



Charlottesville High School
Black Knight Athletics

Return to Training & Competition
Guidelines
Summer 2020

***A subset of the forthcoming Charlottesville City Schools Health Care Plan for the 2020-2021 school year.**



Charlottesville High School Athletics - Summer 2020

QUICK FACTS

This document is a guideline for summer workouts for rising 8th through 12th graders that will be conducted from July 20, 2020 until school resumes or the VHSL Sports Season officially starts.

- ***All summer workouts are voluntary***
- **Workouts will be conducted on Monday, Wednesday, Thursday. (Sports Medicine staff will be on site and will be conducting / supervising check-in).**
 - **Male Athletes 5pm to 6:30pm / Female Athletes 6:30pm to 8pm.**
- Any player participating in workouts **MUST HAVE A CURRENT VHSL PHYSICAL** on file with the CHS Athletics Department **before** participating in any activity. (Physical must be dated on or after May 1, 2020).
- All athletes must complete the 2020-2021 online concussion information and athlete registration in the presence of a parent or guardian. This information will be stored in the Athletic / Sports Medicine Database. (This form has been updated to include information about COVID-19).

Drop Off & Pick Up:

- Drop off and Pick up at specified locations. Doors will be marked "ENTER" or "EXIT."
- Student arrival will be at the bottom entrance of the Curtis Elder Track and Field Complex.
 - In inclement weather, such as heavy rain or thunderstorms, the Martin Luther King Performing Arts Center (MLK-PAC) entrance will be used.
- Parents/Guardians will be required to wait in their cars in the (MLK-PAC) parking lot (practicing social distancing), or leave the premises, during training sessions.
- Student drivers will be required to park in the (MLK-PAC) parking lot.
- For students who are being dropped off, their driver will need to stay on premises until the student has been checked in which includes health screening (see below).
- If there is a need for additional space, or if demand requires, workouts may be moved to Theodose Stadium where all of the same procedures will be in place.

Health Screenings:

- Coaches and athletes will be screened prior to each workout. Any athlete or coach with a temperature ≥ 100.4 or answers "yes" to any of the screening questions will be subject to further evaluation by the Sports Medicine staff. Participants who show any symptoms may not be allowed to participate and will be asked to leave the facility.
- **If an athlete does not pass a screening, they will need a release note from a healthcare professional or to be evaluated by the Sports Medicine staff before they are able to return to participate in CHS Athletics/Activities**



Hygiene & Cleaning:

- Disinfecting sprays and/or wipes will be used to clean facilities and equipment before, during and after activities/workouts.
- Athletes are encouraged to wear face masks or coverings when indoors, including in the weight room, and while outside when social distancing is not possible. Coaches should wear a mask or other face covering whenever social distancing is not possible and when indoors.
- Equipment will be cleaned prior to each workout and sanitized between uses by each athlete.
 - The use of team shared equipment will be limited and sanitized after each use.
- Gloves are highly encouraged to be worn to catch, shoot and/or hit any type of ball etc. or to use equipment.
- No use of locker rooms or shower facilities is allowed at this time. Athletes should report fully dressed to participate and shower as soon as they arrive at home. Washing hands or use of hand sanitizer will be required before any conditioning or participation in any athletic activities.
- Specific designated restrooms must be used so that the cleaning and disinfecting can be focused on those particular facilities. The restrooms that will be available for the summer are the Curtis Elder Track & Field Complex restrooms, the Gym lobby event restrooms, and if necessary, the Theodose Stadium restrooms.
- Hand sanitizer will be available in the weight room and other facilities.
- Facilities will be closed to the public 1 hour prior to the beginning of a workout to ensure proper time for Athletic Department staff to clean and prepare for the workout groups of the day.
 - At least 10 minutes should be scheduled between groups to allow for disinfecting the facility.

Other Measures:

- Athletes and coaches will be assigned to small groups or pods, and they will travel together throughout the workouts to limit large group exposure.
- Athletes will NOT be allowed to go to the restrooms in groups. They will go one at a time.
- When outside, personal player equipment should be spaced out at least 10 feet from other athletes and the equipment of other athletes.
- Athletes are to refrain from any physical contact. This includes handshakes, high-fives, fist bumps, chest bumps or any other celebration/greeting. This also includes 1 on 1 drills where physical contact is eminent.
- Workout areas will be restricted to student athletes, coaches, and medical personnel.