

SLCSD Restart Framework
A Commitment to Kids
ATHLETICS

GREEN PHASE
Schools open - All students return

- Resume normal team activities
- Follow strict hygiene standards
- Continue to monitor symptoms

YELLOW PHASE
Schools open – 6’ Social Distancing – Gatherings not to exceed 50

- All guidelines listed in the Initial Return to Participation section apply
 - Includes: initial parent/guardian permission form, daily assessment of participants upon arrival, proper disinfecting of equipment, participants must bring their own water – not to be shared, no congregating before or after workouts
- Groups must be limited to no more than 50 total people in a defined area
 - Limited to participants (athletes, coaches, trainers) – spectators or other non-participants are not allowed for workouts or practices
 - Coaches must schedule accordingly to avoid unintentional groups of more than 50 when groups are arriving and leaving for different sessions (same or different sport groups)
 - Group size definition may be incrementally increased by government agencies based on data and trends
- Coaches should wear face coverings; athletes should wear face coverings when not actively participating (prior to and after workouts)
- Participants should use hand sanitizer before, after, and possibly during workouts
- Appropriate physical distancing should be maintained when not actively participating
- CONTACT IS PERMITTED AT THIS TIME
- Competition may happen within the team and against other teams if the following conditions are met:
 - Total number of people in attendance does not exceed 50 (includes everyone present: athletes, coaches, trainers, officials, scorekeepers, spectators, etc.)
 - Non-participants must practice physical distancing from participants and other spectators from different households, and use personal protective equipment
 - Coaches must determine who will be present to avoid groups that are too large (“No Spectators” is a real possibility)
 - Participants from opposing teams must also be assessed in a similar manner as our athletes to determine current health status
- Allowances and restrictions may change based on recommendations from government agencies, UHSAA and/or SLCSD

ORANGE PHASE
Schools closed – Small groups

- All guidelines listed in the Initial Return to Participation section apply
 - Includes: initial parent/guardian permission form, daily assessment of participants upon arrival, proper disinfecting of equipment, participants must bring their own water – not to be shared, no congregating before or after workouts
- Groups must be limited to no more than 20 total people in a defined area
 - Limited to participants only (athletes, coaches, trainers) – spectators or other non-participants are not allowed
 - Coaches must schedule accordingly to avoid unintentional groups of more than 20 when groups are arriving and leaving for different sessions (same or different sport groups)
- Coaches should wear face coverings; athletes should wear face coverings when not actively participating (prior to and after workouts)
- Participants should use hand sanitizer before, after, and possibly during workouts
- Appropriate physical distancing of at least 10' must be maintained at all time
- PERSON TO PERSON CONTACT IS NOT PERMITTED AT THIS TIME
 - Includes contact drills and many competitive situations (1-on-1, 2-on-2, . . . full game situations) – exceptions may be for non-contact competition (golf, tennis, swimming, some track & field events)
 - High-5's, fist/chest bumps, etc. do not meet current distancing guidelines
- Pre- and post-workout group communication and athletes lined up or waiting for reps should maintain distancing
- Focus will be on individual fundamentals/footwork, basic team concepts (spacing, angles, etc.), and conditioning

RED PHASE
Schools closed – Stay Safe, Stay Home

- No in-person team related gatherings
 - Includes, but not limited to: conditioning, workouts, practices, games, meetings, team events/activities (pictures, banquets, fundraisers, etc.)
 - Groups of team members with or without a coach participating in any of the above activities are not allowed
- No use of school facilities
- Virtual team meetings and communication are allowed using approved platforms

Our goal is to provide opportunities for our student-athletes to participate as fully as possible under the current recommendations of the local health department in a safely monitored and controlled environment. Failure to follow these guidelines may eliminate ongoing opportunities for programs and/or the athletic department. We value the right and opinion of each family to determine their level of participation in these voluntary activities. We also expect all participants to be honest and considerate of others when making decisions to participate.

Keys:

- No in-person team activities or gatherings until at least MAY 26th (UHSAA restrictions)
- All workouts/practices will be optional – non-participation due to personal or family choice, or health risk factors will not be an indication of dedication to the team and will not be a determining factor in team selection or playing time
 - Athletes are encouraged to communicate to coaches their reasons for non-participation
 - Failure to adequately prepare for a sport season may affect team status
- Follow all guidelines outlined by government health departments (state and local) for reopening sports and activities
 - SLCSO, individual schools, and/or programs may choose to be more restrictive based on individual circumstances, but not less restrictive
- Coaches are responsible to continually monitor the health and safety risks for their team and adjust/cancel activities when appropriate; coaches will also communicate any COVID-19 concerns with building administrators or ADs
- Athletes and parents/guardians are responsible to honestly assess and report their health status and risk factors when choosing to participate – includes initial and ongoing participation

Initial Return to Participation – must adhere to these guidelines in ORANGE & YELLOW risk phases as determined by state and local government agencies:

- All participants and a parent/guardian must fill out an initial return to participation form prior to their first workout indicating that they:
 - Understand that participation is 100% voluntary and that even with precautions, there is always a chance of contracting the virus while interacting with others
 - Must comply with all rules concerning returning to participation
 - Have not tested positive for COVID-19
 - If previously tested positive, must meet criteria to be considered recovered
 - Are asymptomatic
 - Are not knowingly interacting with others that are infected or symptomatic
 - Will alert coaches of any COVID-19 status changes
- Areas and equipment must be adequately disinfected before and after workouts
- Limit participants in a designated area to comply with gatherings guidelines (includes players, coaches, trainers, etc.)
 - Outdoor areas: each field, track, tennis court, etc.;
 - Indoor facilities (when allowed): each gym, weight room, team/locker room, etc.
- Coaches should plan time slots to avoid forming large groups (same or different sports)
- Athletes should avoid arriving prior to scheduled time and should leave the facility in a timely manner following workouts – including not congregating in parking lots or other areas
 - Transportation to/from workouts should be coordinated by each family so as not to have athletes waiting for rides home
- All participants should bring their own water bottles and should not share with others
- Restrooms, locker rooms, team rooms, etc. will not be open or available until auxiliary services has determined that appropriate plans and personnel are available to keep them sufficiently sanitized and disinfected
 - Coaches should have access in the case of injury or medical emergency
- Participants should use appropriate recommended PPE when not involved in physical activity

- Coaches will assess potential infection of everyone upon arrival
 - Symptom checklist for each participant prior to each workout
 - If available, participant's temperature will be checked with a non-contact thermometer
- Coaches must always plan activities to meet current distancing guidelines
- Coaches must use good judgement when restarting workouts regarding intensity and duration
 - Athletes will most likely not be in the condition they are used to
 - Many athletes may be working back into multiple sports

Changing of Restrictions:

- When deemed appropriate by government and health department officials and approved by SLCSO and building administration or ADs, restrictions will be reassessed based on updated recommendations
- ADs at each school will provide coaches with the most current restrictions and allowances and will make the information available on the school website

(Potential) Pre-Activity Assessment:

- Have you or anyone you live with been tested for COVID-19? (If so, what were the results? If results are not back yet, send them home.)
- Are you feeling sick?
- Today and in the last few days:
 - Do you have a fever or the chills?
 - Have you been coughing?
 - Have you had any new stomach issues (nauseous, throwing up, diarrhea)?
 - Any abnormal shortness of breath? Have a sore throat? Any muscle aches?
- Is anyone that you live with sick?