their own health.
- The athletic department will temperature-check the entire team at practice for the next 5 days.
- The team’s contests will be rescheduled for a minimum of 3 days.