

# 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 Return to Activity Protocol

### Athlete and Minor Personnel Protocol:

1. Pre-Practice
  - a. Pre-Practice/Activity Check-List (GoogleForm or Physical Sheet) ~  
Parking Lot
    - i. July 6-August 11: REQUIRED for all practice session
    - ii. After August 12: Being at school will serve as pre-practice check
  - b. Temperature Check
    - i. July 6-August 11: Temperature checks will take place at the external entry door to practice or near the practice area if outdoors
    - ii. After August 12: Temperature checks will take place prior to entering locker room
  - c. Hand Sanitizer
    - i. July 6-August 11: Hand sanitizer will be available inside the doors of the school or immediately upon entering the practice area
    - ii. After August 12: Hand sanitizer or hand washing must occur immediately upon entering locker room
2. Practice
  - a. Athletes MUST have their own water bottle and towels (no sharing)
  - b. Face masks may be worn during activity if desired by the athlete
  - c. Athletes who are not involved in activity should space themselves apart from one another and can use a mask if desired
  - d. Breaks should be given for handwashing or hand sanitizing
  - e. Stations should be disinfected between groups (i.e. weight bars, plyo boxes, etc.)
3. Post-Practice
  - a. All training equipment and hard gear MUST be wiped down with disinfectant
  - b. Athletes should leave the building as quickly as possible after each practice session (no hanging out in the locker room or hallways)
  - c. Athletes MUST wash hands or use sanitizer prior to leaving the building



# DAVID BREMER

## ATHLETIC DIRECTOR

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



- d. Soft gear such as uniforms and practice clothing **MUST** be laundered before next practice

### Coaches and Adult Athletic Personnel Protocol:

1. Pre-Practice
  - a. Pre-Practice Check-List (GoogleForm or Physical Sheet) ~ Parking Lot
    - i. July 6-August 11: **REQUIRED** for all practice sessions
    - ii. After August 12: Coaches who teach at CN Schools will be allowed to enter freely. Coaches who work off-site will need to have a temperature reading taken for entry to locker room or practice area
  - b. Hand Sanitizer
    - i. July 6-August 11: Hand sanitizer will be available inside the doors of the school or immediately upon entering the practice area
    - ii. After August 12: Hand sanitizer or hand washing must occur immediately upon entering locker room
2. Practice
  - a. **MUST** take accurate attendance and relay this information to the Athletic Director
  - b. Coaches and Athletic Personnel **MUST** have their own water bottle
  - c. Coaches and Athletic Personnel **MUST** maintain a water source to refill water bottles. Drinking fountains should only be used to refill water bottles and should be wiped down at the end of all sessions. Water jugs from the training room may also be used but should be disinfected after use
  - d. Coaches and Athletic Personnel are **ENCOURAGED** to wear face masks when they are unable to practice social distancing
  - e. Hand washing or sanitizing should occur as often as possible
3. Post-Practice
  - a. All equipment **MUST** be wiped down with disinfectant or with disinfection equipment. This includes balls, training aids, shoulder pads and helmets
  - b. Keep group huddles to a minimum and get athletes out of building/practice area as soon as possible after practice
  - c. Coaches and Athletic Personnel **MUST** wash hands or use sanitizer prior to leaving the building



# DAVID BREMER

## ATHLETIC DIRECTOR

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



- d. Uniforms and Practice Clothing **MUST** be laundered before the next practice. If done at school the person doing the laundry **WILL** wear a mask and gloves to minimize exposure
4. General
  - a. Devise alternate command structure in the case of a coach or coaches being excluded due to symptoms/illness
  - b. Create procedures for practice, meetings and locker room usage that emphasize social distancing as much as possible

### **Training Room:**

1. Admittance to the training room is by permission only from either the Athletic Trainer or a Coach
2. **MUST** wear mask when visiting the training room
3. **MUST** wash hands or use hand sanitizer before entering the training room
4. Do not hang out in the training room. Get in, get treated, get out!
5. The ice machine is off-limits

### **Locker Room:**

1. Phase 1 (July 6-July 19): No use of locker rooms. Students must come to practice with their gear and must take all gear home after practice. All showering is to be done at home. If coaches decide to launder uniforms at school the person doing so **MUST** wear a mask and gloves.
2. Phase 2 (July 20-August 14): Locker rooms will be used at half capacity. Coaches should think about dismissing practice in waves so that smaller groups are going at once. Hard gear (helmets, shoulder pads and shoes) can be stored in lockers after being properly sanitized but soft gear (jerseys, shorts and pants) needs to be laundered. Students can shower at school or at home during this time. If coaches decide to launder uniforms at school the person doing so **MUST** wear a mask and gloves.
3. Phase 3 (August 15-?): Locker rooms should be used at half capacity with game nights being an exception. Hard gear (helmets, shoulder pads and shoes) can be stored in lockers after being properly sanitized but soft gear like jerseys, shorts and pants need to be laundered. Students can shower at school or at



# DAVID BREMER

## ATHLETIC DIRECTOR

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



home during this time. If coaches decide to launder uniforms at school the person doing so MUST wear a mask and gloves.

### Return to Play After Exclusion:

Accurate daily attendance is a major point of emphasis during the month of July and even into the school year. Any student who is excluded from practice or competition for a COVID-19 related issue must be noted and the Athletic Department needs to know as soon as possible.

Once notified of a COVID-19 related exclusion the Athletic Department will notify the guardian of the student and refer them to their health practitioner and inform parents of the following return to play protocol.

If a student-athlete is excluded from practicing due to testing positive for COVID-19, answering YES on any of the Pre-Practice Checklist Questions or due to a temperature of 100.4\* or higher they must meet the following criteria in order to return to practice

1. **Untested:** Persons who have not received a test proving or disproving the presence of COVID-19 but experience symptoms may return if the following three conditions are met:
  - a. They have not had a fever for at least 72 hours (that is three full days of no fever without the use of medicine that reduces fevers); and
  - b. Other symptoms have improved (for example, when your cough or shortness of breath have improved); and
  - c. At least 10 calendar days have passed since your symptoms first appeared.
2. **Tested Positive- Symptomatic:** Persons who experienced symptoms and have been tested for COVID-19 may return to school if the following conditions are met:
  - a. The individual no longer has a fever (without the use medicine that reduces fevers); and
  - b. Other symptoms have improved (for example, when your cough or shortness of breath have improved); and



# DAVID BREMER

## ATHLETIC DIRECTOR

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



- c. At least 10 calendar days have passed since symptoms first appeared; or
- d. The individual has received two negative tests at least 24 hours apart

3. **Tested Positive- Asymptomatic:** Persons who have not had symptoms but test

positive for COVID-19 may return when they have gone ten calendar days without symptoms and have been released by a healthcare provider. Students may also return if they are approved to do so in writing by the student's health care provider.

