



Spring Activities Guidelines

The purpose of this document is to provide guidance to staff, coaches and sponsors on the protocols for Spring activities.

To support the safety of staff and the public, we currently require all staff who are in any district facility to wear masks until further notice. We ask the public also to wear masks and follow all prescribed safety protocols if accessing any district facility for an essential service. **SMSD will continue to monitor all protocols and guidelines throughout the Spring season and, depending on the circumstances, our guidelines and protocols could become more or less restrictive.**

The following links [Statement on Risk for COVID-19 During High School Sports](#), [SMSD 13 Points of Best Practices](#), [General Considerations](#), [Updated JCDHE Gating Criteria](#), [KSHSAA COVID 19 Resources](#), [Shawnee Mission School District Aquatic Center](#), and [Return to Participation Guidelines](#) are provided for the health and safety of our school communities. We will use state and local health departments to help determine how we progress through the steps as outlined.

The following conditions apply to any Spring activity taking place at a school facility and/or under the guidance of a coach and sponsor:

Coaches, Sponsors and Student-athletes who have high risk conditions or who are around family members or other close contacts with high risk conditions should consider restricting participation, practices, or competitions.

These high-risk conditions would include:

- *chronic lung disease (including moderate or severe asthma)*
- *serious heart conditions*
- *severe obesity*
- *diabetes*
- *chronic kidney or liver disease, and any immunocompromised medical conditions, including cancer.*

Those student-athletes and their parents/guardians should discuss this with their physicians to determine the risk of participation.

Every participant will take a COVID19 assessment through our QR code before participating:



Each student is responsible for bringing their own mask and under no circumstances can a mask be shared.

Each student should bring their own water in a container clearly marked with their name. Sharing water bottles will not be allowed.

Social distancing - 6' of personal distance shall be maintained.

LOCKER ROOM CONSIDERATIONS:

1. Teams may use locker rooms if adequate spacing or multiple lockers are available.
2. If locker rooms are to be used on a daily basis, we must stagger the times that student-athletes have access to the room either by class, teams, position or any other means to limit the number of players in the room.
3. The use of locker rooms for pregame or half time will be limited due to the size of the facility - to be determined upon review. Otherwise, coaches and teams must stay outside except to use restroom facilities or to seek help from a trainer (specific for football).
4. Daily disinfectant spray will be used in the locker rooms by coaches after student-athletes go home.

An example of locker room protocol for football follows:

1. Players will enter through the designated LOCKER ROOM entrance.
2. We will not have a pre-practice meeting indoors this year. Rather, players will be asked to view their practice preparation on their own prior to coming to school.
3. When lockers have been assigned, players will be asked to adhere to a schedule for entering the locker room so that distancing is maximized, and each athlete has no more than 6 minutes to get changed for practice:
 - A. Suggested Locker room schedule - when afternoon practice begins:**
 - **Seniors will enter the locker room at 3:00PM (out by 3:06PM)**
 - **Juniors enter at 3:07PM (out by 3:13PM)**
 - **Sophomores enter at 3:14PM (out by 3:20PM)**
 - **Freshmen enter at 3:21PM (out by 3:27PM)**
 - At all times until the players enter the locker room on schedule, each player will stand next to the blue dots to ensure social distancing and each will have on his mask.**
 - B. Locker room schedules can be adjusted to suit the needs of the individual schools as long as any adjustment fully conforms with the COVID mitigation requirements.**
4. Coaches will have the QR Code on their phones so students can access the QR code from their assigned coach. Each player will be assigned to a coach by position group for check-in.

TRAVEL GUIDELINES - All must wear facemasks while in transport – including the driver.

The SMSD will allow travel via the following methods -

- Vans – New van can take 6 students + driver with Social Distancing & Masking
 Old van can take 6 students + driver with Social Distancing & Masking
- Buses - 35 per bus (including coaches)
- Student/Parent Driving - Students Drive themselves (with prior parent permission)
 Coach as coach may be taking a van - caravan
 Parents Drive Own Students
 Parents Drive Others (need MVR check and MVP training)

All SMSD teams can travel to play anywhere in Kansas, and in the metro area, but cannot spend the night.

SMSD Athletic Safety Information and Considerations

Personal responsibility for health and safety is important as each student, coach, and family may have different health and safety risks to consider with COVID-19. Student athletes may go home to an immunocompromised family member, coaches may have immunocompromised children or have an underlying health condition and therefore be in a high-risk category. Moving forward, each person will need to determine their level of acceptable risk as they determine how much or how little to participate in athletics.

COVID-19 Facts:

- COVID-19 is transmitted by tiny respiratory droplets that may leave a person's mouth/nose when sneezing, coughing, breathing hard, or even just talking. 6' of personal distance is advised because it is very difficult for those tiny droplets to travel 6' or more – but it is not impossible, especially with a hard cough or sneeze.
- COVID-19 is known to live on surfaces for up to 3 days. Remnants of the virus can be detected after 3 days, but these remnants are not thought to be viable enough to infect a person. The virus does not pass through skin. Wash your hands and don't touch your face as the virus can enter your body through your eyes, nose or mouth.
- Wearing a facemask helps keep your respiratory droplets close to you so they don't reach other people. Your mask protects others. Their mask protects you. Proper mask wearing is defined by the nose and mouth completely covered at all times. Hand hygiene is needed after adjusting a facemask.
- The purpose of limiting gatherings is to reduce the number of potential exposures. However, it only takes one person to infect a lot of people. The more sharing of items that occurs, the greater the potential for exposure to the virus.
- To further limit exposure "bubbles" of people should be kept together. People who live together are a "bubble", work groups at the office could be considered a "bubble". The idea is that the same people are exposed to each other and new people increase the risk of exposure.

- People are most contagious when they have symptoms of cough, shortness of breath, fever, chills, body aches, headache, sore throat, and new loss of taste/smell. We know that young people may have the virus without exhibiting symptoms, but they are still able to pass it to others.

SMSD 13 Points of Best Practice for Protective Measures:

1. Athletes/coaches arrive and depart events and practices in individual vehicles unless they live together/part of their “bubble”. We recommend no carpooling. Game transportation by bus will practice mitigating protocols of social distancing and wearing facemasks with limited capacity allowed on the bus.
2. Athletes/coaches bring their own water bottles. Drinking fountains and common water stations will be used with supervision (means bottled fountains only).
3. Athletes/coaches will remain at least 6’ apart at appropriate times. This is required for practicing and games to occur.
4. Athletes/coaches do not share equipment as much as possible.
5. Athletes/coaches wash their hands/avoid touching their eyes, nose and mouth with unwashed hands.
6. Athletes/coaches will wear a facemask. A facemask must be worn anytime when entering the building for restroom use and on all occasions.
7. Athletes will wear a facemask except during high intensity activity and where 6’ of social distancing does not occur.
8. The smallest number of athletes should be brought together for practices/events. Essential participant only.
9. Athletes/coaches stay in “bubbles”/work groups as much as possible.
10. Athletes/coaches who are ill should not attend practices or games under any circumstances.
11. Athletes, coaches and families should be educated as to the importance of adhering to health and safety rules in order to keep each other and their families as safe as possible.
12. Athletes, coaches and families should speak to their primary healthcare provider if they have questions/concerns about health and safety issues.
13. Small bags will be permitted for personal belongings (including but not limited to: car keys, water bottle, facemask, cell phone and hand sanitizer). These must be stored in a designated area with all bags and must be placed at least 3’ apart.

Continued Expectations:

Students and adults are expected to monitor their own health and should not participate in any activity on school property:

- If tested positive for COVID-19
- If student or coach has been exposed to COVID 19 or under a 14-day quarantine, the student/coach must have medical clearance prior to attending practices or events
- If experiencing a fever equal or greater than 100.4 degrees Fahrenheit within the past 14 days or any of the following symptoms ([Self check process](#))
 - Cough
 - Shortness of breath
 - Sore throat
 - Congestion
 - Headaches
 - Chills
 - Muscle/joint pain (not associate with conditioning)

- Nausea/vomiting/Diarrhea
 - Loss of sense of smell/taste
 - Runny nose
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- No “high fives”, “fist bumps”, etc. allowed
 - Within 14 days of traveling based on current [Kansas Department of Health and Environment Guidelines. Travel & Exposure Related Isolation / Quarantine | KDHE COVID-19](#)
 - Students will enter and exit at designated gates/door locations
 - Students are not allowed to gather around the facility or parking lot after or before practice
 - Once workouts are completed, students will vacate the premises immediately
 - Parents are only allowed to drop-off and pick-up their student(s). Non-participants must remain in vehicles
 - We highly recommend no spectators, siblings, or others may be present on site, including parking lots
 - No towels will be provided
 - No food or food consumption while on the practice facility
 - Signage - activities and athletic facilities - facemask, social distancing and hand washing

*All coaches and sponsors are required to take the [NFHS COVID 19 Coaches and Administrators](#)

****Coaches are absolutely the last to leave the grounds after practice is over ensuring all their athletes have left the campus**