

COVENTRY ATHLETICS



GENERAL RETURN TO PLAY PLAN

The following is the general return to play plan for Coventry Athletics during the COVID-19 pandemic. This document has been developed through the recommendations of the National Federation of State High School Associations (NFHS), the Ohio High School Athletic Association (OHSAA), Cleveland Clinic/Akron General (CC/AG), and the Northeast Ohio Interscholastic Athletic Administrators Association (NEOIAAA). Sport specific documents have also been developed to add additional guidelines based on the nature of each sport.

The plan is broken down into three phases and each phase lasts at least 14 calendar days. Transition from phase to phase is dependent on a downward/flat trajectory of documented COVID-19 cases within a 14 day period.

Coaches will be responsible for doing daily symptom checks of themselves and their athletes, including a temperature check. Any player with positive symptoms during the screening will not be allowed to take part in workouts and coaches should contact parents and the Athletic Department immediately. If an athlete answers affirmative to any of the indicators, they will not be allowed to practice for 14 days and/or clearance from their medical provider. The procedure for COVID-19 positive test contact tracing and isolation will be the current Department of Health policy.

In addition, coaches will also be responsible for sanitizing all equipment and will be required to record that and turn in to the Athletic Director daily.

By following this plan, it is the hope of the Coventry Athletic Department that athletics can return to as normal of a situation as possible this fall.

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GENERAL RETURN TO PLAY PLAN

PHASE 1 (JUNE 4-JUNE 17)

Pre-Workout/Contact Screening

- All coaches and students should be screened daily for signs/symptoms of COVID-19 prior to a workout, to include a temperature check
- Symptom check will be recorded by the coach and submitted to the Athletic Director daily to maintain and assure compliance
- Any participant with positive responses on the screening or showing symptoms of any kind will be sent home immediately
- Vulnerable individuals should not oversee or participate in workouts

Masks

- All athletes must wear masks to and from practice
- Athlete may remove mask while participating in physical activity
- Coaches should wear masks at all times

Hydration

- Each athlete must have their own filled water bottle with their name on it – sharing of water bottles is not permitted
 - Recommend bringing at least 64 oz.
- No common water stations permitted

Equipment

- There should be no shared athletic equipment between athletes (this includes towels, clothing, shoes, or sport specific equipment)
- All equipment, including balls, will be disinfected before and after each session – drills requiring the use of athletic equipment are permissible, but the equipment must be disinfected between use of each individual
- Coaches will set up all necessary equipment

Facilities

- Maximum of 10 people, even outdoors
- Locker room use will not be permitted – athletes should come ready for their workout
- Restrooms will be open but may only be used one person at a time
- No benches
- No visitors while training (parents, alumni, etc.)
- Adequate cleaning schedules implemented for all facilities
- Individuals should wash hands for 20 seconds with warm water and soap before touching any surfaces or participating in workouts
- Weight room use prohibited

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Workout Rules

- Pods not to exceed 10 (9 players, 1 coach)
- Pods will remain constant to avoid cross-exposure
- Everyone in attendance must stay 6 feet apart at all times to meet social distancing requirements – this includes drills, water breaks, and rest breaks
- No breakdowns, high fives, huddles, etc.
- Shirts and shoes must be worn at all times
- Hand sanitizer should be applied frequently
- Athletes should shower immediately and wash their workout clothing immediately upon returning home
- Balls will be disinfected before and after each session and only used by one individual

Notes

- Remember that everyone is watching how we handle this situation. Our ability to move forward in the fall depends on your adherence to these guidelines.
- Please remember that everyone has a different opinion of the COVID-19 pandemic. We all need to be respectful of concerns brought to us by athletes and parents. Do not hold it against anyone if they do not choose to participate due to health concerns.

GENERAL RETURN TO PLAY PLAN

PHASE 2 (JUNE 18-JULY 1)

Pre-Workout/Contact Screening

- All coaches and students should be screened daily for signs/symptoms of COVID-19 prior to a workout, to include a temperature check
- Symptom check will be recorded by the coach and submitted to the Athletic Director daily to maintain and assure compliance
- Any participant with positive responses on the screening or showing symptoms of any kind will be sent home immediately
- Vulnerable individuals should not oversee or participate in workouts

Masks

- All athletes must wear masks to and from practice
- Athlete may remove mask while participating in physical activity
- Coaches should wear masks at all times

Hydration

- Each athlete must have their own filled water bottle with their name on it – sharing of water bottles is not permitted
 - Recommend bringing at least 64 oz.
- No common water stations permitted

Equipment

- There should be no shared athletic equipment between athletes (this includes towels, clothing, or shoes)
- All equipment, including balls, will be disinfected before and after each session
- Coaches will set up all necessary equipment

Facilities

- Maximum of 30 people outdoors, 10 people indoors
- Locker room use will not be permitted – athletes should come ready for their workout
- Restrooms will be open but may only be used one person at a time
- Benches should be wiped down and sanitized before and after each use
- No visitors while training (parents, alumni, etc.)
- Adequate cleaning schedules implemented for all facilities
- Individuals should wash hands for 20 seconds with warm water and soap before touching any surfaces or participating in workouts
- Weight room use permitted – all surfaces must be wiped down before and after each individual – spotters should stand at each end of the bar

GENERAL RETURN TO PLAY PLAN

Workout Rules

- Pods not to exceed 10 (9 players, 1 coach)
- Pods will remain constant to avoid cross-exposure
- Everyone in attendance must stay 6 feet apart at all times to meet social distancing requirements – this includes drills, water breaks, and rest breaks
- No breakdowns, high fives, huddles, etc.
- Shirts and shoes must be worn at all times
- Hand sanitizer should be applied frequently
- Athletes should shower immediately and wash their workout clothing immediately upon returning home
- Balls can be used by more than one individual and will be disinfected intermittently during sessions

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PHASE 3 (JULY 2-FUTURE)

Pre-Workout/Contact Screening

- All coaches and students should be screened daily for signs/symptoms of COVID-19 prior to a workout, to include a temperature check
- Symptom check will be recorded by the coach and submitted to the Athletic Director daily to maintain and assure compliance
- Any participant with positive responses on the screening or showing symptoms of any kind will be sent home immediately
- Vulnerable individuals should not oversee or participate in workouts

Masks

- All athletes must wear masks to and from practice
- Athlete may remove mask while participating in physical activity
- Coaches should wear masks at all times

Hydration

- Each athlete must have their own filled water bottle with their name on it – sharing of water bottles is not permitted
 - Recommend bringing at least 64 oz.
- No common water stations permitted

Equipment

- There should be no shared athletic equipment between athletes (this includes towels, clothing, or shoes)
- All equipment, including balls, will be disinfected before and after each
- Coaches will set up all necessary equipment

Facilities

- Maximum of 50 people
- Locker room use will be permitted and all hard surfaces wiped down and sanitized before and after each use
- Restrooms will be open but may only be used one person at a time
- Benches should be wiped down and sanitized before and after each use
- No visitors while training (parents, alumni, etc.)
- Adequate cleaning schedules implemented for all facilities
- Individuals should wash hands for 20 seconds with warm water and soap before touching any surfaces or participating in workouts
- Weight room use permitted – all surfaces must be wiped down before and after each individual – spotters should stand at each end of the bar

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Workout Rules

- When not directly participating in drills, care should be taken to maintain a minimum distance of 3-6 feet between each individual
- No breakdowns, high fives, huddles, etc.
- Shirts and shoes must be worn at all times
- Hand sanitizer should be plentiful and available
- Athletes should shower immediately and wash their workout clothing immediately upon returning home
- Balls can be used by more than one individual and will be disinfected intermittently during sessions

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GENERAL RETURN TO PLAY PLAN COVID-19 ATHLETE/COACH MONITORING FORM



Sport: _____

Coach: _____

Date: _____

Meeting Time: _____

Location: _____

Name	Time	Circle Yes/No Below														Temperature (if higher than 99.1°)	Athlete Sent Home And Parent Notified
		Fever		Cough		Sore Throat		Loss of Taste or Smell		Shortness of Breath or Difficulty Breathing		Close Contact or Cared for Someone with COVID- 19		Brought Water from Home			
Coach:		YES	NO	YES	NO	YES	NO	YES	NO	YES	NO	YES	NO	YES	NO		
1.		YES	NO	YES	NO	YES	NO	YES	NO	YES	NO	YES	NO	YES	NO		
2.		YES	NO	YES	NO	YES	NO	YES	NO	YES	NO	YES	NO	YES	NO		
3.		YES	NO	YES	NO	YES	NO	YES	NO	YES	NO	YES	NO	YES	NO		
4.		YES	NO	YES	NO	YES	NO	YES	NO	YES	NO	YES	NO	YES	NO		
5.		YES	NO	YES	NO	YES	NO	YES	NO	YES	NO	YES	NO	YES	NO		
6.		YES	NO	YES	NO	YES	NO	YES	NO	YES	NO	YES	NO	YES	NO		
7.		YES	NO	YES	NO	YES	NO	YES	NO	YES	NO	YES	NO	YES	NO		
8.		YES	NO	YES	NO	YES	NO	YES	NO	YES	NO	YES	NO	YES	NO		
9.		YES	NO	YES	NO	YES	NO	YES	NO	YES	NO	YES	NO	YES	NO		



GENERAL RETURN TO PLAY PLAN COVID-19 SANITATION RECORD REPORT



Sport: _____

Coach: _____

Date: _____

Equipment Sanitized	Method of Sanitation	Time of Sanitation