



## Summer Activities Guidelines - 2021

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

Vaccinated individuals are not required to wear a mask in any district facility where students are not present. According to the CDC unvaccinated individuals must continue to wear a mask. **SMSD will continue to monitor all protocols and guidelines throughout the Summer season and depending on the circumstances our guidelines and protocols could become more or less restrictive.**

Important reminder that summer camps, activities and conditioning are optional. No negative consequences can result from a student who cannot attend these events.

It is recommended that the student be vaccinated as vaccinations will limit the number of quarantines that would result from exposure to the virus.

The following conditions apply to any summer 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 COVID-19 assessment through our QR code before participating. 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.



Social distancing should try to be maintained during all summer activities.

**SUMMER ACTIVITIES (Camps, Open Gyms, Workouts, Practices, et al.):**

**All KSHSAA and SMSD guidelines must be followed at all times.**

- All students are required to have a mask available while on district property. Sharing of masks is not permitted.
- MASKS ARE REQUIRED INDOORS and may be removed indoors ONLY during strenuous high exertion activities.
- Masks will not be required outside; however, it is important to maintain cohort groups and maintain the six feet distance when possible. Exposures without a vaccination may result in exclusion from programs/activities for up to 14 days.
- All students shall bring their own water bottles clearly marked with their name. Sharing water bottles is not allowed. Water stations will be available for bottle refills.
- Locker rooms may be used with small groups when social distancing can be maintained.
- High risk students shall be provided alternative workouts.
- Overnight Travel
  - Travel is not required and is optional to the student and guardian.
  - Students utilizing district transportation must travel with masks on.

- Travel must be within KSHSAA guidelines(500 miles)  
District/KSHSAA guidelines must be followed at all times even when outside of the district/county.

### **Cohorting**

Students should remain in small groups and not change groups throughout the duration of a workout.

Weight room example - The same 3 students stay on the same rotation of weights, remaining masked when feasible. These students complete their entire workout together, not crossing cohorts with other groups.

Basketball example - 3 on 3 play (cohort of 6). Same 6 students perform all activities and drills together, not crossing cohorts, and remaining at least 6 feet away from other athletes.

### **LOCKER ROOM CONSIDERATIONS:**

1. Students 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. Daily disinfectant spray will be used in the locker rooms after student-athletes go home.

### **WEIGHT ROOMS:**

All current guidelines will stay in place during summer activities. Masks are required and may only be temporarily removed for strenuous high exertion activities. Daily disinfectant spray will be used in the weight rooms after student-athletes sessions. Cohorting should be maintained. Students should remain in their pods and not change groups for the duration of a workout. Encourage good hand hygiene and have sanitizer available pre and post workout.

### **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.*

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 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
  
- 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
  
- 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 - face mask, 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.**