



# Lincoln-Way Community High School East

201 Colorado Avenue • Frankfort, Illinois 60423-1395

## 2020 CONTACT DAYS INFORMATION (as of 8/26/20)

Dr. R. Scott Tingley  
Superintendent  
815.464.2130

Dr. Sharon Michalak  
Principal  
815.464.4130

Dr. Joseph Skarbek  
Associate Principal  
815.3464.4234

Mr. Mark Vander Kooi  
Athletic Director  
815.464.4138

Ms. Jeanne Schaefer  
PPS Director  
815.464.4155

Lincoln-Way  
Community High  
Schools are committed  
to providing the  
experiences and  
opportunities  
necessary to maximize  
the academic and  
social growth of  
all students.

Participation in athletics carry with it certain risks. There is a risk of injury and illness (such as influenza and COVID-19) to your child from the activities involved that can be significant. By signing up for a sport you hereby authorize the administration, coaches, and athletic trainers to act for you according to their best judgment in any emergency requiring medical attention.

### Return to Activities 1.0

Prioritizing the health and safety of all students and staff must remain the focus of each IHSA member school. These requirements must be followed when conducting contact days at LW East in order to be in compliance with Lincoln-Way, IHSA and IDPH:

- All participants will need to wear a mask at all times, including during check in and until they leave campus. Indoor participants must be masked at all times even during drills and conditioning. Due to IDPH guidelines, masks must be worn in all indoor facilities at all times, including while in the Athletic Office. Outdoor participants must be masked unless 6 feet apart and active. Under IDPH rules, coaches will be masked at all times.
- Participants will be monitored at start of practice for temperature  $>100.4F/38C$  or symptoms of COVID-19. If symptoms are present they cannot participate and should be referred to a physician for evaluation & testing.
- Participants must fill out the Symptom Report on a daily basis. Student-Athletes can print form daily and submit to coach upon arrival for temperature check. All columns must be filled out by the participant/parent, except the temperature column. Coaches will check temperatures upon participant's arrival, then must be filled out regardless of meeting the threshold or not. Coaches will maintain a daily record of athletes participating, and symptoms they may present. This is vital in the case that we are made to trace by the Will County Dept. of Health.
- On days that students are not in face to face school they must be dropped off directly by their facility. Students not in face to face learning must stay in their vehicle until the coach is ready for check in. We ask that pick-up is prompt at the end of each practice/event to eliminate congregating on campus. No congregating allowed at all.
- Players shall bring their own water bottle, shoes, and towels. No sharing between participants of water coolers or cups. No locker rooms will be provided. Shared equipment such as athletic balls, thud pads, sleds, weight room equipment must be cleaned frequently by Student-Athletes and/or Coaches.
- No spectators, family members, or any other groups are allowed in our facilities before, during, or immediately after practices/events.

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- Individuals should sanitize or wash their hands for a minimum of 20 seconds with warm water and soap before any workout. Students are encourage to shower and wash their clothes immediately upon returning home. Personal equipment used should also be cleaned each day after use.
- No handshakes, high fives, fist bumps, hugs, etc. can occur. No spitting or blowing of nose without tissue is allowed. Uncut, full t-shirts must be worn to minimize contact and perspiration spread. If a student is not wearing a full shirt they must change to a proper shirt or go home.
- Outdoor contact days will be cancelled in the case of inclement weather, due to facility restrictions. Any exception must be cleared by the Athletic Director. In the case of emergency seek shelter but social distancing and mask rules still apply.
- There cannot be any more than 50 total people in any indoor facility including Student-Athletes, Coaches, trainers, etc. Please do not allow any of your Student-Athletes enter any facility that is being used by another program. Outdoor facilities allow for multiple groups of 50 if separated by more than 30 feet.
- Any social media post representing our school must follow IDPH social distancing and proper mask wearing. This includes any personnel social media with 2+ Student-Athletes wearing our uniform. This must be communicated to your Student-Athletes/Families.
- It is recommended that you put your teams in pods to limit the exposure and thus the number of quarantined in the case of a positive case. Also, in the case of a positive test, we will do our best to trace so we do not have to shut down a whole team. If you are intermixing Student-Athletes during workouts, drills, and team scrimmages this becomes a lot harder to track and more likely to shut down the entire team. The goal would clearly be to quarantine those who are positive or exposed and allow the rest of the team to move forward. But the health of our people and the desire to ultimately get to Phase 5 outweighs all else.

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