



COVID-19 PROCEDURES

The following standards and procedures have been created in accordance with best practices to provide direction for the RCSD1 Schools Athletics Department: sports medicine staff, administration, coaches and their support-staffs and the student-athletes (SA). It is our hope to ensure a safe return to campus following the extended break due to the COVID-19 pandemic outbreak. With a reinstatement of voluntary workouts approaching, this re-entry process has been established to ensure a safe return to play for the student-athletes. The guidelines will be strictly administered for no less than 14 calendar days before re-evaluation. The formation of a COVID-19 action team will be formed to direct future decisions.

- All federal, state and county directives that preclude resocialization must be lifted.
- Acquisition of personal protective equipment for staff and student athletes (SA) will need to be considered, procurement of these supplies will dictate the level of operation.
- Prior to implementation of the plan appropriate staff will need to be rehired or brought back from leave in order to adequately supervise the voluntary workouts, provide athletic training services and implement the new COVID-19 guidelines.
- SA and staff will be screened for predisposing conditions. This will be based off their provided medical history. These individuals will initially be instructed not to return and to await further instruction.
 1. History of heart disease
 2. Asthmatic
 3. Diabetic
 4. High blood pressure
 5. Sickle Cell
 6. Severe obesity
 7. Chronic kidney disease
 8. Heart conditions
 9. Organ transplant

PHASE 1

Tentative Date: Monday, July 6, 2020

PHASE 2

PHASE 3

COVID-19 PROCEDURES

These procedures, as set by the CDC, shall be followed at all times. For more information, details and tips, please visit:

<https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/prevention.html>



WASH HANDS often! Avoid touching eyes, nose and mouth

<https://www.cdc.gov/handwashing/>



COVER your mouth and nose with a cloth cover when around others



AVOID CLOSE CONTACT

Maintain at least 6' distance between yourself and other people

<https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/social-distancing.html>



COVER coughs and sneezes



CLEAN AND DISINFECT frequently touched surfaces daily

<https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/disinfecting-your->

Source: CDC (Center for Disease Control and Prevention)

IF YOU HAVE SYMPTOMS, STAY HOME AND CONTACT YOUR MEDICAL PROVIDER.

PHASE 1

Tentative Date: Monday, July 6, 2020

PHASE 2

PHASE 3

OPEN FACILITIES

- **OUTDOOR FIELDS – PRACTICE AREAS**
- **ATHLETIC TRAINING ROOMS** – (Acute injuries occurring during the current day. Example: Sprained Ankle Rehabilitation and Therapy will be by appointment only and have a One on One Ratio.)
- **BATHROOMS:** Will be open at 50% capacity (Ex: 6 stalls 3 people allowed at the same time) AD must have 1 designated Male and Female Bathroom that will be used. All other bathrooms are closed.
- **WEIGHT ROOMS:** When the weight room is opened, it will be opened at 25% capacity (Ex: Spacing must be 12' apart and no spotting) Individual weights may be used outdoors, but cannot be shared. After each session they must be wiped down with sanitizer before next group.
- **GYM:** Only 10 individuals may be in the gym at any time, must be disinfected/wiped down after each session.

CLOSED FACILITIES

- **ALL INDOOR FACILITIES** – Except in the need to seek shelter during severe weather (lightning/tornado)
 - LOCKER ROOMS
 - EQUIPMENT ROOMS
 - LAUNDRY ROOMS
 - ATHLETIC TRAINING ROOMS – Except for acute injuries occurring during current day and appointments for Rehab/Therapy
 - COACHES' OFFICES—A Coach may work in their office by themselves if the Principal has opened classrooms up for teachers. However, Coaches may not have meetings in offices of any kind.

IF YOU HAVE SYMPTOMS, STAY HOME AND CONTACT YOUR MEDICAL PROVIDER.

PHASE 1

Tentative Date: Monday, July 6, 2020

PHASE 2

PHASE 3

FOCUS

- CONDITIONING will be the emphasis during Phase 1. (Groups/Pods of 10 or less including any coach(es) on one field)
- NO in-person organized team activities.
 - No large group in-person activities (team or large group meetings)
 - No team competitions
 - No team camp
 - **No indoor weight training for initial 14 calendar days**. Social distancing regulation will be maintained when the weight rooms are opened.
 - No in-person sport-specific education. Virtual meetings may be held for weight training and sport-specific education.
- ALL Activities must be voluntary and **MAY NOT BE MANDATED!**

IF YOU HAVE SYMPTOMS, STAY HOME AND CONTACT YOUR MEDICAL PROVIDER.

PHASE 1

Tentative Date: Monday, July 6, 2020

PHASE 2

PHASE 3

SAFETY MEASURES

- **Reduced participants and capacity.**

- Entry screening. (See 'Screening Process'—RCSD1 Athletic Training Recommendations)
- Entry/Exit control eliminating cross-traffic, lingering and gatherings.
- Route mapping to eliminate usage of common and public areas adjacent to permitted areas.
- Only current RICHLAND COUNTY SCHOOL DISTRICT ONE SCHOOLS Coaching Staff Members and Student-Athletes of **High School Fall Sports teams will be allowed.** MIDDLE SCHOOL ONLY TEAMS WILL NOT BE ALLOWED TO PARTICIPATE. *No spectators or visitors will be allowed on the practice fields or in the facilities during the 'PHASING IN' PROCESS! All COVID Guidelines should continually be addressed and followed.
- Use of drinking fountains will not be allowed.

- ***Athletes must bring their own water bottles! All bottles must be labeled with first and last name***

- Scheduling and Appointment based activities/workouts will be utilized.
- Signage installed to encourage social distancing.
- Additional cleaning and sanitizing protocols in place.
- Personal belonging drop zones will be clearly identified and spaced appropriately.
- **No use of bleachers, chairs or any other equipment may be used for conditioning activities.**

RICHLAND COUNTY SCHOOL DISTRICT ONE SCHOOLS 'WET BULB' PROTOCOL IS REQUIRED AND WILL BE UTILITZED FOR DETERMINING SAFE CONDITIONS FOR YOUR SCHEDULED OUTDOOR ACTIVITIES (CONDITIONING – PHASE 1) AND THROUGHOUT THE YEAR!

IF YOU HAVE SYMPTOMS, STAY HOME AND CONTACT YOUR MEDICAL PROVIDER.

PHASE 1

Tentative Date: Monday, July 6, 2020

PHASE 2

PHASE 3

EDUCATION

- **Coach and staff education**

- **All athletic staff members must complete an information course/module prior to team scheduling and meetings. The education should be focused on the following:** We will have a virtual meeting on Wednesday, June 24 at 10 AM and Thursday, June 25 at 3:00 PM.
 1. The significant health risks associated with Covid-19.
 2. The prevention and transmission of Covid-19.
 3. Rationale for recommendations provided.

IF YOU HAVE SYMPTOMS, STAY HOME AND CONTACT YOUR MEDICAL PROVIDER.

PHASE 1

Tentative Date: Monday, July 6, 2020

PHASE 2

PHASE 3

SCREENING PROCESS

All staff (Athletic Trainers & Coaches) and student-athletes participating in a RCSD1 summer supported activities/workouts during Phase 1 will be screened for possible illness. The screening procedure will be documented and consist of the following ([See SCHSL Return to Play](#))

- A temperature check.
- Questionnaire –
 - *Have you had any close contact with a confirmed case of COVID-19?
 - *Do you have a fever of 100.4° or greater?
 - *Do you have new or worsening cough?
 - *Do you have new or worsening shortness of breath?
 - *Do you have chills?
 - *Do you have a sore throat?
 - *Do you have muscle aches?
 - *Do you have Nausea, Vomiting, or Diarrhea?
 - *Do you have a new loss of taste or smell?

If YES to ANY of the above questions, the staff member or student-athlete should seek guidance from their medical provider. They may also contact South Carolina Department of Health and Environmental Control (SCDHEC). The employee MUST exit the facilities.

Vulnerable individuals should not oversee or participate in any workouts.

Must have attendance and screening question documentation recorded and saved. Please see the [RCSD1 recording form](#). Documentation shall be filed daily!

IF YOU HAVE SYMPTOMS, STAY HOME AND CONTACT YOUR MEDICAL PROVIDER.

PHASE 1

Tentative Date: Monday, July 6, 2020

PHASE 2

PHASE 3

KNOWN DIAGNOSIS of COVID-19 CASE

- Should an individual athlete become ill during any of the above periods, they should be immediately removed from the group, masked if not already, and isolated in their individual space. The parent or guardian should be notified right away.
- Testing for COVID-19 should be done.
- All members of the group of the person that became ill will be required to be quarantined for a 14 day period.
- To learn more about contact tracing, visit the South Carolina Department of Health and Environmental Control (SC DHEC)
- Those identified will need to be put in social isolation for 14 days and closely monitored for the development of symptoms. While testing of the asymptomatic contact may be available, it does not confirm the infection potential of that individual, so cannot be relied on for return to play.
- The athlete with the positive COVID-19 test may return to social interaction 72 hours after resolution of symptoms, including but not limited to: fever (without the use of fever reducing medications), cough, shortness of breath, AND at least 10 days have passed since symptoms first appeared according to CDC guidelines. Emerging evidence in the field of cardiology recommends a 14-day convalescent period from the start of symptoms prior to starting back to strenuous activity and consideration of cardiac testing. **Students who test positive for COVID-19 should provide a written release for return to activity from their medical provider before being allow to continued participation.**

IF YOU HAVE SYMPTOMS, STAY HOME AND CONTACT YOUR MEDICAL PROVIDER.

PHASE 1

Tentative Date: Monday, July 6, 2020

PHASE 2

PHASE 3

SCHEDULING of ACTIVITIES

- ALL SCHEDULING OF ACTIVITIES MUST BE DONE IN COOPERATION WITH THE RCSD1 ATHLETIC TRAINERS AND THE ATHLETIC DIRECTOR AT YOUR SCHOOL!
- CONDITIONING ACTIVITIES
 - Will begin on the hour (Ex: 7:00AM, 8:00AM, 9:00AM)
 - Screening will begin 10 minutes before the hour (Example: 7:00 am workout; SCREENING will begin at 6:50 am)
 - **SANITIZATION of FACILITY and EQUIPMENT WILL OCCUR IN THE LAST 15 MINUTES OF EACH SESSION**

EXAMPLE OF GROUPS/PODS FOR SCHEDULING:

Group 1 Senior/Junior Boys
Group 3 Senior/Junior Girls
Group 5 Senior/Junior Boys
Group 7 Senior/Junior Girls
Group 9 Junior/Soph Boys
Group 11 Junior/Soph Girls
Group 13 Soph/Frosh Boys
Group 15 Soph/Frosh Girls

Group 2 Senior/Junior Boys
Group 4 Senior/Junior Girls
Group 6 Senior/Junior Boys
Group 8 Senior/Junior Girls
Group 10 Junior/Soph Boys
Group 12 Junior/Soph Girls
Group 14 Soph/Frosh Boys
Group 16 Soph/Frosh Girls

- If a session is cancelled due to inclement weather, the following session will also be cancelled. (Ex: if the 8am session is stopped due to lightning the 9am session will also be cancelled). You may hold the 10am session as long as it is safe to resume outdoor activities. You will not be allowed to move a cancelled session to another time if other teams are currently scheduled for that time.

CONDITIONING ACTIVITIES

PHASE 1

Tentative Date: Monday, July 6, 2020

PHASE 2

PHASE 3

- Conditioning activities should follow the [50/30/20/10 rule](#) and weight training activities should follow the [F.I.T rules](#) for all athletes. See [CSCCa and NSCA Joint Consensus Guidelines for Transition Periods: Safe Return to Training Following Inactivity](#) for more information.
- It is recommended that high school programs apply a reduction in exercise programs in order to create a phased re-introduction to physical activity. The 50/30/20/10 rule provides the best recommendations available to guide exercise modifications with the high school setting. This allows the re-introduction of exercise over the first 4 weeks based on reductions of normal exercise. Week 1 would provide a 50% reduction of pre-Covid-19 activity levels. Week 2 a 30% the reduction. Weeks 3 a 20% reduction and week 4 a 10% reduction in conditioning volume.
- Athletes involved in multiple sports should consider not participating in multiple sport practices or conditioning sessions.
- It is recommended that weight training follow the F.I.T. Rule (Frequency, Intensity, and Timing of training). The F.I.T. rule is designed to ensure that frequency, intensity relative volume (IRV) and time of rest interval are appropriately administered to minimize the chance of severe muscle damage during weight training.
- Frequency is the number of sessions per week for a specific muscle group or movement type. IRV is a derivation of volume load that included the %1RM and is calculated with this equation: $\text{Sets} \times \text{Reps} \times \% \text{ of } 1\text{RM (as a decimal)} = \text{IRV}$. Time is the active rest period between bouts of exercise. The Work: Rest ratio should be 1:4 or greater during Week 1, 1:3 during Week 2.
- Ex: If you normally lift a muscle group 5 days a week, The F.I.T rule states that should be reduced to 3 days a week, IRV: $3 \text{ sets} \times 10 \text{ reps} \times 0.50 (50\%1\text{RM}) = 15 \text{ IRV}$.

IF YOU HAVE SYMPTOMS, STAY HOME AND CONTACT YOUR MEDICAL PROVIDER.

PHASE 1

Tentative Date: Monday, July 6, 2020

PHASE 2

PHASE 3

ATHLETIC COACHES AND STAFF

- FOLLOW THE COVID GUIDELINES AT ALL TIMES.
- **MANDATORY COVERING OF ENTIRE GUIDELINES WITH ALL ATHLETES ON FIRST DAY.**
- WASH HANDS or use hand sanitizer upon entering and exiting all facilities for activities/workouts.
- COVER your mouth and nose with a cloth face cover when around others
- AVOID CLOSE CONTACT - Maintain at least 6' distance between yourself and other people
- COVER coughs and sneezes
- CLEAN AND DISINFECT frequently touched surfaces
- Arrive dressed to train and participate.
- Will be screened upon entry.
- Follow entry and exit procedures to all activities/workouts.
- Only attend your scheduled activity/workout and remain in your group/pod throughout the Phase!
- Always adhere to the participant and capacity limitations.
- Conduct a thorough post-session cleaning and disinfecting prior to the start of any new training sessions.
- **NO WEIGHT ROOM ACCESS DURING THE 1ST 14 CALENDAR DAYS OF PHASE 1!**
- **RCSD1 COACHES AND STAFF ARE REQUIRED TO WEAR FACE COVERINGS!** [CDC Face Covering Guidance](#)
- Must have attendance and screening question documentation recorded and saved. Please see the [RCSD1 recording form](#). Documentation shall be filed daily!

IF YOU HAVE SYMPTOMS, STAY HOME AND CONTACT YOUR MEDICAL PROVIDER.

PHASE 1

Tentative Date: Monday, July 6, 2020

PHASE 2

PHASE 3

STUDENT-ATHLETES

- Follow the COVID Guidelines at all times.
- WASH HANDS or use hand sanitizer upon entering and exiting all activities/workouts.
- COVER your mouth and nose with a cloth face cover when around others.
- AVOID CLOSE CONTACT - Maintain at least 6' distance between yourself and other people.
- COVER coughs and sneezes.
- Remain in vehicle until 10 minutes before scheduled activity/workout.
- Arrive dressed to train and participate.
- Will be screened upon entry.
- Follow entry and exit procedures to all activities/workouts.
- Exit immediately after your activity/workout.
- Only attend your scheduled activity/workout.
- Students are encouraged to shower and wash their workout clothing immediately upon returning to home.

IF YOU HAVE SYMPTOMS, STAY HOME AND CONTACT YOUR MEDICAL PROVIDER.

PHASE 1

Tentative Date: Monday, July 6, 2020

PHASE 2

PHASE 3

CLEANING

- **Pre-Occupancy Clean**

- Prior to an individual or groups of individuals entering a facility, hard surfaces within that facility will be sprayed/wiped down and sanitized (chairs, furniture in meeting rooms, locker rooms, weight room equipment, bathrooms, athletic training room tables, etc.).
- Prior to an individual or groups of individuals entering a facility, all equipment within that facility will be sanitized and cleaned.
- Sanitize and Clean Flooring Surface thoroughly and all hard surfaces, equipment, floors after each day.

- **In-Session Clean**

- Provide disinfectant spray/wipes for coaching staff and student-athletes.
- Provide spray bottles of disinfectant for coaching staff and student-athletes.

- **Sanitization Period**

- 15-minute period at the end of a workout and prior to the next workout beginning.
- Hard surfaces within that facility will be sprayed/wiped down and sanitized (chairs, furniture in meeting rooms, light switches, weight room equipment, door handles, athletic training room tables, etc.).
- All equipment within that facility will be sanitized and cleaned.

IF YOU HAVE SYMPTOMS, STAY HOME AND CONTACT YOUR MEDICAL PROVIDER.

PHASE 1

Tentative Date: Monday, July 6, 2020

PHASE 2

PHASE 3

RESOURCES

- [Stop the Spread of Germs Signage](#)
- [Aspen Project Return to Play](#)
- [\(CDC\) Center for Disease Control and Prevention](#)
- [COVID-19 in South Carolina](#)
- [\(NSCA\) National Strength and Conditioning Association](#)
- [NCAA Core Principles of Resocialization of Collegiate Sport](#)
- [CSCCa and NSCA Joint Consensus Guidelines for Transition Periods: Safe Return to Training Following Inactivity](#)
- [Covid-19: NSCA Guidance on Safe Return to Trainer for Athletes](#)
- [\(NFHS\) National Federation of State High School Associations -Return to Play](#)
- [\(ACHA\) American College Health Association](#)
- [\(SCHSL\) South Carolina High School League](#)

IF YOU HAVE SYMPTOMS, STAY HOME AND CONTACT YOUR MEDICAL PROVIDER.