

Oldham County Athletic Guidance 2020

Athletic teams, with the permission from Oldham County Health Department and district officials, can start phasing in their athletic workouts following guidelines from the governor's office. Please understand that none of the OCS' athletic departments are requiring coaches to hold any workouts during this period if they do not feel comfortable. Please continue to go on vacation if you have them planned and encourage athletes and their families to do the same. NOTHING IS MANDATORY DURING THIS PERIOD.

These are the guidelines we are expecting our Oldham County coaches to follow. Please note, a coach **is** defined by an adult, volunteer or paid, that is assigned to a group of Oldham County Schools' student-athletes. It is HIGHLY expected that all coaches will follow the guidelines laid forth by Oldham County Schools using the [Governor's Healthy at Work for Youth Sports and Athletic Activities](#), and [KHSAA Covid-19 Guidelines](#). **Coaches are expected to follow all of the procedures set forth by the Oldham County Board of Education.**

- All workouts/conditioning must happen outdoors. The fieldhouse, weight room, and gyms will not be used during this period.
- Athletes will not be allowed to use locker rooms during this phase. They need to come ready for the workout and leave immediately following the workout.
- Athletes must bring their own water bottle and towels. We cannot use water fountains, coolers, or water hoses communally.
- A designated restroom will be available for use. Coaches will monitor the number of athletes using the facilities. We will place disinfectant/cleaning solutions in the restroom and ask the athlete/coach to please use on everything they have touched before leaving the restroom. These restrooms will be completely cleaned and disinfected every day between sessions of groups of 10, Monday-Friday.
- A medical tracing sheet (Google doc) will be given to every coach that must be used every day. We must keep track of every athlete that comes to a workout. A digital thermometer will be used to check their temperature and document it as well as a quick wellness check. If an athlete or coach shows any signs of sickness or has a fever over 100.0, **they must go home immediately and not be allowed at the workout.** The coach must contact the parent/guardian if an athlete is sent home.

The following three phases will be used by all Oldham County Schools. This time frame is for FALL sports teams only! (Football, Volleyball, Boys & Girls Cross Country, Boys & Girls Soccer, Boys & Girls Golf, Field Hockey, Cheer, and Dance) We hope to open the facilities to winter and spring teams August 1st if possible.

Phase I - June 1 - June 14

- + **The purpose of this time frame is to procure needed disinfecting agents (wipes, sanitizer, masks, thermometers) and to create the protocols necessary to help keep our students and coaches safe.**

Phase II - June 15 - June 28

- + **The purpose of this time is to allow parents to take students to get physicals, have them completed and turned in to the schools, and complete any other paperwork required by that school or team. Coaches may put up nets, and get fields and equipment secured for conditioning.**

**NO in-person meeting with coaches and/or student-athletes. Everything MUST be virtual.

** Cheer and Dance may conduct virtual tryouts for their sideline squad. They must have a current physical and athletic paperwork on file with their school to try out.

A. Athletic Directors:

1. Order cleaning / sanitizing supplies
2. Physical - All 6 pages must be emailed to the high school. + Other necessary paperwork.
3. Cleaning equipment communication with custodian
4. Meet virtually with coaches to review expectations - Go over coaches agenda

B. Coaches:

1. Create maps/spacing on-campus facilities - Coaches must turn in their practice plans before each phase or they may not work with any student athletes.
 - a. Pods of only 10 athletes and 1 coach may work together.
 - b. Space and time must be specific. Only one pod in a 50-yard area.
 - c. Emergency Action Plan included.
 - d. [Collection of Athlete Health Sheets \(google doc\)](#) required.

2. Meet virtually or on the phone with student-athletes and/or parent (guardian) to review the following expectations:
 - a. 100% VOLUNTARY
 - b. Must have an updated physical on file: All 6 pages must be sent to the school before they may be allowed to do ANY conditioning.**
 - c. Required to self-monitor and report prior to coming to school. Form needed/Google doc
 - d. You **MUST** stay home if your temperature is 100.0 or higher or you are feeling sick.
 - e. Athletes bring their own water bottle and towel.
 - f. Possible: Bring hand sanitizer and wipes
 - g. No carpooling with exception of household family members

Phase III - June 29 - July 12

- + **The purpose of this is to begin conditioning for our fall sport athletes. Outdoor conditioning only. Indoor facilities are not allowed to be used.**
- + The governor and KHSAA indicate that we can start meeting in groups of up to 50 while maintaining pods of ten while social distancing. However, the Oldham County Schools **WILL NOT** utilize that. **WE WILL CONTINUE TO MEET IN GROUPS OF 10.**

A. Coaches

1. Coaches please make sure you contact your athletes using a team app not texting coach to athlete.
2. Coaches will be required to wear PPE (masks) at every workout.
3. If any member of a team or coach is diagnosed with COVID-19, that pod(s) and coach will immediately stop all activities for a 14-day time period in accordance with CDC guidelines.
4. Must follow KHSAA Heat Index [Guidelines](#)
5. Develop Athletic Plan during Summer 2020, submitted to ADs before each phase which includes: Time/place/activity/shelter location - during storms
6. Weight room weights and equipment may be taken by coaches outside for use. They must be wiped down and returned by the coaches, between every workout.

7. Questions to be asked by coaches:

- 1. Do you currently or have you had a temperature over 100.0 in the past 48 hours?
- 2. Have you had any redness around or drainage from one or both eyes in the past 48 hours?
- 3. Have you had a cough, been short of breath, or had difficulty breathing in the past 48 hours?
- 4. Have you had any nausea, vomiting, or diarrhea in the past 48 hours?
- 5. Have you experienced a decreased sense of smell or taste in the past 48 hours?
- 6. Have you been around anyone who has had a fever, cough, shortness of breath, or who had been suspected of having or diagnosed with COVID-19 in the past 14 days?
- **If anyone, athlete or coach, answers YES to any of the following questions they will NOT be allowed at practice and should immediately return home. They should contact the Oldham County Health Department for next steps.**

B. Athletes

1. No gatherings of athletes before or after practices, Athletes should remain in their vehicles until the workout begins and go directly home afterward.
2. No students should be in any of the school buildings at any time.
3. Will be encouraged to wear masks when safe to do so when not in conditioning or when moving from one place to another. In accordance with the Governor's mandate.
4. Will be in pods that consist of 10 or fewer = must include coaches and student-athletes. (10 SA + 1 Coach). Groups will need to be the same every day. There can be no combining of groups due to low numbers.
5. **If any member of a pod within a team or coach is diagnosed with COVID-19, that pod(s) will immediately stop all activities for a 14-day time period in accordance with CDC and Oldham County Health Department guidelines.**

C. No parents will be allowed at any workout. They must wait in their vehicle if they want to remain on-site during a workout.

D. The training room will be available for the use of the trainer. If he/she needs to take an athlete into the training room for any reason, the athlete needs to have a mask. If the trainer is not available, the coach may go in to get supplies, but not take an athlete with them.

- E. Off-campus sports teams: golf, cross country, teams practicing away from the school grounds must be outdoors only. Coaches and athletes must follow the Oldham County outdoor facility guidelines (including social distancing). They must stay with the same group of student-athletes each day.

Phase III Addendum (Per KHSAA amendments from 6/11/20 to 6/29/20 and 7/28/20)

July 13 to August 2 - Continuation August 3rd to August 23rd per KHSAA.

- + **The purpose of this is to follow the KHSAA Guidelines for the start of the Fall Sports season. NOTHING IS MANDATORY DURING THIS PERIOD.**
 - + **“Low Touch, Outdoor Sports”- Baseball, Bass Fishing, Cross Country, Golf, Softball, Tennis, Track and Field, Trap Shooting**
 - + **“Low Touch, Indoor Sports”- Archery, Bowling, Sports, Swimming and Diving**
 - + **“High Touch, Indoor Sports”- Basketball, Competitive Cheer, Dance, Volleyball, Wrestling**
 - + **“High Touch, Outdoor Sports”- Field Hockey, Football, Lacrosse, Soccer**
- + All tryouts and subsequent cuts from a team may not take place until August 24th at the earliest per KHSAA approval.
- + During this period athletes are limited to 6 hours of conditioning per week per athlete for Fall sport athletes per KHSAA approval. (Bylaw 24)
- + The period up to August 24th to be limited to fall sport participation per recommendation of the KHSAA policy board.
 - + Official tryouts for Fall sports will not occur until Monday, August 24th.
- + **Golf may hold tryouts and compete during this time period.**
 - + [GOLF TOURNAMENT OPERATIONS PROTOCOL](#)
- + The governor and KHSAA indicate that we can start meeting in groups of up to 50, while social distancing in pods of ten players and one coach or nine players and two coaches.
- + Roles and responsibilities of athletic director, coach, and athlete will remain the same as listed in Phase II and III of the guidelines.
- + During this phase coaches will collect the portion of the athletic fee specific to liability insurance and impact testing. This is **not refundable** as it goes into effect August 24th for every athlete who participates in conditioning activities.

+ PRE-WORKOUT SCREENING

- + Coaches will be provided a pre-workout screening. Each coach and player must complete before every workout.
- + If any individual has a temperature of 100 or higher, they must be sent home.
- + [Collection of Athlete Health Sheets \(google doc\)](#) required.
- + There is **still NO competition opportunity** (including intrasquad competition as in scrimmages, etc.) **for "high touch" in this period.**
- + During this period, the "high touch" sports may participate in the "medium sharing" of game implements such as balls. This allows player A1 to pass to player A2, or them to pass back and forth. However once those two players have completed what they are doing together, the shared equipment must be wiped down and sanitized.
 - + In each pod of ten players five balls may be used but are limited to used between two designated players. (A to B and B to A, C to D and D to C)
 - + In each pod of ten if each player has an assigned ball player A can pass to or set up the other players in that pod. (Ex: setter or quarterback). The receiving player must retrieve their ball and sanitize between repetitions.
 - + Athletes using a ball will sanitize hands prior to and following activity and the ball will be sanitized following activity.
 - + In football, there is still no use of ANY player protective equipment (helmet, shoulder pads, etc.) during this period.
 - + In football, there is also NO USE OF ANY equipment where a player might contact a pad as part of preparations (sleds, dummies, etc.) during this period.
 - + In football, there is no allowance to compete in alternate forms of competition (i.e. 7 on 7)

BASS FISHING EXCEPTIONS

- + Participating in Bass Fishing (or other fishing events) shall be governed by the Governor's guidelines for conducting tournaments that is effective June 1, 2020, listed at <https://go.aws/2ZJ0rW5>

GYMNASIUM NOTES REGARDING VOLLEYBALL AND OTHER INDOOR SPORTS

- + Groups of fifty (50) or fewer are permitted, divided into subgroups with no more than eleven individuals (10 players and one coach, 9 players and 2 coaches, etc.). Coaches must stay with their group.

- + Shared equipment is permitted in this segment per the guidelines, but with frequent sanitization.
- + As feasible, if individual opportunities are desired for passes, sets, etc... the athlete should utilize their own ball or should be assigned a ball to be used by that player and only that player for the entire session (and sanitized routinely).
- + This period is specifically low-touch, medium sharing per the guidelines and as such, there is only minimal, necessary physical contact permitted between athletes, or between coaches and athletes.
- + **All individuals must avoid physical contact with others** including high fives, huddles, or other close contact occurring before, during, or after activities unless the contact is for the purpose of safety.
- + During this period sports may participate in the "medium sharing" of game implements such as balls. This allows player A1 to pass to player A2, or them to pass back and forth. Same for a guard passing to the center on a post move in basketball. However once those two players have completed what they are doing together, the shared equipment must be wiped down and sanitized.

NOTE REGARDING CHEER AND DANCE

- + **Sideline Cheer, Competitive Cheer and Dance squads: bracing or stunting may not be held until the official start of practice as defined within Bylaw 23 (unless further altered by the Board of Control).**
- + **Because no activity during this period can be mandatory, squads holding tryouts during this period should plan an additional tryout segment once the official limitation of seasons begins.**

NOTE REGARDING GYMNASIUMS

- + Prior to an individual or groups of individuals entering a facility, hard surfaces within that facility should be wiped down and sanitized (chairs, furniture in meeting rooms, weight room equipment, bathrooms, athletic training room tables, etc.).
- + Individuals should wash their hands for a minimum of 20 seconds with warm water and soap or hand sanitizer before touching any surfaces or participating in workouts.
- + Hand sanitizer should be plentiful and available to individuals as they transfer from place to place.
- + Appropriate clothing/shoes should be worn at all times to minimize sweat from transmitting onto equipment/surfaces.
- + Any equipment such as weight benches, athletic pads, etc. having holes with exposed foam should be covered.

- + Students must be encouraged to shower and wash their workout clothing immediately upon returning to home.
- + In compliance with the Governor's youth sports order, the use of gymnasiums will be permitted beginning June 15 WITH STRICT SOCIAL DISTANCING GUIDELINES.
 - + This period is for small group fitness workouts and exercise and only if approved by the local board of education through the Superintendent and in consultation with your local health department.
 - + Low-touch and high-touch indoor sports should pay careful attention to the parameters within the block and time frame for those sports as the allowances for high-touch sports are much more restrictive during this period.
 - + These restrictions are also in place for any outdoor sport that, for whatever reason, has activity in a gymnasium.

SPECIFIC WEIGHT ROOM GUIDANCE

- + **We will encourage coaches to bring only necessary equipment outdoors and combine with plyometric and body weight lifts outside. (I.e. pushups, crunches, lunges, leaping bounds.)**
 - + **All equipment must be properly sanitized before re-entering the facility.**
- **In the event of Inclement weather with approval from School AD team will follow the KHSAA Guidelines listed below:**
 - + Each person entering the facility should have their temperature checked upon arrival with any individual with a temperature registering 100.0 degrees or above will not be permitted to stay.
 - + Hands should be washed or hand sanitizer used prior to entering the facility and touching any equipment.
 - + Restrooms if opened should be sanitized before use and at the conclusion of the workout.
 - + 2 people maximum on any one piece of equipment.
 - + Spotters should wear a cloth mask or cloth face covering.
 - + Maintain social distance by being 6 feet apart.
 - + Follow gathering CDC and state guidelines for groups of 10 or less students.
 - + Each piece of equipment should be disinfected between each user of the equipment.
 - + Hands should be washed or hand sanitizer used every 30 minutes.

- + Any equipment used should be disinfected every 30 minutes

July 28th [KHSAA Meeting notes](#) on athletics up to and following August 24th.

AUGUST 24TH GUIDELINES:

KHSAA - Motion was made to delay the start of the fall season, but to leave fall sports in the fall. Fall athletic teams will remain in Segment III up to August 23rd.

First Official Practice date for CC, FH, SO, CC:

- 7 1/2 hours of practice the week of 8/24.
- Full practice the week of Aug. 31.
- Start of competition week of September 7th
 - + Cross County - 9 Contests
 - + Field Hockey - 16 games
 - + Soccer - 14 games
 - + Volleyball - 24 games
- The number of athletes in uniform for contests will be limited to the established post-season numbers.

First Official Practice date Competitive Cheer and Competitive Dance

- 7 1/2 hours of practice the week of 8/24.
- Full practice the week of Aug. 31.
- Sideline Cheer and Dance will continue conditioning/skill building up to August 8/24.

First Official Practice date for Football:

- 7 1/2 hours of practice the week of 8/24.
 - + First practice - Aug 24th
 - + Helmets Only - Aug. 26th
 - + Shoulder Pads - Sep. 2nd
 - + Full Gear - Sep. 5th
 - + First Game - Sep 11th
 - + USAFootball limitations apply to each stage.
 - + Bye Week and Final week can be used to reschedule lost contests.
 - + Team may schedule up to 9 games if their schedule permits.
- The number of athletes in uniform will be limited to 60.

In the team sports of Baseball, Basketball, Field Hockey, Soccer, Softball, and Volleyball they will be restricted to no more than eight teams until further notice.

Schedule travel restrictions were also put in place by the Board, as member schools will only be permitted to play schools located in Kentucky or located in a county that directly borders Kentucky until further notice.

- OCS will continue to monitor Covid rates for the surrounding states to make final determinations on travel and game play.

WINTER/SPRING SPORTS:

- + **Based on the recommendation of the KHSAA, OCS has made the decision that until further notice, fall sports will be prioritized to use school facilities. Winter and Spring athletes and coaches will not be on campus during this time. This includes any club teams or travel teams.**
- + **Coaches may use this time to allow parents to take students to get physicals, have them completed and turned in to the schools, and complete any other paperwork required by that school or team.**
- + **Coaches may put up nets, and get fields and equipment secured for conditioning, and communicate information and tentative time schedules to athletes and families.**

References:

[Healthy at Work Team Kentucky Guidance for Youth Sports and Athletic Activities](#)

[Oldham County Health Department Novel Coronavirus \(Covid -19\)](#)

[KHSAA Updated Covid-19 Guidelines](#)

[GOLF TOURNAMENT OPERATIONS PROTOCOL](#)

[Healthy at Work Requirements for Fishing Tournaments](#)

[BOARD OF CONTROL APPROVES FALL SPORTS TO BEGIN PRACTICE AUGUST 24](#)
