

DAVID BREMER

ATHLETIC DIRECTOR

CENTRAL NOBLE JR/SR HIGH SCHOOL
302 COUGAR COURT, ALBION, IN 46701
BREMERD@CENTRALNOBLE.K12.IN.US
(260) 636-1421



Central Noble Athletics Phase 1 Plan

The following plan for re-entry to athletics at Central Noble Community Schools is based on guidelines from the Indiana Department of Education, Indiana High School Athletic Association and the Noble County Health Department.

- Families will be notified of the July 6th re-entry along with which documents are needed to begin
 - Central Noble Waiver/Release for Communicable Diseases Including Covid-19 and Physicals
 - Physical Waiver
 - IHSAA Health History Update Questionnaire
 - Answering “NO” to all questions means that the waiver is valid
 - Answering “YES” to any of the questions will require a new 2020-2021 IHSAA Pre-Participation Physical
 - Consent and Release Certificate
 - Athlete Information Sheet and Medical Treatment Consent
 - Central Noble Athletic Expectations and Consent Form
 - Concussion and Sudden Cardiac Arrest Acknowledgement and Signature Form
- On-line training will be required to educate about Coronavirus, COVID-19 Symptoms and measures to reduce risk and exposure
- On Monday, June 29th all Head Coaches will meet to discuss guidelines, responsibilities and protocols

To prepare facilities:

- Hand sanitizer will be available at all workout locations (Doors, Gyms, Weight Room, Soccer Field)
- Coaches will sanitize equipment between rotations and facilities after use
- Water coolers will be available for water bottle refill

General Guidelines:

- Each player must submit all necessary paperwork prior to participating
- Each athlete and coach must answer the COVID-19 questionnaire once each day prior to entry into facility
- Athletes will be tested for a temperature of 100.4 or higher using a forehead thermometer upon arrival
- Coaches must take accurate attendance every practice session and relay any COVID-19 related exclusions to the Athletic Director immediately
- Only essential athletes, coaches, trainers and administration can be at workouts-no spectators
- Coaches and athletes are to do their best to practice social distancing before, during and after all sessions
- Coaches and athletes not engaged in vigorous physical activity are encouraged to wear masks, especially when social distancing is not possible
- Athletes should be placed in identifiable cohorts and are to remain in these small groups all day, every day
- Locker rooms cannot be used
 - Athletes must report dressed for activity and return home to shower
 - Restrooms will be available
- Coaches and athletes should bring their own water bottles
 - No sharing of water bottles or drinking cups will be allowed



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- Drinking fountains should not be used except to refill water bottles
- All stations must be sanitized after each group rotates out
- All facilities must be sanitized at the conclusion of each session
- Coaches and athletes will be expected to use hand sanitizer before entering and upon leaving each station
- Only Senior High students until further notice

Mitigation:

- Parents, coaches and athletes will help monitor and recognize the following symptoms of COVID-19. Athletes will be asked a series of questions regarding these symptoms before entry into the facility
 - Fever of 100.4 or Higher
 - Continuous or Ongoing Cough
 - Unusual Shortness of Breath or Difficulty Breathing
 - Chills
 - Repeated Shaking with Chills
 - Muscle Pain Unrelated to Workouts
 - Headache
 - Sore Throat
 - New Loss of Taste or Smell
 - Diarrhea
- Coaches will emphasize the need to report any symptoms each day
- Athletes with any symptoms should not attend and the Athletic Director should be notified immediately
- Students and employees should be excluded from school activities if they test positive for COVID-19 or exhibit one or more of the symptoms of COVID-19 based on CDC Guidance that is not otherwise explained.
- Any athlete with any of the symptoms, but has not been tested, may return if the following three conditions are met:
 - No fever for at least 72 hours
 - Other symptoms have improved
 - At least 10 days have passed since the symptoms first appeared
- Any athlete who has tested positive for COVID-19 may return if the following conditions are met:
 - No fever for at least 72 hours
 - Other symptoms have improved
 - At least 10 days have passed since the symptoms first appeared or
 - Written approval from a health care provider or a release from quarantine from the Noble County Health Department

The Athletic Director will notify the school principal and superintendent in the event an athlete is excluded from a practice session due to COVID-19 related symptoms.

Additional information can be found in the following link:

[IN-CLASS Return to School Document from the Indiana Department of Education](#)

Or

The MORE tab at **www.centralnobleathletics.com**



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