

RETURN TO PLAY - COACHES/DIRECTORS GUIDELINES PHASE 3 - UPDATES

The following guidelines govern social distancing and safety procedures for pupil activity programs that practice, train or compete during the summer of 2020. All of these activities must be performed in accordance with Ohio Department of Health (“ODH”) orders, OHSAA guidance, and the procedures described below. These procedures are intended to adhere to ODH and OHSAA requirements; if any of these procedures are in conflict with ODH orders or OHSAA guidance as they currently exist or as they may be modified in the future, those other sources will control.

- HS and JH athletics and band will begin phase 3 on July 6
- Complete the google doc daily with temperature. If a coach has symptoms consistent with illness, they must stay home.
- Common symptoms of COVID-19:
 - *cough
 - *shortness of breath or trouble breathing
 - *fever - if a student or coach miss a workout with a fever of 100 or more, they must stay home and be fever free for 3 days without taking fever reducing medication (tylenol - advil) and must have a physician’s note clearing them to return
 - *chills - repeated shaking
 - *muscle pain
 - *headache
 - *sore throat
 - *loss of appetite or smell
- When traveling on vacation out of the state (or city) there is no longer the need to self quarantine for 14 days. When you and your family return you can rejoin the workouts. When you return you should continue monitoring your health as we are doing daily and stay home if you are sick.
- Ensure that all students and parents/guardians have completed google doc PRIOR TO working out. If not, the students will be sent home and not permitted to workout for that day. Google form must be completed every day.
- Coaches/Directors will take attendance everyday
- Practices/workouts are not mandatory
- Send students home if sick and notify trainer immediately
- Medical conditions
 - *if sick - will need a note from a physician prior to returning to workouts
 - *if a student or coach is exposed to someone with the virus the individual will need to quarantine for 14 days, notify the trainer immediately. The Franklin County Health Department will be notified if necessary.
 - *if a student or coach contracts the virus, the Franklin County Health Department will notified. **They will not be allowed to return until they have been give written clearance from the Health Department.**

- As we have stated, parents play a major role in helping keep our students, staff and families safe. You are required to report to the Athletic Trainers the results of a coronavirus test in order that we can work with the Health Department.
- Masks are required to be worn by staff
 - When arriving and leaving school premises/conditioning
 - Masks are to be worn when not actively demonstrating or participating in a drill
- Students
 - Required when arriving and leaving school premises/conditioning
 - Masks should be worn when not actively in a drill and other equipment (i.e. football helmet) does not prohibit it. Physical distancing should occur when not actively involved in a drill with or without a mask
 - If equipment prohibits it.....social distancing MUST be maintained when not in a drill
- When traveling by bus or van, masks are required to be worn by staff and students
- Participants should not arrive more than 10 minutes early for their activity, and they should remain in their car until the previous group has left the same facilities if there are multiple sessions.
- No gathering before or after workouts
- Clean clothes and personal equipment daily
- Bring personal water bottle and towel - no sharing
- If equipment is shared, proper sanitation should be performed between users and recorded daily.
- Participants should wash hands with soap and water or use hand sanitizer, if such resources are available, when entering the facilities and leaving.
- No limit on workout groups, outside and indoors. Open gyms, fields are permitted for contact sports. The 10 day rule has been waived for this summer by OHSAA
- All equipment (pads, balls, bats, etc) need to be cleaned after every session (45 - 75 minutes) and the google doc needs to be filled out daily
- Physical contact is only permitted within the rules of the game during competitive practice. The AT will address medical emergencies - dislocations, broken leg, etc. The AT, student and/or coach will be required to wear a mask in this situation
- Limit time spent on activities/drills where players are in close proximity for extended periods of time
- When not involved in drills/activities must keep 6' distance. If possible limit the number of students involved in open field/gyms.
- A "no touch rule" should be enforced, when possible. This includes no "high fives", hand-shaking, and group huddles before, during or after an activity.
- The proper amount of time should be allotted between practices to allow teams to exit facilities prior to new teams entering to allow for proper sanitation of shared spaces
- Moderate risks sports practice and competition may begin. That includes: Baseball, basketball, softball, volleyball, soccer, tennis, girls lacrosse, track (pole vault, high jump and long jump), swimming relays and 7 on 7 football

- No competition with other schools. Team camps (basketball, etc.) will not be allowed. Summer camps for just our students (7 - 12) will be permitted. If possible split the camp/workout into sessions to allow students to go home to eat and hydrate.
- Locker room facilities are not to be used. Participants should arrive in clothing appropriate for their activity and plan to shower at home afterwards.
- Weather emergency take students into building for safety and then social distance will be addressed, they need to be picked up
- Due to inclement weather workouts cannot be moved inside
- Participants should leave school grounds as soon as their activity is over.
- Stay until last student is picked up
- Coaches/Directors when meeting need to keep their 6' physical distancing
- Family members and alumni are not allowed to attend or participate in workouts
- Provide workout times - starting and ending times to AD's
- Head Coaches should still be present at workouts
- This continues to be a fluid situation. As the Governor, ODH and OHSAA change their guidelines, we will reevaluate our plan.

July 17, 2020