



CHESTERTON HIGH SCHOOL



Athletic Department

2125 S. 11th Street
Chesterton, Indiana 46304
Phone (219) 983-3730

Jeff Hamstra
Athletic Director

Tommy Berry
Assistant Athletic Director

Vicki Rhoda
Secretary

CHS Athletics (Three-Phase Return)

**Please note, CMS athletics will not start until August 3, 2020.*

Based on guidelines from the IDOE and Indiana High School Athletic Association (IHSAA), the DSC will allow students to participate in athletic activities starting with the fall sports season. The Chesterton High School (CHS) Athletic Department, coaches, and staff have been working together to develop a plan that allows for CHS student athletes to return to the athletic fields and courts by following a phased-in approach. Just like the entire DSC reentry plan, the athletic plan is fluid and can change significantly as we progress through the process.

Three-Phase Return to Athletics

The goal of the athletic reentry plan is to keep all students, coaches and trainers safe. As a result, we plan to move safely and methodically through the phase-in process.

Three-Phased Entry

- Training sessions are voluntary until August 3, 2020 which is the first official day of fall sports practice
- All paperwork must be turned in to participate in any activity
 - 2019-20 physical may be used with appropriate signed Health History Update provided by the IHSAA
- Physical or IHSAA signed waiver, the Athletic Code of Conduct, Sudden Cardiac Arrest, and Concussion forms will be available to turn in digitally
- The IHSAA Physical Form or Health History Update form will need to be filled out by hand and then returned and/or scanned to the CHS Athletic Department.
- Forms can also be turned in to the CHS main office
- Forms can also be returned before the first activity, but may delay participation for some athletes
- Each athlete needs to bring their own labeled water bottle for each activity (no sharing)
 - The CHS Athletic Department will not provide water bottles.
 - If an athlete fails to bring their personal water bottle they will not be allowed to participate in activities that day
- We will have appropriate PPE for athletic training staff
- Student athletes, coaches, staff, etc. need to provide their own masks
- Head coaches need to create an alternate command structure plan and turn in to athletics
- Practice and conditioning plans need to be turned in to the athletic office to be reviewed preferably five days in advance

Phase One - July 6, 2020 - July 19, 2020

- All sports may have activities (Fall sports take precedence)
 - Coaches are encouraged to take things slowly and limit time spent
- Follow IN-CLASS document on activity/conditioning sessions and times (see Resource section)
 - 2 days of activities (not back to back days), 4 days of conditioning per week
- No more than 15 hours per week for multi sport athletes
- Schedules will be handled by the CHS Athletic Department
- Workouts need to be pre-approved by the CHS Athletic Department - 10 days in advance
- When possible, athletes and coaches should practice social distancing
 - If social distancing is not possible, face coverings are required by coaches and athletes
- All teams will practice on campus with the exception of girls golf
- No school equipment (pads, helmets etc) or uniforms will be passed out
- Smaller groups are encouraged - 10 per coach
- There will be a required COVID-19 pre-screening procedure before each activity
- Team activities may take place in sport specific facilities
 - If there is inclement weather, fall sports take facility preference
- Coaches will let their athletes in a specific door for inside sports.
 - Coaches are in charge of making sure that door is locked and only allowing athletes for their specific sports inside the facility
- Athletes who are not under the direct supervision of a team coach are not to be in the building under any circumstances
 - No former CHS students and/or current college athletes, no middle school/intermediate/elementary students
- No locker room access
 - Students must come appropriately dressed for the activity
- Student athletes must wear appropriate clothing (shirts, shorts, shoes).
 - Shirts must be worn at all times for all sports
- Each athlete needs to bring their own water bottle for each activity (no sharing)
 - The CHS Athletic Department will not provide water bottles
 - If an athlete fails to bring their personal water bottle, they will not be allowed to participate in activities that day
- Coaches and student athletes should avoid yelling
 - Loud music should be avoided to aide in the no yelling expectation
- Limited access to the CHS weight room
 - Approximately 20 student athletes at a time inside the weight room
 - Student athletes will clean their own equipment
 - Coaches need to work with Coach Nelson to schedule time (fall sports take precedence)
- Restroom access will be limited
 - Team may be assigned specific restrooms
- All athletic equipment needs to be sanitized by coaches
- CHS practices are available to essential personnel only (coaches, student athletes, managers, trainers, etc)
 - No spectators will be permitted

Phase Two - July 20, 2020 - August 15, 2020 (continue following phase 1 expectations except when changed below)

- Time constraints are no longer recommended per the IN-CLASS document

- Practice and conditioning sessions will still be approved by the CHS Athletic Department and training staff
- Groups may consist of full-team practices
- Social distancing is encouraged whenever possible
- Teams may incorporate scrimmage activities and contact
- Football individual equipment will be passed out and used
 - A plan to disinfect equipment will be utilized
- Locker room implementation will be determined prior to July 20, 2020
- Informal scrimmages with other schools will be determined by July 20, 2020
- Youth camps will be determined by July 20, 2020
- No formal competitions except golf
 - Golf may have spectators
 - Proper social distancing must be practiced
- IHSAA calendar applies for the limited contact rule (no winter and spring sports after August 3, 2020)

Phase Three - Starts August 15, 2020

- Competitions are allowed with spectators (including scrimmages)
- Additional information will be provided prior to the start of phase three