

CLINTON CENTRAL HIGH SCHOOL - ATHLETIC RETURN TO PLAY PLAN



	Phase I	Phase II		Phase III
	July 6 - July 19	July 20 - August 2	August 3 - August 14	August 15
Subject to Change	(IHSA Summer Activities)		(IHSA Fall Sports Season)	
Participation	All summer activities are voluntary			
	Athletes can spend at most 15 hours on campus/week	Sport-specific Activity: Normal summer rules and guidelines	Fall Sports: Practices allowed with normal in-season rules and guidelines	Fall Sports: Contests can begin August 15 (Except Football)
	Conditioning/Weightlifting: *max of 3 sessions/week *Athlete can attend one session per day			
	Sport-specific Activity: *2 sessions per sport/week *Athlete can attend one session/day/sport *Same sport may NOT have activity on consecutive calendar days	Football Activity: *3 Hour Max Session per day *Helmets, Shoulder Pads, Mouthpiece, & Girdle allowed *No live contact permitted	Girls' Golf: Contests can begin August 3	Football: Contests can begin August 20
	Football: T-shirt, shorts, shoes ONLY	Girls Golf: First practice is July 31st	Non-Fall Sports: No contact period through August 29	
	No interschool competition/scrimmages			
Activity Group Size	Activity groups may consist of no more than 20 students gathered together	No maximum activity group size, but social distancing encouraged		
Weight Room	Weight room capacity limited to 20 students, with social distancing encouraged as much as possible			
	No exercises requiring a spotter can be conducted.	Free weight exercises requiring a spotter can be conducted. Spotters should position themselves at the ends of the bar, rather than directly face-to-face with the athlete lifting.		
People Allowed to Attend	Essential personnel ONLY - no parents, spectators, media, vendors, etc. allowed on facilities			Spectators, media, and vendors can be present but should implement social distancing
Face Coverings	Any individual (this includes: student-athletes, non-student, coach, medical staff, directors, security or supervisors) should have their own face covering, and those who prefer to wear face coverings may do so. <u>Face coverings are recommended, but optional - especially under rigorous activity. Face coverings are required for any individual that enters the athletic training room.</u>			

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Transportation	No activities permitted off-campus w/o permission from Athletic Department prior to activity		Transportation provided to off-campus contests. Corporation guidelines will be used regarding seating arrangements and face coverings.	
Locker Rooms	No locker room use - athletes should report in proper gear and return home immediately following activity.		Locker rooms will open with 50% capacity beginning on August 3. Athletes should not congregate in locker rooms and coaches should not use them as meeting areas. Change, use the restroom, and get out. Only sports specific equipment will be allowed in locker rooms overnight. Athletes will take all clothing home each night and launder.	
Student-Athlete Responsibility	Students are expected to shower and wash practice/workout clothing immediately upon returning home from all activities.			
Hydration Stations	No use of shared hydration stations- students should bring a personal water bottle/jug labeled with their name, and wash it at home after use.			
Equipment	Equipment that must be shared, including sports balls and weight benches, must be cleaned at the end of each workout/practice.			
Alternate Command Structure	Command structure for coaching staff should be established in case of illness			
Health History & Physical Forms	All athletes must have the IHSAA Health History Update Questionnaire and Consent/Release Certificate on file prior to participation.		All athletes must have the IHSAA Health History Update Questionnaire and Consent/Release Certificate AND a valid 2019-20 or 2020-21 IHSAA Physical on file prior to participation.	
Screening	Screening of athletes & coaches prior to each practice/workout by ATC or coach designee. Coaches must record attendance of all athletes, managers, staff, and other personnel who attend activities, and all participants must be screened before being allowed to participate.			
COVID-19 Symptoms	Any person with symptoms will be referred to his or her primary care provider and not allowed to participate. Students or staff who no longer test positive and/or no longer display symptoms of COVID-19 will follow the Return to School protocol listed in Appendix A of the IDOE Re-Entry Guidance.			
Celebratory and Sportsmanship Acts	Celebratory and sportsmanship acts that involve contact are prohibited.		No handshakes after contests. Modified sportsmanship practices should be observed.	