

CASD Return to Athletics Guidance Form

(In coordination with the MHSAA and NFHS - Updated as of 7/1/20)

CASD Athletic Programs may continue summer activities using our outside facilities but programs are now able to utilize our **INDOOR FACILITIES** beginning on Monday, July 6 as long as all steps are followed in this Guidance Form. All athletic activity will be allowed under a "MHSAA modified Step 2" [Click here for the most recent MHSAA Guidance Update](#).

If you have any questions or concerns, please contact Nate Maury at nmaury@casdk12.net

Key Points of Emphasis:

1. Starting Monday, July 6 athletic teams will be allowed to use both our indoor and outdoor athletic facilities (*Only outside activities have been permitted up to this date*). **All athletic teams are encouraged to continue their workouts outside as much as possible.**
2. In Regions 6 & 8 outdoor activity may take place in groups of 250 or fewer and indoor activity may take place in groups of 50 or fewer.
 - a. The weight room will be available for groups of 15 or fewer at a time.
3. Under the MHSAA modified step 2 guidance, there will be no MHSAA competition allowed yet due to the physical distancing requirement of six feet.
4. Participants are required to follow the following hygiene practices before, during and after each activity. There are restrooms located at the Viking Hut (*Football Stadium*) for outdoor activities and the Viking Activity Center for indoor activities. All locker rooms and any area inside the high school except the gym or VAC are closed to all participants.
 - a. Participants must report in appropriate workout attire and immediately return home to shower after participation.
 - b. All participants will be required to bring their own water bottle to each workout.
 - c. You should frequently wash your hands or use hand sanitizer after touching frequently used items, sneezing/coughing, etc.
 - d. Participants are not allowed to spit at all. This includes spitting into the air, ground, equipment, hands, sunflower seeds, etc.
 - e. There will not be any sharing of water bottles, equipment, clothing, etc. allowed.
5. Individuals should practice physical distancing while not involved in active participation.
6. During outside activities, participants are encouraged to wear cloth face coverings at all times and are strongly encouraged to wear cloth face coverings whenever social distancing is not possible. During inside activities, masks will be required by all participants unless they are engaged in high-intensity aerobic activity.
7. All athletic equipment will be cleaned before, during and after each activity.
8. All coaches and athletes will be screened daily for signs/symptoms of COVID-19 prior to participating, including a temperature check. If anyone has a temperature above 100.3 or answers yes to any of the questions they will be sent home immediately and will be recommended to see their physician for further evaluation. If you are sent home for showing any signs or symptoms you cannot return to any activity until you have experienced the following:
 - a. 3 days with no fever --- 7 days since the onset of the first symptom --- 14 days if you were in close contact with a diagnosed case of COVID-19
9. As further government action impacts summer athletic activity, the MHSAA will continue to provide us with updates detailing any change or addition to allowed activities.

MHSAA Sport Specific Activity and Workouts - Effective June 10

1. Low Risk Sports offered by GHS - Cross Country, Golf, Skiing, Tennis, Track & Field
 - a. Cross Country: Individuals must continue to practice physical distancing.
 - b. Golf: No sharing of equipment and Individuals should practice physical distancing while not involved in active participation.
 - c. Track & Field: No sharing of implements / equipment. Padded equipment should be cleaned between uses. Common equipment, such as relay batons, should be cleaned intermittently during practices and workouts. Individuals must continue to practice physical distancing.
2. Moderate Risk Sports offered by GHS - Baseball/Softball, Basketball, Soccer, Volleyball
 - a. Baseball/Softball: Players should not share gloves, batting gloves, helmets and catcher's equipment. Common equipment, such as the ball, must be cleaned as permitted during a practice or workout session. Individuals must continue to practice physical distancing.
 - b. Basketball: Common equipment, such as the ball, must be cleaned as permitted during a practice or workout session. If indoors, in groups of 50 or fewer people (Regions 6 and 8), drills are allowed that keep all players physically distant; there should be no physical contact or close proximity of players.
 - c. Bowling: All bowlers must remain physically distant; there should be no physical contact or close proximity of bowlers in groups of 50 or fewer (Regions 6 and 8).
 - d. Soccer: Common equipment, such as the ball, must be cleaned as permitted during a practice. Drills need to be structured to keep all players physically distant; there should be no physical contact or close proximity of players.
 - e. Volleyball: Common equipment, such as the ball, must be cleaned as permitted during a practice or workout session. If indoors, in groups of 50 or fewer people (Regions 6 and 8), drills are allowed that keep all players physically distant; there should be no physical contact or close proximity of players.
3. Higher Risk Sports offered by GHS - Football, Wrestling
 - a. Football: Common equipment, such as the ball, must be cleaned as permitted during a practice or workout. Individuals must continue to practice physical distancing.
 - b. Wrestling: Conditioning, mirror drills with spacing, no contact. Wrestlers may drill without touching a teammate (as long as physical distancing is adhered to). If indoors, drills are allowed that keep all participants physically distant; there should be no physical contact or close proximity of persons in groups of 50 or fewer people.