

Adrian Athletic Department



Return to Play Plan Summer 2020

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On Monday, June 1st, 2020, Governor Whitmer announced her phasing out of the “Safer at Home” order. The MHSAA provided members schools a Summer Guidance Update #1 on June 2nd. Based on the information in both of those documents, school districts may return to play under two conditions: 1) the district declares its facilities open to student-athletes and 2) the 19-20 school year is completed. Because Adrian’s official last day of school for the 19-20 school year is June 9th, Adrian is able to begin summer activities on June 10th.

As of now, the only facilities that can be reopened are outside. On Monday, June 15th, there will be another update, at which point we will reassess our plan to possibly include activities inside the building.

To ensure our student-athletes, coaches and community stays safe, the following guidelines will be implemented:

Athletic Office/School District

- I. Provide infrared forehead thermometer to each varsity head coach for their program.
- II. Develop a check in sheet for coaches to document attendance and temperature (below).
- III. Hand sanitizer will be provided to each program to be used frequently.
- IV. The male and female restrooms on the north end of the building will be open with specific enter/exit areas labeled. At both entrances and exits, there will be a hand sanitizer station. There will be no locker room access.
- V. “Vulnerable individuals” are defined by CDC as people age 65 years and older and others with serious underlying health conditions, including high blood pressure, chronic lung disease, diabetes, obesity, asthma, and those whose immune systems are compromised such as by chemotherapy for cancer and other conditions requiring such therapy should proceed with caution.
- VI. If a participant in the workouts tests positive for Covid-19, the other participant’s parents/guardians will be notified of the positive test.

Coaches:

- I. Before every practice coaches will take the temperature of every student-athlete athlete with an infrared forehead thermometer (provided by the district) and document it with the attached spreadsheet.
 - A. Coaches will be required to wear a mask during this procedure.
 - B. If a student-athlete’s temperature is above 100.3 degrees. They will be sent home, parents/guardians will be notified and the Student-Athlete cannot return until they have been cleared by their family doctor.
 - C. If a student-athlete or coach feels sick prior to organized activities, they should stay home and contact their medical provider.

- D. 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.
- II. Coaches will be trained by our athletic trainer on how to properly clean workout equipment after each workout. Cleaning materials will be provided by the athletic department/district.
- III. Coaches will be required to sign off that they have cleaned the equipment after their program's workouts. Time will be built into the schedule to ensure there is enough time to properly clean the equipment.
- IV. There must be a minimum distance of 6 feet between each individual at all times.
- V. Handshakes/high fives/fist bumps are prohibited.
- VI. If symptoms arise after the athlete begins training, allow a 10-15 minute break, depending on the symptoms, to evaluate. If symptoms resolve with rest the athlete is okay to resume training
 - A. Normal exercise induced symptoms include: headache, nausea, dry mouth, muscle fatigue/soreness.

Student-Athletes:

- I. Before every practice coaches will take the temperature of every student-athlete with an infrared forehead thermometer (provided by the district) and document it with the attached spreadsheet.
 - A. If a student-athlete's temperature is above 100.3 degrees. They will be sent home, parents/guardians will be notified and the Student-Athlete cannot return until they have been cleared by their family doctor.
 - B. If a student-athlete or coach feels sick prior to organized activities, they should stay home and contact their medical provider.
 - C. 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.
- II. Student-athletes will be expected to bring their own water bottle to conditioning/workouts. This can be filled at the refill center by the athletic office, which is hands free. The sharing of drinking bottles and use of water fountains is strictly prohibited.
- III. Student-athletes will be able to use the restrooms on the north end of the building (athletic wing) and are required to use hand sanitizer when entering and exiting the restroom. No locker rooms will be available.
- IV. Appropriate clothing/shoes should be worn at all times in the weight room to minimize sweat from transmitting onto equipment/surfaces.
- V. Student-athletes must be encouraged to shower and wash their workout clothing immediately upon returning to home.
- VI. There should be no shared athletic equipment (towels, clothing, shoes, or sports specific equipment) between student-athletes.

- VII. Handshakes/high fives/fist bumps are prohibited.
- VIII. If symptoms arise after you begin training, allow a 10-15 minute break, depending on the symptoms, to evaluate. If symptoms resolve with rest you are okay to resume training
 - A. Normal exercise induced symptoms include: headache, nausea, dry mouth, muscle fatigue/soreness.

When Indoor Activities are Cleared:

- I. Wearing a face mask is encouraged, but not required. Student-athletes must provide their own face mask if they wish to wear one.
- II. Weight rooms will be broken up into stations that follow the 6 foot social distancing requirement.
- III. Student-athletes will be organized into groups of ten. These groups should remain the same over the course of days.
- IV. Coaches will be trained by our athletic trainer on how to properly clean workout equipment after each workout. Cleaning materials will be provided by the athletic department/district.
 - A. Phase 1 - No spotter - lighter weight.
 - B. Phase 2 - Spotters at end of the bar.
 - C. Phase 3 - Spotters behind the bar.

References:

<https://www.mhsaa.com/Portals/0/Documents/AD%20Forms/MHSAA%20Summer%20Guidance%20Update%201.pdf>

