

**JEFFERSON R7 SCHOOL DISTRICT
ATHLETIC COVID-19 PROTOCOL FOR 20-21**

We are excited to open up for the start of Fall Sports and Activities on Monday, August 10th at Jefferson R7 School District. It is with great anticipation from our student-athletes, coaches, and parents to be getting back to some “normalcy.” This Fall, we will be offering the following sports/activities at the High School: Cheerleading, Cross Country, Dance, Football, Softball, and Volleyball. At the Middle School, Fall sports season starts on Monday, August 24th and we will be offering: Cheerleading, Cross Country, Football, and Volleyball. It is important to note that participation in school activities is voluntary and every individual will need to evaluate the risk versus the benefits of activity participation.

There will be several precautions that will be taken by our staff and students to make sure that we all stay as healthy as possible.

DAILY ROUTINE WITH STUDENT-ATHLETES:

1. Students will be checked/screened at home by parents. Coaches will also randomly check students at practice.
2. Coaches will take daily attendance at practices.
3. All participants are REQUIRED to bring and fill their own water bottles/containers.
4. All practice plans will be made to where all athletes can be “socially distanced” as much as possible.
5. No equipment to be left in the locker room. Participants will take all belongings home.
6. After each workout session, all equipment that was used during the workout will be cleaned.

MASKS:

- Every coach/director and participant is HIGHLY RECOMMENDED to wear a mask or face coverings anytime they are not doing strenuous activity. This includes practices and games.
- Face coverings/Masks will be provided for student-athletes by Jefferson R7 School District.
- It is recommended that all spectators have masks to wear.

ATHLETIC/ACTIVITY EQUIPMENT:

- There should be no shared athletic towels, clothing, or shoes between participants.
- Refrain from sharing practice/scrimmage jerseys.
- Athletic equipment such as bats, batting helmets, catchers gear should be cleaned between each practice/game. Other equipment such as football pads/helmets and gloves should be worn by only one individual and not shared.
- In the weight room, spotters should stand at each end of the bar with the use of a mask.

HYDRATION:

-All participants are REQUIRED to bring and fill their own water bottles/containers. Water bottles/containers must not be shared.

-Participants are encouraged to bring larger than normal water containers to limit the need for refilling.

SOCIAL DISTANCING AT EVENTS:

-In an effort to reduce attendance and to help get our community the access to view our activities, we will be LIVE STREAMING many of our events. We will send the live stream information out at a later date.

-It is our job as a community to help stop the spread of COVID-19. One important job that we will have as spectators at our events this Fall is to follow all the guidelines that are set by our local health department. If at any point during an event this is not being followed and our facilities become unsafe, we have the authority to shut down our facilities to PARTICIPANTS ONLY.

-Below are the current recommendations from our local health department that we will start the year for our Fall sports in relations to having spectators at games on Jefferson R7 campus.

-Outside contests:

-Football games---Stands will be filled to % capacity with every other row shut down. All social distancing guidelines established by our local health department must be followed. Masks are recommended.

-Cross Country/Softball Games---All social distancing guidelines established by our local health department must be followed. Masks are recommended.

-Indoor Contests:

-Volleyball games:---Stands will be filled to % capacity with every other row shut down. All social distancing guidelines established by our local health department must be followed. Masks are recommended.

-Every school and every activity is different. For away contests, we will follow the “home schools” guidelines that they have set for participants and spectators.

POSITIVE TESTING:

What happens when a student/coach/director tests positive?

-If a participant or coach/director is confirmed to have COVID-19, the following will occur: All participants who had close contact, direct contact with this individual, or a direct exposure to secretions (i.e. being coughed on) (up to 48 hours before they started showing symptoms) should be excluded from practice and play for 14 days. The Health Department will be contacted to assist in proper contact tracing and quarantining of individuals. If there was doubt of who the individual came into contact with then the entire team/group that practiced/rehearsed or competed with the individual should be quarantined for 14 days. Teams/Groups will keep documentation of names and contact information of opposing teams/groups, coaches/directors, and officials/adjudicators for contact tracing purposes.

-A close contact is defined by the CDC as a person who has had close contact (less than 6 feet) for greater than 15 minutes with an individual with confirmed or Page 5 of 8 suspected COVID-19 infection during the 48 hours before the individual became symptomatic or was diagnosed.

-Exceptions may be considered if all activities were done practicing appropriate social distancing while wearing a mask and after consultation with your local health department.

-If a coach/director or participant is positive and was wearing a mask or face covering, it is possible that none of their contacts will have to be excluded from participation. In some cases, a mask or face covering may not be considered protective depending on the type of exposure. A participant in quarantine should stay home, stay separated from others, follow state or local health department guidance, should NOT participate in practices/rehearsals, and, if appropriate, may participate in individual conditioning activities with remote virtual instruction with guidance from a health care professional.

-Coaches/Directors and staff who were in contact with the infected individual while properly wearing a mask may not need to be excluded from participation. In some cases, a mask may not be considered protective depending on the type of exposure.

What happens when a participant/coach/director has been exposed to a confirmed positive case of Covid-19?

-Individuals who have had a significant exposure (i.e. close contact as defined above) to a confirmed positive COVID-19 individual must quarantine for 14 days from the last date of exposure to the positive COVID-19 individual.

MSHSAA COVID-19 RETURN TO PLAY FORM

-Mandatory form completion prior to Return to Play