



CASCADE 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
	(IHSA Summer Activities)		(IHSA Fall Sports Season)	
Participation	All summer activities are voluntary		Fall Sports: Practices allowed with normal in-season rules and guidelines	Fall Sports: Contests can begin August 15 (Except Football)
	Athletes can spend 15 hours on campus/week	Sport Activity: Normal summer rules and guidelines (Except Football)		
	Conditioning/Weightlifting: *4 sessions/week *Athlete can attend one 2-hour session/day *Conditioning outdoors (weather permitting)			
	Sport Activity: Fall Sports Only *2 sessions per sport/week *Athlete can attend one 3-hour session/day *Same sport may NOT have activity on consecutive calendar days	Football Activity: *2 Days/Week 3 Hour Max Session *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 competitions/scrimmages	No interschool competitions/scrimmages		
Activity Group Size	Activity groups may consist of no more than 15 students gathered together	Activity groups may consist of no more than 25 students gathered together	No maximum activity group size, but social distancing encouraged	
Weight Room	Weight room closed	Weight room capacity limited to 25 students		
	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	Coaches: Required			Coaches and Athletes: Optional
	Athletes: Optional			



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Transportation	No activities permitted off-campus	No activities permitted off-campus	Transportation provided to off-campus contests. Athletes are permitted travel with parents to and from contests in a family vehicle	
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 12. Athletes should not congregate in locker rooms and coaches should not use them as meeting areas. Change, use the restroom, and get out	
Student-Athlete Responsibility	Students are expected to shower and wash workout clothing immediately upon returning home from all activities			
Hydration Stations	No use of shared hydration stations- students should bring a personal water bottle labeled with their name, and wash it at home after use			
Equipment	Equipment that must be shared, including balls and weight benches, must be cleaned both before and after use.			
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	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
Events	No Events Allowed		*Girls Golf Contests *IHSAA Scripted Scrimmages Allowed *Essential Personnel Only *No Concessions	*Fans and Media Allowed *Cashless Ticketing & Concessions *Pre-Packaged Concessions *Social Distancing Encouraged w/Signage *Ticket takers/concession workers in masks