

McCUTCHEON ATHLETICS RESPONSIBLE RESTART

We have taken the time to collaborate with the Tippecanoe County Health Department, IDOE, and the IHSAA to reopen and restart training and conditioning for Tippecanoe School Corporation Athletics. We are excited to be able to welcome students, coaches, and staff back to MHS as we begin on-site training once again! We will be preparing for the restart with Phase 1 (acclimation period) of IHSAA/IDOE recommendations beginning July 6, 2020. We will be following the mandates from the Indiana Governor's Office, the Tippecanoe County Health Department, and Indiana Department of Education as well as the recommendations of the National Federation of High Schools (NFHS) and the Indiana High School Athletic Association (IHSAA). Please note that all athletic facilities will be off limits except for planned activities by McCutcheon High School athletic teams and camps.

In an effort to keep everyone safe and feel comfortable attending an athletic session at McCutcheon High School, we are implementing the following protocols:

PHASE 1 - JULY 6th through July 19th ACCLIMATION PERIOD

CONDITIONING

- TSC High School athletic teams will be allowed to begin summer conditioning on Monday July 6, 2020.
- Conditioning can take place 4 days per week and are limited to **2 hours per session**
- Athletes are only allowed to participate in **ONE** conditioning session per day.
- Weightroom will operate at 50% capacity.
- Lifts that require spotters will **NOT** be allowed. Safety of all athletes when participation in resistance exercise must be a priority and **PROPERLY MONITORED!**
- Athletes will be grouped into smaller groups and the same athletes will always be together. (15 athletes per coach)
- All equipment used will be properly cleaned and sanitized by our coaches before each use and directly after each use.
- Only essential athletes, coaches, supervisors, and directors are allowed to attend.

SPORT-SPECIFIC ACTIVITIES

- Coaches will turn in a detailed plan to the athletic office indicating days, times, locations, and drills being used for their sport-specific activities .
- Coaches are limited to two activity sessions per week.
- Activity sessions can be no more than **3 hours for ALL SPORTS**
- Activity sessions may **NOT** occur on consecutive days.
- **NO CONTACT** is allowed.
- Only proper drills that do not include body to body contact will be allowed. No scrimmages or game-like situations are allowed.
- Shared hydration stations will not be used.
- Only essential athletes, coaches, supervisors, and directors are allowed to attend

PHASE 2 - JULY 20th through August 14th

CONDITIONING

- Weightroom will operate at 50% capacity.
- Athletes will be grouped into smaller groups and the same athletes will always be together.
- Lifts that require spotters will now be allowed. Safety of all athletes when participation in resistance exercise must be a priority and **PROPERLY MONITORED!**
- All equipment used will be properly cleaned and sanitized before each use and directly after each use by members of the coaching staff.
- Only essential athletes, coaches, supervisors, and directors are allowed to attend

SPORT-SPECIFIC ACTIVITIES

- Contact is allowed as defined by the IHSAA.
- Scrimmages such as 7 on 7 for football and open gym basketball play is allowed.
- Equipment can now be issued to athletes for sports that require it.
- Shared hydration stations will not be used.
- Only essential athletes, coaches, supervisors, and directors are allowed to attend

PHASE 3 - Starts August 15th

CONDITIONING

- Weightroom will operate at 50% capacity.

- All Lifts are allowed. Safety of all athletes when participation in resistance exercise must be a priority and **PROPERLY MONITORED!**
- All equipment used will be properly cleaned and sanitized before each use and directly after each use by members of the coaching staff.

SPORT-SPECIFIC ACTIVITIES

- Fall Sports have begun practice
- Fall Limited Contact Period begins on 8/31 for Winter and Spring sports
- Shared hydration stations will not be used.
- Spectators, media, and vendors can be present but should implement social distancing and follow established mass gathering guidelines.
- Concessions will be sold and all food handlers and cashiers will use appropriate PPE and only serve prepared, prepackaged products.

TSC ATHLETICS

SUMMER PARTICIPATION RULES FOR ALL SPORTS

1. **ALL** Summer activities will be voluntary.
2. There will be **NO** locker room access for athletes for any sport.
3. Designated restrooms will be open and cleaned daily by custodial staff.
4. All first-time athletes **MUST** have an IHSAA physical on file in the athletic office **prior to participation on July 6**. Please note – IHSAA sports physicals completed and on file for 2019-2020 are **VALID** for the 2020-2021 school year. We strongly recommend an updated physical is completed, but it is not a requirement. All students must have a physical dated by April 1, 2019 to be cleared to participate in athletics.
5. All athletes must fill out and sign the 2020/2021 IHSAA Health History Update Questionnaire and Consent & Release Certificate and **turn in to the athletic office or submit via Final Forms by July 6th (or before they can participate)**. Any athlete that answers yes to any of the questions on the IHSAA Health History Update must obtain a new physical.
6. Athletes are limited to 15 total hours of school contact activity per calendar week.
7. School contact activity includes conditioning and sport-specific activities.
8. Facemasks are voluntary for athletes but strongly recommended if not involved in vigorous activity.

9. It is recommended for all coaches, medical-related staff, supervisors, and directors to wear face coverings unless engaged in vigorous activity or it poses a health risk.
10. Coaches will use an Observational/Self-Reported Screening process via Final Forms attendance to assess for signs of Covid-19 prior to athletes participating in activities.
11. Athletes will wear appropriate clothing and shoes at **ALL** times.
12. Absolutely **NO** sharing of clothing, shoes, towels, or water bottles.
13. All athletes must have their own water bottles and clearly identify them with the athlete's name. Athletes will be responsible for taking home their water bottles, sanitizing them, and bringing them back to the next practice.
14. Coaches will keep their instruction groups to no larger than 15 athletes per group. If a team has multiple coaches, each coach can work with 15 athletes.
15. When speaking to athletes coaches will keep a reasonable distance between themselves and the athlete.
16. Coaches will instruct their athletes to have minimal contact with each other whenever possible.
17. Hand sanitizer will be available at each practice site. Coaches will encourage athletes to bring their own.
18. Any school provided equipment such as balls, shields, blocking dummies, etc, shall be sanitized before each session and after each session by the coaching staff.
19. All equipment such as weight equipment, pads, or blocking dummies with holes and exposed foam will be covered or discarded.
20. Athletes are expected to shower at home and wash workout clothes immediately upon returning home each day.
21. There may be youth camps, and high school camps if they are in compliance with these guidelines.
22. **NO** formal competition is allowed.
23. Athletes are to arrive no earlier than 15 minutes prior to a conditioning or activity session and leave campus immediately following the conclusion of that session.
24. Athletes are **not permitted** to be on campus other than to attend a school sponsored activity or conditioning session.
25. No congregating in lobbies or outside before, during or after a session.
26. Any person with positive symptoms reported should not be allowed to take part in workouts and should contact his or her primary care provider or other appropriate health-care professional.
27. 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 health-care professional.

28. Individuals should wash their hands for a minimum of 20 seconds with warm water and soap before touching any surfaces or participating in workouts.

TSC Athletics Responsible Restart

Observational/Self-Reported Screening

1. The athletic department will send home a handout listing signs and symptoms of Covid-19 with all athletes.
2. Coaches will monitor athletes for symptoms of Covid-19. If symptoms are present in an athlete then they will be pulled from participation, parents will be notified by coach, and parents will be notified of the return to school procedures.
3. Coaches will document daily attendance. Documentation will be completed via Final Forms.

Symptoms Impacting Consideration for Exclusion from Participation

- A fever of 100.4° F or greater
- Cough
- Shortness of breath or difficulty breathing
- Chills
- Repeated shaking with chills
- Muscle pain
- Headache
- Sore throat
- New loss of taste or smell

Return to School After Exclusion

Once an athlete or coach is excluded from the school environment, they may return if they satisfy the recommendations of the CDC. Currently those guidelines are:

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:

- 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
- Other symptoms have improved (for example, when your cough or shortness of breath have improved); and

- At least 10 calendar days have passed since your symptoms first appeared.
- The state website has a list of over 200 testing facilities, their location, and hours of operation. This list is updated frequently.

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:

- The individual no longer has a fever (without the use of medicine that reduces fevers); and
- Other symptoms have improved (for example, when your cough or shortness of breath have improved); and
- At least 10 calendar days have passed since symptoms first appeared; or
- 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.

4. Tested Positive- Impact on School Operations

Establish predetermined thresholds for mitigation strategies by following ISDH's recommendation to work with your local health department in following the CDC guidance which can be found here. Reference page three, "When a confirmed case has entered a school, regardless of community transmission."

Coaches who have any reported positive cases of Covid-19 must report immediately to the Athletic Director & School Medical Personnel and further guidance will be given.

TSC ATHLETICS

Covid-19 Parent Handout

- **People with COVID-19 have had a wide range of symptoms reported – ranging from mild symptoms to severe illness.**
- **Symptoms may appear 2-14 days after exposure to the virus.**
People with these symptoms may have COVID-19:

- **Fever or chills**
- **Cough**
- **Shortness of breath or difficulty breathing**
- **Fatigue**
- **Muscle or body aches**
- **Headache**
- **New loss of taste or smell**
- **Sore throat**
- **Congestion or runny nose**
- **Nausea or vomiting**
- **Diarrhea**

This list does not include all possible symptoms. CDC will continue to update this list as we learn more about COVID-19.

Students and coaches are not to attend on campus activities if they are experiencing any of the symptoms list above.