

RETURN TO PLAY - PARENTS GUIDELINES FINAL PHASE

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.

- General Guidelines for athletics and band
 - Parents/guardians are expected to complete the following prior to activity
 - Take the student's temperature every day. If your student is experiencing symptoms consistent with illness, and a fever of 100.0°F or more, they must stay home and be fever free for 24 hours without the aid of medication prior to returning. If your child has any symptoms of a fever, contact his/her coach and/or athletic trainer and/or athletic department immediately.
 - Keep student home if sick or have symptoms
 - Symptoms
 - Cough
 - shortness of breath or difficulty 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 24 hours without taking fever reducing medication (tylenol - advil) and must have a physician's note clearing them to return
 - chills - repeatedly shaking
 - muscle pain
 - Headache
 - sore throat
 - loss of appetite or smell
 - Ensure that all students and parents/guardians have completed google form 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.

- Medical conditions
 - If Sick
 - A note is REQUIRED from a physician prior to returning to workouts
 - Exposure
 - if a student or coach is exposed to someone with the virus the individual will quarantine for 14 days, notify the athletic trainer and athletic director immediately. Franklin County Health Department will be notified if necessary. Students/parents are REQUIRED to present written clearance from the health department prior to returning to activity.
 - Positive tests
 - if a student or coach contracts the virus, the Franklin County Health Department will be notified. They will not be allowed to return until given written clearance from the Health Department.
 - Must be cleared by a physician (preferably someone whom the coach/athlete has established care such as PCP or pediatrician) prior to returning and written clearance must be provided
 - Complete the return to play protocol
 - It is recommended to have an EKG prior to returning to play, or sign a waiver opting out of the recommendation which needs to be handed in to the athletic department
 - All test results (positive or negative) need to be reported to the athletic department with appropriate written documentation.
- Bring multiple personal water bottles and towel (water will not be provided) and make sure they are clearly labeled
- Recommended to bring own hand sanitizer and cleaning supplies as deemed necessary
- Students should wash hands with soap and water or use hand sanitizer, if such resources are available, when entering and leaving the facilities. Hand sanitizer and wipes should not be shared.
- We will enforce a “no touch rule” whenever possible. This includes no “high fives”, hand-shaking, and group huddles before, during or after an activity.
- Masks are required to be worn by students
 - 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

- 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
- When not involved activities must keep 6' physical distance
- Travel
 - Recommended that students who are riding together only come from the same household
 - When traveling on a bus or van, masks are required to be worn by staff and students
 - When traveling by bus there will be one student to a seat
 - Parents will have the option of signing a travel release if they want to take their student home from an event
 - If a student/family visits one of the states in the Ohio Department of Health's advisory, they will be required to self quarantine for 14 days upon the return to Ohio. When you return you should continue monitoring the health of your student as we continually monitor the daily health check forms.
- 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 Department and the Athletic Trainers the results of a coronavirus test in order that we can work with the Health Department.
- Parents play a major role in returning to play by following guidelines
- Due to inclement weather workouts cannot be moved inside
- Non-contact sports
 - Girls Tennis, Girls Volleyball, Boys and Girls Golf and Boys and Girls Cross country
 - We are allowed to scrimmage and participate in contest vs other schools
 - Send student to workout/games with clean clothes daily
 - Clean personal equipment daily - volleyball, tennis racquet, etc
 - Students should not arrive more than 10 minutes early for their activity, and they should remain in their car until activity is to begin
 - Parents must stay in your car when dropping off and picking up your student
 - Please pay close attention to the end times so your student won't be waiting around and possibly congregating with others. Please leave school grounds immediately once the activity is over and you have picked-up your student.
 - No gathering before or after workouts/games with other students
 - Physical contact is only permitted within the rules of the game during competitive practice. The AT will address medical emergencies - broken

leg, dislocations, etc. as the need arises. The AT, student and/or coach will be required to wear appropriate PPE in that situation

- Locker rooms are not being used
- Contact sports
 - Football and Boys and Girls Soccer
 - Band and Cheerleading (included with Football)
 - We are not cleared to scrimmage or compete against other schools
 - We are allowed to practice
 - Limit the time spent on drills/activities where students are in close proximity for extended periods of time
 - Send student to workout/games with clean clothes daily
 - Clean personal equipment daily - soccer ball, football, music instruments, etc
 - Students should not arrive more than 10 minutes early for their activity, and they should remain in their car until activity is to begin
 - Parents must stay in your car when dropping off and picking up your student
 - Please pay close attention to the end times so your student won't be waiting around and possibly congregating with others. Please leave school grounds immediately once the activity is over and you have picked-up your student.
 - No gathering before or after workouts/games with other students
 - Physical contact is only permitted within the rules of the game during competitive practice. The AT will address medical emergencies - broken leg, dislocations, etc. The AT, student and/or coach will be required to wear a mask in this situation.
 - Parents, family members or friends cannot attend or participate in workouts
 - Locker rooms are not being used
- 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 and/or Athletic Department the results of a coronavirus test (positive and negative) in order that we can work with the Health Department.
- This continues to be a fluid situation. As the Governor, ODH and OHSAA change their guidelines, we will reevaluate our plan.

August 12, 2020