

## **JTHS District 204 Fall Athletic Sport Guidelines- Practice**

The IHSA has [Return To Activities 1.0 Guidelines](#) that were developed from the IHSA Board of Directors Meeting. These guidelines follow the current structure of Governor Pritzker's All Sports Guidance plan and have been approved by the Illinois Department of Public Health (IDPH). Student safety will be our top priority.

***Guidelines must be followed by every participant and coach. It is the sole responsibility of the coaches to adhere to all safety guidelines and requirements. Any deviation of the guidelines, depending on severity will result in disciplinary actions. Participants who do not follow the guidelines will be asked to leave the session.***

Below are the guidelines that JTHS District 204 will follow this fall for the following athletics: Boys and Girls Cross Country, Boys and Girls Golf, Girls Swimming, Girls Tennis:

### General Information

- JTHS Fall Athletics will begin on August 10th through October 24, 2020.
- Transportation will not be offered to and from practices. Athletes must find their own transportation to and from practice sites.
- Signage about [symptoms](#) and [transmission](#) of COVID-19 should be posted around facilities.
- Multiple groups of 50 or less permitted outside only with 30 feet of distance required between groups. Multiple groups of 50 not permitted indoors by defined spaces (50 in gym, 50 in the fieldhouse, 50 in a band room, etc.)
  - Outside: When students are NOT actively participating in a drill, practice, or contest, care should be taken to maintain social distance between individuals and participants **MUST** wear a mask. Students participating in physical activity outside while social distancing are **NOT** required to wear a mask.
  - Inside: Coaches, volunteers, students participating must wear a mask at all times, even while actively participating in a drill or physical activity.
  - When outside, coaches/volunteers must wear a mask when social distancing is not maintained.
  - Daily interaction between groups shall be avoided. Participants may not switch from one group to another.
- Individuals should sanitize or wash their hands for a minimum of 20 seconds with warm water and soap before touching any surfaces or participating in workouts.
- Students are encouraged to shower and wash their workout clothing immediately upon returning to
- No handshakes, high fives, fist bumps, hugs, etc. can occur.
- No spitting or blowing of the nose without the use of a tissue is allowed.
- No food, including sunflower seeds, are allowed.
- **Participants should arrive NO EARLIER than 10 minutes prior to the start of the practice or competition. If participants arrive early, they should remain in their vehicle. Participants must leave the campus/practice location immediately after the practice or competition.**

### Screening

- Masks should be worn to and from practice and competitions.
- All students and coaches will be screened for signs/symptoms of COVID-19 prior to practice or competition. ***Students and coaches will have to take their temperature at home and report it during the pre-screening process. If your temperature is >100.4F/37C when you take it at home, you will NOT be allowed to take part in the workouts.***

- Pre-screenings will be logged daily by the coach using the [Athlete monitoring form](#). Coaches will receive a new form daily and will return completed form at the end of each session.
  - Temperature >100.4F/37C or symptoms of COVID-19 (fevers, chills, cough, muscle aches, headache, sore throat, runny nose, nausea, vomiting, diarrhea, or loss of taste or smell).
  - Any person with symptoms (refer to attached form) or a positive COVID-19 test, should not participate in practice, competition, or conditioning and should be referred to a physician for evaluation and only return after clearance to do so from a physician.
  - If an athlete or coach is not feeling well, we encourage them to not attend the session until they feel better.
- Spectators, where allowed, will need to record their information for contact tracing.

#### Cleaning:

- Adequate cleaning schedules, before and after each use by a group of athletes, will be created and implemented for all athletic facilities to mitigate any communicable diseases.
- 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.).
- Sport specific equipment, including balls, should be wiped down and cleaned prior to the camp, after the camp, and intermittently after each drill during the camp.
- Hand sanitizer should be plentiful and available to individuals as they transfer from place to place.
- Locker rooms will not be used, but bathrooms will be available for use.
- Please see ISBE and CDC for more cleaning details.

#### Physical Activity and Athletic Equipment

- This plan involves the following sports: boys and girls cross country, boys and girls golf, girls swimming and diving, girls tennis, per the IHSA.
  - All fall sports must follow the [fall acclimatization schedule](#).
- There should be no shared athletic towels, clothing, or shoes between students.
- Hand sanitizer or hand washing stations should be plentiful at practice and competition.
- Shared athletic equipment must be cleaned between each use or cleaned frequently during practice and competitions.

#### Hydration:

- All students shall bring their own water bottle. Water bottles must not be shared.
- Hydration stations (water cows, water trough, water fountains, etc.) may be utilized to fill individual water bottles but must be cleaned after every practice/contest.

#### Swimming Specific Guidelines- Inwood Operation Procedures

- All swimmers must wear a mask when entering the building. They will continue wearing the mask until they reach the bleachers to prepare for practice. They can remove their mask before walking over to their lane. After exiting the pool and drying off, masks should be worn while they leave.
- Swimmers are responsible for the sanitization of any personal equipment brought for practice. Regularly sanitized equipment is available for use by swimmers. After practice is done, any park district owned equipment should be placed in the designated used equipment area for cleaning.
- Due to the square footage of the pool our maximum occupancy at this time is 22 swimmers. Swimmers start practices from different positions in the pool to maintain as much social distancing as possible.
- After each practice has ended, the deck will promptly be cleared and the pool will be closed for cleaning. We then use a Wsyiwash, which is an attachment for a garden hose that creates and sprays a chlorine solution, to disinfect the deck and bleachers. We also use a diluted bleach spray to disinfect door handles and other frequently used surfaces.