



Procedures for Marian High School Athletics

July 6 – August 14, 2020

These procedures and guidelines are designed to protect the health and safety of our student-athletes, student managers, coaches, and staff as we prepare to re-start athletic activities.

Required Actions and Forms for Students and Parents:

- All student-athletes must complete the Google pre-screen form prior to July 5th, 2020
- **Noteworthy for 2020-21:**
 - All first-time student-athletes are required to have an [IHSA pre-participation physical](#) for the 2020-21 school year. This must be completed prior to the first day of official practice. For fall sports, this is August 3 (July 31 for girls golf).
 - All returning student-athletes not receiving an updated physical must provide a [2020-21 IHSA Health History Update Questionnaire and Consent and Release Certificate](#) prior to participation.
 - Parents of all student-athletes must complete a [Diocese of Fort-Wayne South Bend Student Extra/Co-Curricular Participation Guidelines/Consent Form for the 2020-21 Academic Year](#).

Coaches Training: Coaches will be educated and trained on all protocols that will be implemented. This includes but is not limited to: conducting and recording health screenings/symptom checks, how to take temperatures, implementing social distancing measures, disinfecting equipment, and promoting healthy hygiene habits.

Rosters: Team rosters and contact information will be kept on file in the athletic office for all athletes participating in summer workouts and practices.

Pre-Screening of Student-Athletes:

A Google Form will be sent to all parents of student-athletes for pre-screening at home. This is to be completed online prior to July 5. This form will be sent again prior to the start of Phase 2. You can access the form with the link here. <https://forms.gle/NzQiafqmcp8u1zYr9>

Questions on pre-screening will include:

- First name/last name
- Have you or anyone in your immediate family been exposed to anyone with the COVID-19 or that has been tested?
- Have you or anyone in your immediate family been caring for someone with the COVID-19?
- Have you recently traveled out of the state? If so, where?
- Is your athlete under the care of a physician for any respiratory issues or any other medical conditions
- Does your athlete suffer from seasonal allergies?

Does your athlete have any of the following symptoms?

- Fever or chills
- Cough
- Shortness of breath or difficulty breathing
- Excessive Fatigue
- Muscle or body aches
- Headache
- New loss of taste or smell
- Sore throat
- Congestion or runny nose
- Nausea or vomiting
- Diarrhea

Self-Screening at Home:

We ask that student-athletes, student-managers, coaches, and other personnel complete a self-screening each day prior to arriving at a workout or practice. Anyone with one or more of the symptoms that are not otherwise explained is **not** to come to the practice or workout that day.

Symptoms for self-screening at home:

- Fever (100.4 or higher) or chills
- Cough
- Shortness of breath or difficulty breathing
- Fatigue
- Muscle or body aches
- Headache
- New loss of taste or smell
- Sore throat

**IF YOU HAVE ONE OR MORE OF THESE SYMPTOMS
THAT ARE NOT OTHERWISE EXPLAINED,
DO NOT COME TO YOUR WORKOUT OR PRACTICE!**

Daily On-Site Symptom Check:

- Each student-athlete will be educated in the symptoms of COVID-19 and will have a symptom check daily. Questions will include:
 - Have you been exposed to anyone with COVID-19 or that has been tested?
 - Do you have any of the following symptoms?
 - Fever (100.4 or higher) or chills
 - Cough
 - Shortness of breath or difficulty breathing
 - New loss of taste or smell
 - Sore throat
- A temperature check will be included weekly.
- The results of the symptom and temperature will be recorded.

Procedure for a Student-Athlete that Does Not Pass a Self-Screening or Symptom Check:

- If a student-athlete does not pass a self-screening at home, they are to stay home. A parent should contact the coach to report this. The coach will keep documentation.
- If a student-athlete does not pass an on-site symptom check, the following will happen:
 - The student-athlete will wait in a designated waiting area.
 - The trainer or nurse will be informed.
 - The parent or guardian will be informed.
 - If a student provides their own transportation, they will be permitted to return home. Otherwise, they will wait for a parent to pick them up.

Returning to Practice after Not Passing a Self-Screening or Symptom Check:

- In the case of student-athlete who has not received a test proving or disproving the presence of COVID-19, but experiences symptoms, the general guidelines for return are dependent on meeting the following conditions:
 - They have not had a fever for at least 72 hours (3 days) without the use of medication that reduces fevers AND
 - At least 10 calendar days have passed since symptoms first appeared AND
 - Other symptoms have improved.
- In the case of a student-athlete who has had close contact with someone who has tested positive for COVID-19, the student-athlete must self-quarantine for 14 days from the date of exposure.
- The school reserves the right to exclude a student-athlete from workouts or practices.
- The state website has a list of over 200 testing facilities with locations and hours.
- We encourage parents to contact their health care provider.

Note: These procedures apply to student-athletes, student-managers, coaches, and other staff members involved with athletics.

Procedures if a Student-Athlete Tests Positive for COVID-19:

We ask parents to inform the coach or athletic director if your student-athlete, any member of his/her immediate family, or someone he/she has had close contact with tests positive for COVID-19. You will be asked to provide a timeline of when symptoms appeared, when the test was taken, and when the results were received. If Marian HS receives this information the following will occur:

- The coach will inform the trainer and athletic director (AD).
- The AD will inform the Principal.
- The Principal or AD will confer with the coach to document when and with whom close contact occurred at school. The Principal or AD will contact the Saint Joseph County Department of Health and the Catholic Schools Office (CSO) at the Diocese of Fort Wayne-South Bend. A health department official will contact the parent of the student-athlete confirmed with COVID-19, inform direct contacts of possible exposure, and give instructions to those involved with a confirmed case regarding self-quarantine. The school will provide contact information for all student-athletes deemed to have close contact.
- The Principal and AD will consult with the health department and the CSO on whether workouts and practices need to be closed and for how long, and/or if particular individuals need to self-quarantine. These decisions are made on a case-by-case basis.
- The Principal or AD will contact the Director of Facilities so that all impacted areas of the facility and equipment can be thoroughly disinfected.
- Based on consultation with the health department and the CSO, the Principal and AD will develop a communication plan regarding the positive test. The coach or AD will inform the student-athletes and parents of any changes in the schedule. The name or identification of the individual will not be shared with the school community, but may need to be selectively identified for contact tracing by the local health department.

Returning to Practice After a Confirmed Case (Positive Test) of COVID-19:

This is determined on a case-by-case basis with consultation from the health department.

- **Tested Positive – Symptomatic**
 - A student-athlete who has tested positive for COVID-19 may return if the following conditions are met:
 - They have not had a fever for at least 72 hours (3 days) without the use of medication that reduces fevers AND
 - Other symptoms have improved AND
 - At least 10 calendar days have passed since the symptoms first appeared
- **Tested Positive – Asymptomatic**
 - Persons who have not had symptoms but test positive for COVID-19 may return when they have gone 10 calendar days past their test without symptoms and have been preferably released by a healthcare provider.
 - In some cases, the individual may return if approved in writing by their health care provider.

Note: These procedures apply to student-athletes, student-managers, coaches, and other staff members involved with athletics.

Health and Safety Protocols - Health Hygiene, Social Distancing, PPE, and Sanitation:

- Only essential personnel (student-athletes, student-managers, coaches, medical personnel, administrators) are allowed on site. Spectators are not permitted.
- Student-athletes, student-managers, coaches and other personnel should wash their hands prior to arrival.
- Hand sanitizer will be available upon entry to all facilities and easily accessible throughout. Student-athletes and coaches are also encouraged to bring their own hand sanitizer.
- Social distancing is to be followed during arrival and dismissal from practices or workouts. Arrival and dismissal may be staggered as necessary.
- Social distancing will be followed during workouts and practices to the extent possible per the guidelines for the different phases outlined by the IDOE and IHSAA (see below). For example, team huddles will be spread out, and workouts will be held in small groups when required by the guidelines.
- All student-athletes and coaches will be required to supply their own mask. They are required to wear a mask when entering the facility until the start of a workout, when leaving the facility, and when social distancing is limited. Student-athletes are permitted but not required to leave the mask on during the entire workout or practice. Shared equipment (primarily balls) will be sanitized at regular intervals throughout practice and after each workout or practice.
- Locker rooms will not be used in Phase 1 and 2 until the first day of school, with the exception of football. Football will not use locker rooms in Phase 1, and the football locker room will not exceed 50% of capacity during Phase 2. Student-athletes must shower at home after each workout or practice.
- Once school starts teams will use locker rooms to store equipment and workout clothes.
- Football equipment (shoulder pads and helmets) will be left at school and ozone mist sanitizer will be used at the end of each practice.
- Students must wash their clothes at home in between workouts.
- Student-athletes are to bring their own water bottle. There is no sharing of water bottles.
- There is to be no sharing of clothes, towels, helmet beanies, equipment (i.e. jump ropes, knee pads), or practice pennies.
- All equipment will be sanitized at the end of each workout.
- All facilities will be disinfected between each use and cleaned daily.

Hydration Stations:

- Hydration stations can be used for filling individual labeled water bottles; no drinking directly from a hydration station.
- Hydration stations in the building will have signs indicating only use to fill water bottles.

Workout Guidelines - Phase 1 - July 6 - July 19:

- All workouts are voluntary.
- Students are limited to 15 hours per week on campus (multi-sport athletes can work out with more than one team, but are limited to a total of 15 hours).
- Activity days (sport specific practice and drills) are limited to no more than 2 per week (for not more than 3 hours). Activity days may not occur on consecutive days of the week.

- Conditioning days (no sports-related equipment) are limited to 4 per week (for no more than 2 hours). Multiple conditioning sessions may be held per day, but student-athletes can only attend one session per day per sport.
- Each coach must submit a schedule for activity days and conditioning days to the athletic director at least 10 days in advance.
- To promote social distancing and minimize close contact, workouts will be conducted in smaller groups of students with the same students always together throughout this phase.
- There should be no physical contact in this phase. This includes celebratory and sportsmanship gestures.
- The weight room will be used with a limited number of student-athletes at any one time. Equipment will be wiped after each use and cleaned and disinfected each day. Free weight exercise requiring a spotter **cannot** be conducted.
- No formal competition is allowed.

Workout Guidelines - Phase 2 - July 20 - August 14:

- Time and day restrictions from Phase 1 are lifted.
- Groups can change but it is recommended to keep smaller groups throughout the phase.
- Scrimmages and non-formal competition are allowed (girls golf can have formal competition).
- Contact in accordance with IHSAA rules is allowed in football.
- Contact in all sports allowed.
- Celebratory and sportsmanship gestures that involve contact are not permitted.
- The weight room will be used with a limited number of student-athletes at any one time. Equipment will be wiped after each use and cleaned and disinfected each day. Free weight exercises requiring a spotter are permitted.

Workout Guidelines – Phase 3 – August 15 and Onward

- Guidelines are still being developed.
- These will include additional guidance for competitions and spectators.

Coach guidelines:

- Coaches must attend mandatory meetings to be trained in all health and safety protocols.
- Coaches must enforce guidelines with student-athletes and reinforce good hygiene practices.
- Coaches will keep a roster with current contact information for all student-athletes and student managers.
- Coaches will keep documentation on who is participating in coaching small groups and will be able to share this information with the Principal, AD, and health department if necessary.
- Coaches are encouraged to wear face masks, but it is not mandatory.
- Coaches will submit activity days and times as well as conditioning days and times for approval to the athletic director at least 10 days prior to starting.
- Coaches will be required to complete daily self-screening as well as screening of their athletes upon arrival.
- Coaches will make sure equipment is sanitized at the end of each session.

- Coaches will contact the trainer if there are any questions regarding the screening of an athlete or if a student-athlete's attendance has been impacted due to COVID-19. The Athletic Director will be informed if any students do not pass a health screening.

Student-Athlete and Student-Manager Guidelines:

- SAs will be screened daily.
- SAs will be required to supply their own mask. They are required to wear a mask when entering the facility until the start of a workout, when leaving the facility, and when social distancing is limited. Student-athletes are permitted but not required to leave the mask on during the entire workout or practice.
- SAs will bring their own CLEARLY LABELED water bottle.
- SAs will be required to take clothes home to wash daily.
- SAs are limited to 15 hours per week on campus (allows for multi-sport athletes to attend workouts for multiple sports if desired, as long as it they do not exceed 15 hours total).
- It is recommended to bring personal equipment (and not share) if possible. Examples include: jump ropes, therapy bands, etc. Equipment shared must be sanitized before and after each use.
- It is recommended to bring a personal supply of hand sanitizer.
- Students will be expected to maintain social distancing when arriving and departing practice sites.
- Prior to participation, all first-time student-athletes are required to have an IHSAA pre-participation physical for the upcoming school year.
- All returning student-athletes not receiving an updated physical must provide a **2020-21 IHSAA Health History Update Questionnaire and Consent and Release Certificate** prior to participation.
- Parents of all student-athletes must complete a **Diocese of Fort Wayne-South Bend Student Extra/Co-Curricular Participation Guidelines/Consent Form for the 2020-21 Academic Year.**