

Highland School District COVID 19 Athletics Guidelines

High Risk Benchmark (>75 case/100K/14 days OR >5%positivity)



Pre-Workout/Contest Screening:

1. All coaches and students will be screened for signs/symptoms of COVID-19 prior to each daily workout. Screening includes a temperature and symptoms check using FinalForms attendance and screening tool.
2. Attendance and responses to screening questions for each person will be recorded via FinalForms and stored so there is a record of everyone present in case a student develops COVID-19.
3. Any person with positive symptoms reported will not be allowed to take part in workouts and will be sent home. The coach should contact his or her parent, and encourage them to contact primary care provider or another appropriate health-care professional. Follow YHD guidelines for symptoms/quarantine.
4. Vulnerable individuals should not oversee or participate in any practices or training.
5. Spectators are not allowed.

Facility Use/Size of Pods/Masks/Social Distance/Sports Medicine

1. Locker rooms will not be utilized. Students should report to workouts in proper gear and immediately return home to shower at the end of the workout.
2. Portable Toilets will be provided for outdoor activities.
3. Outdoor sports will conduct practice outdoors unless previously approved by the AD.
4. Practices or training will be conducted in groups of no more than 6 students. Smaller groups can be utilized for weight training. Groups should remain separate with at least 6 feet of physical distance between each student as often as possible. The students in a group should be consistent from day to day. This ensures more limited exposure if someone develops an infection as well as improves ability for contact tracing. **Groups will be created using FinalForms.**
5. There must be a minimum distance of 6 feet between each individual at all times. If this is not possible indoors, then the maximum number of individuals in the room must be decreased until proper physical distancing can occur.
6. Brief close contact is permitted (ex. 3 on 3 drills), but should last no longer than 10 minutes.
7. No scrimmages or intra-squad competitions are allowed.
8. Masks will be worn at all times by coaches.
9. Students should wear a mask whenever possible, depending on level of exertion. Masks may be removed during strenuous activities.
10. Med-Kits/Sanitation Kits will be available in the training room daily. (Please return sanitation kits daily so they can be re-stocked.)

Physical Activity and Athletic Equipment:

1. Students should utilize hand sanitizer or hand-washing before, during and after practice or training sessions.
2. Students should wear their own appropriate workout clothing (do not share clothing) and individual clothing/towels should be washed and cleaned after every workout.
3. All athletic equipment will be cleaned after each use and prior to the next workout.
4. Individual and small group (3 on 3) drills requiring the use of athletic equipment are permissible, but the equipment should be cleaned prior to use by the next individual.
5. Resistance training should be emphasized as body weight, sub-maximal lifts and use of resistance bands.
6. Free weight exercises that require a spotter cannot be conducted while honoring physical distancing. Safety measures in all forms must be strictly enforced in the weight room.

Examples (including but not limited to):

- Basketballs may be shared amongst the same group, but must be cleaned after each use and prior to the next workout.
- Football equipment may be shared amongst the same group, but must be cleaned after each use and prior to the next workout.
- Volleyballs may be shared amongst the same group, but must be cleaned after each use and prior to the next workout.
- Baseball players should not share gloves, bats. Baseballs may be shared amongst the same group, but must be cleaned after each use and prior to the next workout.
- Wrestlers may skill and drill without touching a teammate.
- Cheerleaders may not practice/perform partner stunts or building (chants, jumps, dances without contact are permissible).
- Tennis players should not share racquets. Tennis balls may be shared amongst the same group, but must be cleaned after each use and prior to the next workout.
- Runners should maintain the recommended 6 feet of distancing between individuals.