



CHESTERTON HIGH SCHOOL



Athletic Department

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CHS Student Athletes and Parents:

June 29, 2020

I hope this communication finds you safe and healthy. We look forward to meeting and working with you as the new Athletic Directors at Chesterton High School.

Our goal is to allow students to participate in extracurricular activities starting with the fall sports season. As we look forward to the return of athletics at CHS, a phased-in approach will be used that follows guidelines set forth by the IDOE and IHSAA. The Duneland School Corporation administration, 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 amidst the COVID-19 pandemic. Please understand that this is a very fluid situation and things can change significantly from one day to the next.

All summer activities (until the first official fall practice on August 3) are voluntary for student-athletes. Student-athletes are encouraged to take proper precautions during this time as well by following proper CDC guidelines such as social distancing, wearing a mask, avoiding large crowds, etc to keep everyone as safe as possible.

Please take note of the two documents accompanying this communication. There is a 3 Phase Return to Athletics Plan along with the Symptom and Return to School document.

Before participation in any activities or conditioning sessions at CHS, all student athletes must complete the physical packet paperwork located on the CHS Athletics website:

<https://www.duneland.k12.in.us/Page/401> .

1. Complete the Sudden Cardiac Arrest/Concussion form
2. Complete the Code of Conduct form

3. IHSAA Pre-Participation Physical or IHSAA Health History Update Questionnaire
 - a) If you are a returning CHS or CMS student athlete and you answered no to all of the 7 questions on the IHSAA Health History Form, you do not need a 2020-2021 IHSAA physical (you still may get one). We have all CHS & CMS 8th grade physicals from last year on file.
 - b) If you answer yes to any of the 7 questions on the IHSAA Health History Form, you will need to get a 2020-2021 physical on the IHSAA form

Please be prepared for the following things listed below as we begin on July 6:

1. There will be a required COVID-19 pre-screening procedure before each activity. More detailed information will be provided prior to July 6, 2020.
2. Each student-athlete needs to bring their own labeled water bottle to every activity. They may not share water bottles.
3. Student-athletes are expected to wear a mask if they are unable to practice social distancing. Masks are not expected to be worn during times of strenuous physical activity. Student-athletes need to provide their own masks.
4. Locker rooms will initially be unavailable. Locker room access will be implemented at a later date. Student-athletes should arrive properly dressed for workouts which includes wearing a shirt throughout the workout. Clothes need to be laundered after each session.
5. Physical and wellness paperwork must be turned in before a student-athlete participates in an activity.
6. Students-athletes are to leave campus when workouts are completed and maintain social distance before, during, and after each activity as much as possible.

I hope everyone has a safe and restful few weeks before athletics return on July 6th. Please feel free to contact me with any questions or concerns at my email: jhamstra@duneland.k12.in.us .

Yours in Athletics,

Jeff Hamstra, CHS Athletic Director

Tommy Berry, CHS Asst. Athletic Director