



CLOVERDALE ATHLETICS

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RESPONSIBLE RESTART (*July/August 2020*)

We are thrilled to welcome coaches and athletes back to our campus with a full re-opening for sports beginning on Monday, July 6 (Phase 1 of IHSAA recommendations). We will be following the mandates from the Indiana Governor's Office, the Putnam County Health Department, and Indiana Department of Education as well as the recommendations of the National Federation of High Schools (NFHS) and the Indiana High School Athletic Association (IHSAA) (see links at the end of this document). Please note that all athletic facilities will be off limits except for planned activities by Cloverdale High School athletic teams and possible youth leagues.

In an effort to keep everyone safe and feel comfortable attending an athletic session at Cloverdale, we are implementing the following:

PARTICIPATION PARAMATERS

Phase 1: July 6 - July 19

- ✿ All State and local guidelines for group limitations must be followed.
- ✿ Student athletes will be limited to 15 hours per week on campus.
- ✿ Individual student athletes are limited to 15 total hours of school contact activity per calendar week. (The Sunday Rule will be enforced)
- ✿ No sport may have more than two activity days per calendar week.
- ✿ Sport-specific activity days may not occur on consecutive calendar days.
- ✿ Activity days are limited to three hours per day. (Six hours per calendar week.)
- ✿ Conditioning is limited to four days per week. Conditioning sessions may be held multiple times each day, each session limited to two hours. Student athletes may attend only one conditioning session per day.
- ✿ Locker Room facilities cannot be used
- ✿ Students are expected to shower at home and wash workout clothing immediately upon returning to their home. If a student does not have a laundered uniform, he/she may not be allowed to participate in practice or competition.
- ✿ Free weight exercises requiring a spotter cannot be conducted. Safety measures in all forms will be strictly enforced in the weight room.
- ✿ Any student who prefers to wear a face covering for activities will be allowed.
- ✿ Coaches and any non-students should wear face coverings at all times unless under rigorous activity
- ✿ No formal competition is allowed.



Phase II: July 20-August 14

- ✿ All State and local guidelines for group limitations must be followed.
- ✿ Any student who prefers to wear a face covering for activities will be allowed.
- ✿ Coaches and any non-students should wear face coverings at all times unless under rigorous activity
- ✿ If locker rooms or meeting rooms are used, 50 percent capacity will be mandated.
- ✿ Students are expected to shower at school or at home and wash workout clothing immediately upon returning to their home. If a student does not have a laundered uniform, he/she may not be allowed to participate in practice or competition.
- ✿ Contact is allowed as defined by Indiana High School Athletic Association (IHSAA).
- ✿ Free weight exercises requiring a spotter can be conducted. Safety measures in all forms must be strictly enforced in the weight room.
- ✿ No formal competition is allowed with the exception of girls' golf.

Phase III: August 15

- ✿ All State and local guidelines for group limitations must be followed.
- ✿ Any student who prefers to wear a face covering for activities will be allowed.
- ✿ If locker rooms or meeting rooms are used, 50 percent capacity will be mandated.
- ✿ Students must be expected to shower at school or at home and wash workout clothing immediately upon returning to their home. If a student does not have a laundered uniform, he/she may not be allowed to participate in practice or competition.
- ✿ Cleaning regarding team or group transportation will be followed.
- ✿ Contact will be limited to only contact necessary to compete as defined by IHSAA.
- ✿ Modified sportsmanship practices will be observed.
- ✿ Competition may begin.
- ✿ Spectators, media, and vendors can be present but should implement social distancing and follow established mass gathering guidelines.
- ✿ Concessions will be sold and all food handlers and cashiers will use appropriate PPE and only serve prepared, prepackaged products.



PRIOR TO ARRIVAL

- ✿ All students/families are required to sign **2020-21 IHSAA Health History Update Questionnaire and Consent & Release Certificate** sent through Harmony and on cloverathletics.com. There will be hard copies available for those with no printing capabilities.
 - Please note – IHSAA sports physicals completed and on file for 2019-2020 are VALID for the 2020-2021 school year. We strongly recommend an updated physical is completed, but it is not a requirement. All students must have a physical dated by April 1, 2019 to be cleared to participate in athletics.
- ✿ All students/families are required to sign **Cloverdale Athletics Assurance and No Hold Release** sent through Harmony and on cloverathletics.com. There will be hard copies available for those with no printing capabilities.
- ✿ All students will need to fill out the Google Form Pre Screen Questionnaire DAILY before attending practices (or answer the questionnaire with the coach prior to participation)

ARRIVAL

- ✿ Students should arrive no earlier than 10-15 minutes before a scheduled workout to give time to complete screening.
- ✿ Students are encouraged not to carpool if possible. If it can't be avoided all passengers should wear masks in the car.
- ✿ Please park cars with one space in between each car to allow for distancing.
- ✿ Students and coaches/staff will be tracked every time they arrive on campus in order to have a record of when someone is on campus.
- ✿ No congregating in lobbies or outside before, during or after a session.

EQUIPMENT

- ✿ Students should bring their own towel and water bottle with their name on it filled with water. They can bring a draw-string bag that they will keep with them.
- ✿ Shared hydration stations (water trough, water fountains, water hose, etc.) will not be utilized except for filling individual, labeled water bottles
- ✿ Locker rooms will be off limits (open at 50% after Phase 1)
 - Students should arrive dressed for their session and will leave immediately after it is over
 - Restrooms will be limited and only open in the main lobby and the restrooms at the football concessions stand for outdoor practices.
- ✿ Students need to wear an appropriate shirt and shorts for sessions. No cut-offs and shirts are to remain on at all times.
- ✿ No sharing of clothing, shoes, towels, or water bottles
- ✿ Masks need to be worn while indoors. Exceptions may be made to take them off depending on the activity. A Coach/staff member will inform them if and when they can take them off.
- ✿ **Coaches/Staff will be required to wear masks during activities.**



SOCIAL DISTANCING AND SPACING

- ✿ Only students and coaches will be allowed at any session regardless if it's indoors or outdoors. Parents/guardians need to remain in vehicle.
- ✿ Gathering sizes will be decreased as much as possible to reduce risk. Workouts will be conducted in defined, smaller groups of students with the same students always together. We will reduce gathering size by half capacity in large areas.
- ✿ Maintain 6' of social distancing indoors and outdoors.
- ✿ No-touch rule is in effect. All individuals will need to avoid physical contact with others including high fives, huddles, or other close contact occurring before, during and after skills sessions unless the contact is for the purpose of safety.

CLEANING

- ✿ Athletes/Coaches will wash their hands for a minimum of 20 seconds with warm water and soap before touching any surfaces or participating. Hand sanitizer will be provided as well.
- ✿ Staff will disinfect before, during, and after all training sessions and deep cleaning and sanitizing after hours.
- ✿ Athletes will clean all weight room surfaces touched immediately after usage and before next athlete uses same piece of equipment.

POSITIVE TEST PROCEDURE

Should someone test positive at any time, the following measures will take place:

- ✿ The individual should let the staff know immediately.
- ✿ The individuals on the athlete's team they have been in direct contact with will be expected to self-quarantine for 14 days or receive a negative COVID-19 Test
- ✿ The facility will be shut down for no less than 48 hours to deep clean.
- ✿ During 48 hour shut down, all teams will not have access to facilities

These are the rules and regulations in order to participate in any athletic activity on campus. All sessions are voluntary. Anyone with an underlying condition that could be at greater risk of COVID-19 should consult a physician prior to participating. If a student/family does not feel comfortable participating in any activity they should contact their coach prior to the session.

Questions, please contact:



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WWW.CLOVERATHLETICS.COM



Indiana Department of Education Guidelines:

https://www.doe.in.gov/sites/default/files/news/june-5-class-document.pdf?utm_content=&utm_medium=email&utm_name=&utm_source=govdelivery&utm_term=

NFHS/IHSAA Recommendations:

https://www.nfhs.org/media/3812287/2020-nfhs-guidance-for-opening-up-high-school-athletics-and-activities-nfhs-smac-may-15_2020-final.pdf

IHSAA Health History Questionnaire

<https://drive.google.com/file/d/1pX0czAG5l3kiKZwgaIAJ6nKRVRBqypS5/view>

Cloverdale Athletics Assurance and No Hold Form:

<file:///H:/2019-2020/COVID-19%20Return%20to%20Play%20Items/Assurance%20and%20No%20Hold%20Doc.pdf>

CDC Training Sheets

<https://www.cdc.gov/coronavirus/2019-ncov/downloads/2019-ncov-factsheet.pdf>

<https://www.cdc.gov/coronavirus/2019-ncov/downloads/COVID19-symptoms.pdf>



Check List for Coaches

PRIOR TO STUDENTS ARRIVING

_____ Do I have a 2020-2021 Health Questionnaire filled out and signed and in my possession?

_____ Do I have a Cloverdale Athletics Assurance Form signed and in my possession?

_____ Have my athletes filled out the Shared Google Doc for the day?

_____ Do they all have their own Water Bottle and Towel?

_____ Do I have Hand Sanitizer available?

_____ Do I have my Mask (do my managers and other coaches)?

DURING PRACTICE/WEIGHTS

_____ Am I meeting the 50 percent capacity requirement?

_____ Am I making sure there are no Spotters during Phase 1? (July 6 to July 19)

_____ Are athletes wiping down equipment after each exercise in weight room?

AFTER PRACTICE

_____ Have I cleaned surfaces/areas where my athletes have been sitting?

_____ Have I wiped and cleaned all equipment down to prepare for next session?

_____ Have I communicated and reminded my athletes for our next session what they may need?

