



**Rise As One**

**COVID-19 Reentry Guidelines for Athletics**

**Phase I: July 6 - July 19**

- All staff will be required to complete the MVCSC Covid Exposure Screening Form.
- All student athletes must have the following completed prior to participation:
  - COVID-19 Exposure Screening Form (turned in the first day of practice/conditioning)
    - Students must submit an updated screening form if any of their circumstances change.
  - Pre-participation Physical (The IHSAA has extended the 2019-20 physical expiration through 2020-21)
    - ***New pre-participation physical required for new students that do not have an existing physical on file***
  - 2020-21 IHSAA Health History Questionnaire and Consent & Release Certificate
    - ***If the answer to any of these questions is "Yes", the IHSAA will require a new pre-participation physical be completed.***
  - MVCSC Covid-19 Liability Waiver
  - Online Forms (standard forms completed each year)
  - Signature page from these reentry guidelines (see page 4)
- Teams will be limited to 2 activity days (sport-specific) per week, with each session being no more than 3 hours in length.
- Teams may condition (weights/cardio) up to 4 days per week, with each session being no more than 2 hours in length.
  - A team can do a conditioning workout and sport-specific workout on the same day.
- No contact permitted in contact sports.
- Student Athletes will be limited to no more than 15 hours on campus per week.
- State and local guidelines for group limitations will be followed and social distancing encouraged at all times.
- Only essential student athletes, student participants, coaches, medical staff, related supervisors, directors, and security should be in attendance.
- Student Athletes will be placed in defined workout groups that are always together.
- An alternate command structure for coaching staff will be established in case of illness.
- Students and staff will be trained on the signs/symptoms of COVID-19.
- Students and staff will be expected to self-report any symptoms related to COVID-19.
  - Any person with COVID-19-related symptoms will not be permitted to take part in workouts or practices and it will be recommended that they contact their primary care provider
  - Any person with a positive COVID-19 test will be immediately reported back to the administration office
  - Coaches will track COVID-19 impacted attendance and report back to administration
- Signs will be posted throughout facilities displaying symptoms to reinforce education of students and staff.
- Locker Rooms will remain closed.
- Staff and students will provide their own water bottles and towels, and will be instructed not to share any personal items.
- Staff and students will wash hands or hand sanitize upon arrival and again prior to departure from workouts or practices.
- Weight room and meeting rooms will be reduced to 50% capacity
  - No olympic lifts requiring a spotter will be performed during Phase I.
- Coaches will complete a compliance checklist via Google Forms each workout/practice (see attached)
- All workouts will involve MVCSC students only and will take place at MVCSC facilities except golf.
- All facilities and equipment will be sanitized with an electrostatic sprayer using a List N disinfectant prior to and after each gathering.
- Restrooms will be available with social distancing.
- Students and staff will be required to wear a mask when social distancing is not possible
- A seating chart will be generated for each team for bus trips and masks will be required.



## Phase II: July 20 - August 14

- All staff will be required to have a completed MVCSC Covid Exposure Screening Form on file and update if their situation changes.
- All student athletes must have the following completed prior to participation:
  - COVID-19 Exposure Screening Form (turned in the first day of practice/conditioning)
    - Students must submit an updated screening form if any of their circumstances change.
  - Pre-participation Physical (The IHSAA has extended the 2019-20 physical expiration through 2020-21)
  - 2020-21 IHSAA Health History Questionnaire and Consent & Release Certificate
    - ***If the answer to any of these questions is "Yes", the IHSAA will require a new pre-participation physical be completed.***
  - MVCSC Covid-19 Liability Waiver
  - Online Forms (standard forms completed each year)
  - Signature page from these reentry guidelines (see page 4)
- Teams will be permitted to practice on all days except Sunday per IHSAA rules.
- Contact may begin in contact sports (basketball, football, soccer)
- State and local guidelines for group limitations will be followed and social distancing encouraged at all times.
- Only essential student athletes, student participants, coaches, medical staff, related supervisors, directors, and security should be in attendance.
- Student Athletes will be placed in defined workout groups that are always together.
- An alternate command structure for coaching staff will be established in case of illness.
- Students and staff will be trained on the signs/symptoms of COVID-19.
- Students and staff will be expected to self-report any symptoms related to COVID-19.
  - Any person with COVID-19-related symptoms will not be permitted to take part in workouts or practices and it will be recommended that they contact their primary care provider
  - Any person with a positive COVID-19 test will be immediately reported back to the administration office
  - Coaches will track COVID-19 impacted attendance and report back to administration
- Signs will be posted throughout facilities displaying symptoms to reinforce education of students and staff.
- Locker Rooms will be used at 50% capacity. Coaches will release players in groups to enter the locker room upon arrival and prior to departure.
- Staff and students will provide their own water bottles and towels, and will be instructed not to share any personal items.
- Staff and students will hand sanitize upon arrival and again prior to departure from workouts or practices.
- Weight room, locker rooms, and meeting rooms will be reduced to 50% capacity
  - Free weight exercises requiring a spotter may be conducted.
- Coaches will complete a compliance checklist via Google Forms each workout/practice (see attached)
- All facilities and equipment will be sanitized with an electrostatic sprayer using a List N disinfectant prior to and after each gathering.
- Restrooms will be open with social distancing.
- Proper PPE will be worn by any person(s) in charge of school-laundered gear/uniforms.
- No formal competition with the exception of girls golf.
- Sportsmanship and celebratory acts that involve contact are prohibited.
- Students and staff will be required to wear a mask when social distancing is not possible
- A seating chart will be generated for each team for bus trips and masks will be required.

**Rise As One****Phase III: August 15**

- All staff will be required to have a completed MVCSC Covid Exposure Screening Form on file and update if their situation changes.
- All student athletes must have the following completed prior to participation:
  - COVID-19 Exposure Screening Form (turned in the first day of practice/conditioning)
    - Students must submit an updated screening form if any of their circumstances change.
  - Pre-participation Physical (The IHSAA has extended the 2019-20 physical expiration through 2020-21)
  - 2020-21 IHSAA Health History Questionnaire and Consent & Release Certificate
  - MVCSC Covid-19 Liability Waiver
  - Online Forms (standard forms completed each year)
  - Signature page from these reentry guidelines (see page 4)
- Teams will be permitted to practice on all days except Sunday per IHSAA rules
- Contact should be limited to only contact necessary to compete as defined by the IHSAA. Modified sportsmanship practices will be observed.
- State and local guidelines for group limitations will be followed and social distancing encouraged at all times.
- Only essential student athletes, student participants, coaches, medical staff, related supervisors, directors, and security should be in attendance.
- Student Athletes will be placed in defined workout groups that are always together.
- An alternate command structure for coaching staff will be established in case of illness.
- Students and staff will be trained on the signs/symptoms of COVID-19.
- Students and staff will be expected to self-report any symptoms related to COVID-19.
  - Any person with COVID-19-related symptoms will not be permitted to take part in workouts or practices and it will be recommended that they contact their primary care provider
  - Any person with a positive COVID-19 test will be immediately reported back to the administration office
  - Coaches will track COVID-19 impacted attendance and report back to administration
- Signs will be posted throughout facilities displaying symptoms to reinforce education of students and staff.
- Locker Rooms will be monitored by coaching staff and social distancing will be followed as much as possible. Masks will be required when not feasible.
- Staff and students will provide their own water bottles and towels, and will be instructed not to share any personal items.
- Staff and students will hand sanitize upon arrival and again prior to departure from workouts or practices.
- Weight room, locker rooms, and meeting rooms will be reduced to 50% capacity
  - Free weight exercises requiring a spotter may be conducted.
- Coaches will complete a compliance checklist via Google Forms each workout/practice (see attached)
- All facilities and equipment will be sanitized with an electrostatic sprayer using a List N disinfectant prior to and after each gathering.
- Proper PPE will be worn by any person(s) in charge of school-laundered gear/uniforms
- Formal competition may begin.
- Sportsmanship and celebratory acts that involve contact are prohibited.
- Spectators, media, and vendors may be in attendance but should maintain social distancing practices and follow established mass gathering guidelines.
- Concessions will consist of only prepared, prepackaged food. Concession workers/volunteers will use appropriate PPE.
- Ticket booths and concession stands will have plexiglass barriers in place. Contactless payment options will be available.
- Teams will be prohibited from throwing out souvenirs to fans (balls, towels, etc.)
- Students and staff will be required to wear a mask when social distancing is not possible
- A seating chart will be generated for each team for bus trips and masks will be required.

**MT. VERNON HIGH SCHOOL**

8112 N 200 West Fortville, Indiana 46040



**Rise As One**

**ATHLETIC DEPARTMENT**

Phone: (317) 485-3131 Fax: (317) 485-3153

**COVID-19 REENTRY GUIDELINES FOR ATHLETICS  
SIGNATURE PAGE**

I hereby acknowledge and affirm that I have received and read the COVID-19 Reentry Guidelines for Athletics. I understand that by participating in athletics, my son/daughter may be asked to submit to a COVID-19 test and/or subject to CDC and local health department guidance for quarantine before returning to activity participation in the event of a confirmed activity-related exposure to a known positive COVID case.

\_\_\_\_\_  
Student Signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
Parent Signature

\_\_\_\_\_  
Date



**Student-Athlete Notification and Exposure Screening During COVID-19 Pandemic**

*Notification of Pandemic Prevention Precautions*

On March 11, 2020, the World Health Organization declared the Coronavirus Disease 2019 (COVID-19) to be a global pandemic and, on March 13, 2020, the President of the United States declared a national emergency with respect to this dangerous virus. On March 6, 2020, the Governor of the State of Indiana declared a public health emergency within Indiana. To reduce and slow the spread of COVID-19, the Centers for Disease Control and Prevention and the Indiana State Department of Health recommend implementation of mitigation strategies, which will be implemented and enforced by the School Corporation, including, but not limited to:

- Frequent hand washing using soap and warm water for at least 20 seconds
- If soap and water aren't available, using a hand sanitizer that contains at least 60% alcohol.
- Coughing and sneezing into elbows or a tissue/handkerchief
- Avoid touching eyes, nose, and mouth with unwashed hands.
- Self-quarantine at home as much as possible
- Maintain physical distance between yourself and other people of at least 6 feet at all times
- Do not use other employees' phones, electronic devices, or other office supplies
- Cover mouth and nose with a cloth face cover while around others
  - The cloth face covering is meant to protect other people in case you are infected
  - Do not place face coverings on children under age 2, anyone with trouble breathing, or unable to remove the mask without assistance

**Failure to follow these mitigation strategies, to the extent possible while participating in extracurricular activities may result in discipline up to and including removal from the team/activity. While these mitigation measures will likely reduce the spread of COVID-19 in our facilities, we cannot guarantee that you (or anyone you come into contact with) will not be, or otherwise, become infected with COVID-19.**

*(See next page for COVID-19 exposure screening)*



*Individual Exposure Screening*

**We request that you complete this questionnaire, which will be solely used to determine whether health and safety restrictions should be implemented with respect to your presence at our facilities, and such information will be otherwise maintained as confidential.**

- 1) Have you been within 6 feet of a person with a lab-confirmed case of COVID-19 in the past 14 days?  
**Yes** \_\_\_\_\_ **No** \_\_\_\_\_
  
- 2) In the past 48 hours, have you experienced any of the following NEW symptoms or symptoms not explained by other already known conditions:  
Fever of 100° F or above, or fever symptoms (chills/sweats): **Yes** \_\_\_\_\_ **No** \_\_\_\_\_  
Cough: **Yes** \_\_\_\_\_ **No** \_\_\_\_\_  
Sore Throat: **Yes** \_\_\_\_\_ **No** \_\_\_\_\_  
Muscle or Body Aches: **Yes** \_\_\_\_\_ **No** \_\_\_\_\_  
Congestion or runny nose: **Yes** \_\_\_\_\_ **No** \_\_\_\_\_  
Headache: **Yes** \_\_\_\_\_ **No** \_\_\_\_\_  
Shortness of breath, Trouble Breathing or Severe Wheezing: **Yes** \_\_\_\_\_ **No** \_\_\_\_\_  
Loss of Smell or Taste, or a Change in Taste: **Yes** \_\_\_\_\_ **No** \_\_\_\_\_  
Nausea, vomiting, or diarrhea: **Yes** \_\_\_\_\_ **No** \_\_\_\_\_
  
- 3) Have you recently been in close contact with anyone who has exhibited any symptoms or tested positive for COVID-19?  
**Yes** \_\_\_\_\_ **No** \_\_\_\_\_
  
- 4) Have you recently traveled to a restricted area that is under a Level 2, 3, or 4 Travel Advisory according to the U.S. State Department? Including China, Italy, Iran, and countries in Europe.  
**Yes** \_\_\_\_\_ **No** \_\_\_\_\_

Student Name:

Student Signature:

Parent Signature:

Date Submitted:

**Following the initial submission of this questionnaire, any change in responses/symptom status must be reported to the coach or athletic office *immediately*.**