


SOUTH SPENCER HIGH SCHOOL ATHLETIC RETURN TO PLAY PLAN



	Phase I	Phase II		Phase III
	July 6 - July 19	July 20-Aug 1	August 3 - August 13	August 15
	(IHSA Summer Activities)		(IHSA Fall Sports Season)	
Participation	All summer activities are voluntary		Fall Sports: Practices allowed with normal in-season rules and guidelines	Fall Sports: Contests can begin August 15
	Athletes can spend 15 hours on campus/week	Sport Activity: Normal summer rules and guidelines (Except Football)		
	Conditioning/Weightlifting: * Most done within each team activity time * Fall sport athletes that only play one sport may have an additional 90 minutes per week			
	Sport Activity: * 2 sessions per sport/week *No sport consecutive days	Football Activity: *Helmets, Shoulder Pads, Mouthpiece, & Girdle allowed	Girls' Golf: Contests can begin August 3	
	Football: T-shirt, shorts, shoes ONLY	Girls Golf: First practice is July 31st	Non-Fall Sports: No contact period through August 29	
	No interschool competition/scrimmages	Interschool scrimmages/games permitted		
Activity Group Size	Activity groups may consist of no more than 15 students gathered together	Activity groups may consist of no more than 25 students gathered together	No maximum activity group size, but social distancing encouraged	
Weight Room	Weight room capacity limited to 15 students	Weight room capacity limited to 25 students		
	No exercises requiring a spotter can be conducted.	Free weight exercises requiring a spotter can be conducted. Spotters should position themselves at the ends of the bar, rather than directly face-to-face with the athlete lifting.		
People Allowed to Attend	Essential personnel ONLY - no parents, spectators, media, vendors, etc. allowed on facilities (except girls golf - fans are allowed)			Spectators, media, and vendors can be present but should implement social distancing
Face Coverings	Coaches: Optional		Coaches and Athletes: Optional	
	Athletes: Optional			

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Transportation	No activities permitted off-campus	Transportation provided to scrimmages/games that occur off-campus with social distancing in place	Transportation provided to off-campus contests. Students can travel with parents to and from contests in a family vehicle.	
Locker Rooms	No locker room use - athletes should report in proper gear and return home immediately following activity.		Locker rooms will open with 50% capacity beginning on August 12. Athletes should not congregate in locker rooms and coaches should not use them as meeting areas. Change, use the restroom, and get out.	Locker rooms will not be used by either team during contests - visiting teams should arrive dressed and ready to play.
Student-Athlete Responsibility	Students are expected to shower and wash workout clothing immediately upon returning home from all activities.			
Hydration Stations	No use of shared hydration stations- students should bring a personal water bottle labeled with their name, and wash it at home after use.			
Equipment	Equipment that must be shared, including balls and weight benches, must be cleaned both before and after use.			
Alternate Command Structure	Command structure for coaching staff should be established in case of illness			
Health History & Physical Forms	All athletes must have the IHSAA Health History Update Questionnaire and Consent/Release Certificate on file prior to participation.		All athletes must have the IHSAA Health History Update Questionnaire and Consent/Release Certificate AND a valid 2019-20 or 2020-21 IHSAA Physical on file prior to participation.	
Screening	Coaches must record attendance of all athletes, managers, staff, and other personnel who attend activities, and all participants must be screened before being allowed to participate.			
COVID-19 Symptoms	Any person with symptoms will be referred to his or her primary care provider and not allowed to participate. Students or staff who no longer test positive and/or no longer display symptoms of COVID-19 will follow the Return to School protocol listed in Appendix A of the IDOE Re-Entry Guidance.			
Celebratory and Sportsmanship Acts	Celebratory and sportsmanship acts that involve contact are prohibited.			No handshakes after contests. Modified sportsmanship practices should be observed.