

MUSCOGEE COUNTY SCHOOL DISTRICT  
ATHLETIC DEPARTMENT  
SUMMER 2020  
RETURN TO PRACTICE PLAN



# GHSA RECOMMENDATIONS

- Summer workouts are VOLUNTARY
- Weightlifting/Conditioning Only – No Competition
- Sport Specific Equipment can be used, including balls
- Groups of 50, only one group per sport on campus at one time
- Student can only participate in one group
- Groups cannot change
- Locker rooms are closed
- No competition between schools
- Masks/face coverings and gloves are optional
- No visitors at workouts
- ❖ As recommendations are received from the GHSA some of the guidelines may change. Coaches will keep parents updated.

# MCS D GUIDELINES

- Each sport is allowed 50 people in one group
  - Including coaches and players
  - Group participants cannot change groups (except Head Coach)
- Each sport will have a separate drop off/pick up location
  - Students should only enter at the drop off area
  - At drop off, parent/guardian should stay until the student has been screened and cleared
- Athletes will practice social distancing during the workout
- Athletes will be encouraged to wash their hands or use hand sanitizer regularly
- No visitors allowed at workouts

# MCSD GUIDELINES (cont'd)

- Athletes must have their own water bottle (with water)
  - Water fountains and “water cows” will not be used
  - Athletes should label their water bottle
  - Athletes will not be admitted to workout without water
- Students should arrive to workout in appropriate attire
  - No locker rooms or showers will be available
  - Students should not bring a towel to the workout
- Specific restrooms will be designated for use
  - Only one student at a time in the restroom
  - Restrooms will be cleaned/sanitized daily
- Workouts are optional for all athletes

# MCS D GUIDELINES (sanitizing)

- The school athletic department is responsible for setting the schedule to sanitize equipment every day
- Coaches will sanitize equipment, restrooms, common spaces, and high touch surfaces (door handle, light switches, etc)
- Sanitizing Expectations
  - The Weight Room sanitized before and after each session
  - Weight Room equipment wiped down by player after each use
  - Any other equipment used outdoors sanitized after each session
  - Bathrooms wiped down/sanitized after each session
  - Hand Sanitizer available for use during the workout

# SCREENING WORKOUT PARTICIPANTS

- Coaches and Students should be screened on a daily basis
  - Parents/guardians are requested to stay at the drop off area until the student is screened and cleared to practice
- Screening will include the following:
  - Temperature taken, before entering the facility
    - A fever is a temperature of 100.0 or higher
  - A series of questions, from the GHSA Guidance:
    - Have you had a fever in the last week?
    - Have you been diagnosed with COVID-19?
    - Have you been in contact with anyone diagnosed with COVID-19?
    - Have you had a cough, sore throat, shortness of breath, or recent loss of taste?

# SCREENING (cont'd)

- If a student presents with fever, symptom(s), or exposure they will be removed from the day's activities.
  - A student will be moved to an isolation area and his/her parents contacted to pick up
    - Only the parents/guardians listed on permission form will be allowed to pick up student
    - If student has a fever, he/she should be quarantined for 14 days at home or may return early with a negative COVID-19 test result
    - A note, without the student's name, will be sent home to the rest of the group explaining that someone in their group had a COVID-19 symptom

# SCREENING (cont'd)

- If at any time a coach/student tests positive for COVID-19, ALL members of the group will be sent home until they complete a 14 day quarantine (no exceptions)
- Self-monitoring is encouraged for all
  - If you are feeling sick, please contact your Head Coach and stay home that day

# Individual School Protocols

- Each high school has created their own individual protocols
  - Practice Times
  - By Sport:
    - Drop Off Location
    - Pick Up Location
    - Screening Location
    - Facilities used during workout
    - Restroom available during workout
    - Assignment for sanitizing equipment/restroom after workout
- Parents will receive information from their sport's coach with practice times and locations

# Forms

- All participants must sign a permission form before workouts begin
  - All information on the permission form should be completed
  - Parent/Guardian and Emergency Contact information is important because these are the people who are allowed to pick up students if there is an emergency or if a COVID-19 symptom is detected (parents can list more than one emergency contact)
  - Insurance information is also necessary
  - Both the parent/guardian and student must sign and date the form
- A current physical must be on file for student to participate
  - The expiration date for physicals has been moved to July 27 by the GHSA

# COVID-19 Testing

If parents want to have their student tested for COVID-19, they can contact the Columbus Health Department. Parents will have to pre-register to have their student tested. Parents can contact the CHD by phone at 706-321-6300 or at <https://covid19.dph.ga.gov/>.



QUESTIONS