



POLICIES FOR SUMMER PARTICIPATION AT BEAUMONT SCHOOL ATHLETIC FACILITIES
EFFECTIVE JUNE 3, 2020 – JULY 31, 2020
UPDATED June 1, 2020

The Ohio High School Athletic Association (“OHSAA”) and Beaumont School believe it is important for the physical and mental well-being of the School’s student-athletes to return to physical activity and build team relationships with their peers and coaches. It is the goal of both the OHSAA and Beaumont School to allow students to participate in scholastic athletics and activities in any and all situations where it can be done safely.

Until there is a cure, vaccine, or effective treatment for COVID-19 readily available, social distancing and other preventive measures will be the ‘new normal’ during any aspect of sport in Ohio and at the School.

Beaumont School has adopted the Summer 2020 Recommendations issued by the OHSAA on May 22, 2020, which was gathered from mandates, recommendations and guidelines provided by the Centers for Disease Control and Prevention (CDC), Ohio Department of Health (ODH), and National Federation of High Schools (NFHS), which have been approved by the Cuyahoga County Board of Health (CCBH) and Beaumont School administration.

These policies will be implemented and in effect at Beaumont School **from June 3, 2020 – July 31, 2020**, as it relates to upcoming fall sports options (i.e. cross country, golf, soccer, tennis and volleyball) **and through August, 31, 2020** for Beaumont’s other varsity sports: basketball, lacrosse, softball, swimming and diving and track and field.

Summer participation in workouts/training sessions is voluntary and may not be used toward team or program selection.

The policies below will be updated as needed and based on new information and guidance from national, state and local governments, agencies, health departments, and governing bodies, as well as OHSAA, prior to the start of the interscholastic season beginning on August 1, 2020.

Our ability to safely return to activities this summer will have a huge impact on our ability to have sports during the 2020-21 school year. Thank you for keeping our student-athletes safe!

Questions regarding these policies should be directed to: Athletic Director Tim Ertle at tertle@beaumontschool.org.



SUMMARY

During all of the Phases outlined below, School coaches, School staff are required to wear masks. Additional requirements and descriptions for Phases 1 through 3 are outlined below in more detail.

Phase One (14-day period from June 3 – June 17): No more than 10 people gathering at a time (indoors or outside), including coaches and participants; no parents or visitors are permitted to attend training or workout sessions; “pods” of the same 5-9 students working out together throughout the phase; six-foot distance must be maintained; no shared athletic equipment; no locker room or hydration station use/access; focus will be on conditioning and basic skill training.

Beaumont School will start at Phase One of this program and remain there for at least 14 calendar days. If there is a downward/flat trajectory of documented cases within a 14-day period, the school may decide to progress to Phase Two, where a new 14-day period of tracking of cases will begin.

Phase Two (Time Period TBD): No more than 10 people gathering at a time indoors; up to 50 gathering at a time outdoors; no parents or visitors are permitted to attend training or workout sessions; “pods” of the same 5-9 students working out together indoors; six-foot distance must be maintained; no locker room or hydration station use/access; focus will be on skills.

If there is another 14-day downward/flat trajectory of cases, Beaumont School may decide to progress to Phase Three.

Phase Three (Time Period TBD): Gathering sizes of up to 50 individuals (indoors or outdoors); three-foot distance must be maintained when not participating in competition.

POLICIES

Pre-Participation Physical Evaluations

All students must either submit updated paperwork or have current paperwork on file with the School’s Athletics Department before participation in any Summer training or workouts under these policies will be permitted. Any student who has had a cause of documented COVID-19 infection must provide a note from their healthcare provider indicating she is cleared to participate in this Summer workouts/training sessions.

Face Covering Guidance

Decreasing potential exposure to respiratory droplets is the guiding principle behind social distancing and the use of face coverings. The use of cloth face coverings is meant to decrease the spread of respiratory droplets. As state and local COVID-19 prevalence decreases, the need for strict social distancing and the use of face coverings will lessen.



- a. The Centers for Disease Control and Prevention (CDC) is additionally “advising the use of simple cloth face coverings to slow the spread of the virus and help people who may have the virus and do not know it from transmitting it to others.”
- b. Recognizing the benefits and potential drawbacks of the use of cloth face coverings during conditioning and physical activity:
 - Ohio Department of Health and Beaumont School guidelines for cloth face coverings should be followed.
 - Exceptions include swimming, distance running or other high intensity aerobic activity. In these activities, cloth face coverings must be worn when not engaging in vigorous activity, such as before or after instruction, or any time spent on the ‘sidelines’ when physical activity is not being performed.
 - Coaches are required to wear cloth face coverings in accordance with social distancing policies.

Symptom Logs

Each time coaches and student-athletes report to the Beaumont School campus, they will be required to fill out the ‘COVID-19 Coach/Student-Athlete Monitoring Form’ prior to the start of any activity. The form requires information regarding temperatures higher than 100.3 degrees Fahrenheit, so coaches and student-athletes must take their temperature within one hour of arriving to campus. Yes/no questions relating to COVID-19 symptoms and potential exposure include, but are not limited to: Do you have a cough? Do you have a sore throat? Do you have shortness of breath? Have you had close contact or been exposed to someone with a confirmed case of COVID-19?

Coaches are responsible for ensuring that students complete COVID-19 Coach/Student-Athlete Monitoring Form’ prior to the start of any activity, that the symptom log is properly completed, and the Monitoring Forms are to be turned in to the athletic department on a daily basis. These forms will be retained so that the information can be used for potential contact tracing.

The athletic department staff will update Final Forms with student health conditions after collecting the attendance sheets, which will allow for an archived digital record for future reference if/when necessary.

Entry / Exiting

When coaches and student-athletes report to the Beaumont School campus for outdoor activities, they are expected to remain outside. In the event of inclement weather, the session will be canceled or held virtually. Only the head coach will have access to the building in order to gather equipment / supplies.

When entering the building, all entries must be made through the maintenance door outside of B105. Parking is available in the lot off North Park Boulevard. Upon entering the building, coaches and student-athletes will be asked to sanitize their hands immediately and fill out the Coaches/Student-Athlete Monitoring Form.

When exiting the building, please do so through the double doors in the gymnasium that lead you to the North Park parking lot. All other doors will be locked.



Hydration

All students should bring their own water bottle(s) and they must not be shared. Hydration stations (water cows, water trough, water fountains, etc.) should not be utilized.

Locker Rooms / Restrooms

Locker rooms will be locked and unavailable to coaches and student-athletes during Phases 1 and 2. Coaches and student-athletes should report to workouts in proper gear and then return home to shower at the end of the workout.

One restroom indoors and one restroom outdoors will be available. Outdoors, the co-ed bathroom attached to the equipment shed will be unlocked. Indoors, one bathroom stall in the hallway outside of the gym will be made available. Only one person will be permitted in the restroom space at a given time.

No Touching Rule

In an effort to eliminate physical contact, there will be a simple 'no touching rule' in place. Coaches and student-athletes must avoid physical contact with others including high fives, huddles, congregating and skill instruction that involves a physical touch demonstration.

Facilities Availability Limitations

Beaumont practice and skill sessions are closed to non-Beaumont students and non-Beaumont student-athletes may not use the school's facilities until further notice. The coaching staff present on site is responsible for allowing only Beaumont student-athletes to participate. Beaumont will not be allowing outside athletic groups to use the facilities until Phase 3.

Coaching Guidelines/Responsibilities

As stated above, the coaching staff present on site are responsible for keeping the facilities secured from non-Beaumont student-athletes. It is imperative that we keep accurate attendance records for coaches and student-athletes at every activity. We also ask that you substitute face-to-face interactions with a virtual meeting whenever possible.

Anyone showing signs or symptoms of illness must be and will be sent home immediately. This action must be documented by coaches and reported to the athletic department immediately. The Athletic Director will follow up with the proper phone calls to the appropriate County Board(s) of Health.

Hygiene

- Wash your hands with soap and water for 20 seconds or use hand sanitizer, especially after touching frequently used items or surfaces.
- Avoid touching your face.
- Sneeze or cough into a tissue, or the inside of your elbow.
- Disinfect frequently used items and surfaces as much as possible.
- People who feel sick should stay home. Contact and follow the advice of your medical provider.



NFHS/OHSAA RISK BY SPORT CATEGORIES

Potential Infection Risk by Sport (modified from United States Olympic and Paralympic Committee – Sports Medicine recommendations). ** Sports highlighted in red are under the umbrella of the Beaumont School athletic department, whether it is a varsity or club sport. **

Higher Risk: Sports that involve close, sustained contact between participants, lack of significant protective barriers, and high probability that respiratory particles will be transmitted between participants.

Examples: Wrestling, football, boys lacrosse, competitive cheer, dance

Moderate Risk: Sports that involve close, sustained contact, but with protective equipment in place that may reduce the likelihood of respiratory particle transmission between participants OR intermittent close contact OR group sports OR sports that use equipment that can't be cleaned between participants.

Examples: Basketball, volleyball*, baseball*, softball*, soccer, gymnastics* (if equipment can't be sufficiently cleaned between competitors), ice hockey, tennis*, swimming relays, pole vault*, high jump*, long jump*, girls lacrosse, 7 on 7 football

* Could potentially be considered "Lower Risk" with appropriate cleaning of equipment and use of masks by participants

Lower Risk: Sports that can be done with social distancing or individually with no sharing of equipment or the ability to clean the equipment between use by competitors.

Examples: Individual running events, throwing events (javelin, shot put, discus), individual swimming, golf, weightlifting, sideline cheer, cross country running (with staggered starts)



PHASE 1

Pre-workout Screening:

- All coaches and students should be screened for signs/symptoms of COVID-19 prior to a workout. Screening includes a temperature check.
- Responses to screening questions for each person should be recorded and stored so that there is a record of everyone present in case a student develops COVID-19.
- Any person with positive symptoms reported should not be allowed to take part in workouts, sent home and should contact his or her primary care provider or other appropriate health-care professional.
- Vulnerable individuals should not oversee or participate in any workouts during Phase 1.

Limitations on Gatherings:

- No gathering of more than 10 people at a time (inside or outside).
- Locker rooms should not be utilized during Phase 1. Students should report to workouts in proper gear and immediately return home to shower at end of the workout.
- Workouts should be conducted in “pods” of students with the same 5-10 students always working out together. Smaller pods can be utilized for weight training. This ensures more limited exposure if someone develops an infection.
- There must be a minimum distance of six feet between each individual at all times. If this is not possible indoors, then the maximum number of individuals in the room must be decreased until proper social distancing can occur.

Facilities Cleaning:

- Adequate cleaning schedules should be created and implemented for all athletic facilities to mitigate any communicable diseases.
- Prior to an individual or groups of individuals entering a facility, hard surfaces within that facility should be wiped down and sanitized (chairs, furniture in meeting rooms, locker rooms, weight room equipment, bathrooms, athletic training room tables, etc.).
- Individuals should wash their hands for a minimum of 20 seconds with warm water and soap before touching any surfaces or participating in workouts.
- Hand sanitizer should be plentiful and available to individuals as they transfer from place to place.
- Weight equipment should be wiped down thoroughly before and after an individual’s use of equipment.
- Appropriate clothing/shoes should be worn at all times in the weight room to minimize sweat from transmitting onto equipment/surfaces.
- Any equipment such as weight benches, athletic pads, etc. having holes with exposed foam should be covered.
- Students must be encouraged to shower and wash their workout clothing immediately upon returning to home.



Physical Activity and Athletic

Equipment:

- There should be no shared athletic equipment (towels, clothing, shoes, or sports specific equipment) between students.
- Students should wear their own appropriate workout clothing (do not share clothing) individual clothing/towels should be washed and cleaned after every workout.
- All athletic equipment, including balls, should be cleaned after each use and prior to the next workout.
- Individual drills requiring the use of athletic equipment are permissible, but the equipment should be cleaned prior to use by the next individual.
- Resistance training should be emphasized as body weight, sub-maximal lifts and use of resistance bands.
- Free weight exercises that require a spotter cannot be conducted while honoring social distancing norms. Safety measures in all forms must be strictly enforced in the weight room.
- **Examples (including by limited to):**
 - A basketball player can shoot with a ball(s), but a team should not practice/pass a single ball among the team where multiple players touch the same ball.
 - A volleyball player should not use a single ball that others touch or hit in any manner.
 - Softball players should not share gloves, bats, or throw a single ball that will be tossed among the team. A single player may hit in cages, throw batting practice (with netting as backstop, no catcher). Prior to another athlete using the same balls, they should be collected and cleaned individually.
 - Tennis players may do individual drills, wall volleys and serves.
 - Runners should maintain the recommended six feet of distancing between individuals.

Hydration:

- All students shall bring their own water bottle. Water bottles must not be shared.
- Hydration stations (water cows, water trough, water fountains, etc.) should not be utilized.



Phase 2

Pre-Workout/Contest Screening:

- All coaches and students should be screened for signs/symptoms of COVID-19 prior to a workout. Screening includes a temperature check.
- Responses to screening questions for each person should be recorded and stored so that there is a record of everyone present in case a student develops COVID-19.
- Any person with positive symptoms reported should not be allowed to take part in workouts, be sent home, and should contact his or her primary care provider or other appropriate health-care professional.
- Vulnerable individuals should not oversee or participate in any workouts during Phase 2.

Limitations on Gatherings:

- No gathering of more than 10 people at a time inside. Up to 50 individuals may gather outdoors for workouts.
- If meeting rooms are used, there must be a minimum distance of six feet between each individual at all times.
- Workouts should be conducted in “pods” of students with the same 5-10 students always working out together. Smaller pods can be utilized for weight training. This ensures more limited exposure if someone develops an infection.
- There must be a minimum distance of six feet between each individual at all times. If this is not possible indoors, then the maximum number of individuals in the room must be decreased until proper social distancing can occur. Appropriate social distancing will need to be maintained on sidelines and benches during practices.

Facilities Cleaning:

- Adequate cleaning schedules should be created and implemented for all athletic facilities to mitigate any communicable diseases.
- Prior to an individual or groups of individuals entering a facility, hard surfaces within that facility should be wiped down and sanitized (chairs, furniture in meeting rooms, locker rooms, weight room equipment, bathrooms, athletic training room tables, etc.).
- Individuals should wash their hands for a minimum of 20 seconds with warm water and soap before touching any surfaces or participating in workouts.
- Hand sanitizer should be plentiful and available to individuals as they transfer from place to place.
- Weight equipment should be wiped down thoroughly before and after an individual’s use of equipment.
- Appropriate clothing/shoes should be worn at all times in the weight room to minimize sweat from transmitting onto equipment/surfaces.
- Any equipment such as weight benches, athletic pads, etc. having holes with exposed foam should be covered.



- Students must be encouraged to shower and wash their workout clothing immediately upon returning to home.

Physical Activity and Athletic

Equipment:

- Lower risk sports practices and competitions may resume (see Potential Infection Risk by Sport).
- Modified practices may begin for Moderate risk sports.
- There should be no shared athletic towels, clothing or shoes between students.
- Students should wear their own appropriate workout clothing (do not share clothing), and individual clothing/towels should be washed and cleaned after every workout.
- All athletic equipment, including balls, should be cleaned intermittently during practices and contests.
- Hand sanitizer should be plentiful at all contests and practices.
- Athletic equipment such as bats, batting helmets and catchers gear should be cleaned between each use.
- Maximum lifts should be limited and power cages should be used for squats and bench presses. Spotters should stand at each end of the bar.

Hydration:

- All students shall bring their own water bottle. Water bottles must not be shared. Hydration stations (water cows, water trough, water fountains, etc.) should not be utilized.



Phase 3

Pre- Workout/Contest Screening:

- Any person who has had a fever or cold symptoms in the previous 24 hours should not be allowed to take part in workouts and should contact his or her primary care provider or other appropriate healthcare professional.
- A record should be kept of all individuals present.
- Vulnerable individuals can resume public interactions, but should practice physical distancing, minimizing exposure to social settings where distancing may not be practical, unless precautionary measures are observed.

Limitations on Gatherings:

- Gathering sizes of up to 50 individuals, indoors or outdoors.
- When not directly participating in practices or contests, care should be taken to maintain a minimum distance of three feet between each individual.

Facilities Cleaning:

- Adequate cleaning schedules should be created and implemented for all athletic facilities to mitigate any communicable diseases.
- Prior to an individual or groups of individuals entering a facility, hard surfaces within that facility should be wiped down and sanitized (chairs, furniture in meeting rooms, locker rooms, weight room equipment, bathrooms, athletic training room tables, etc.).
- Individuals should wash their hands for a minimum of 20 seconds with warm water and soap before touching any surfaces or participating in workouts.
- Hand sanitizer should be plentiful and available to individuals as they transfer from place to place.
- Weight equipment should be wiped down thoroughly before and after an individual's use of equipment.
- Appropriate clothing/shoes should be worn at all times in the weight room to minimize sweat from transmitting onto equipment/surfaces.
- Any equipment such as weight benches, athletic pads, etc. having holes with exposed foam should be covered.
- Students must be encouraged to shower and wash their workout clothing immediately upon returning to home.

Physical Activity and Athletic

Equipment:

- Moderate risk sports practices and competitions may begin.
- There should be no shared athletic towels, clothing or shoes between students.
- Students should wear their own appropriate workout clothing (do not share clothing), and individual clothing/towels should be washed and cleaned after every workout.
- Hand sanitizer should be plentiful at all contests and practices.



- Athletic equipment such as bats, batting helmets and catchers gear should be cleaned between each use. Other equipment, such as hockey helmets/pads, wrestling ear guards, football helmets/other pads, lacrosse helmets/pads/gloves/eyewear should be worn by only one individual and not shared.
- Maximum lifts should be limited and power cages should be used for squats and bench presses. Spotters should stand at each end of the bar.
- Modified* practices may begin for Higher risk sports:
 - *Continue pre-practice screening as in Phases 1 and 2. Shower immediately after practices/contests.
 - Re-assess epidemiology data and experiences in other states and other levels of competition to determine when Higher risk sports competition may resume.