



North Clackamas Schools

High School Athletics

Season One

ATHLETIC FACILITIES REOPENING GUIDELINES

INTRODUCTION

The North Clackamas School District is committed to the safety and well-being of all of our students, families, and staff. We recognize the challenges faced in addressing the ongoing health requirements associated with the pandemic and appreciate your commitment to actions limiting the spread of the virus. We are hopeful these efforts will allow us a positive trajectory in the status of our opening.

The North Clackamas School District has a rich history of supporting activities and athletics and recognizes these as a beneficial component of our students' education. As such, we have developed plans to allow for student participation in outdoor activities; at this time, indoor facilities will not be utilized. The following expectations are designed to allow for the continued development of athletic programming during these unexpected times. We ask that parents read over the following information carefully and ensure your student thoroughly understands their responsibility.

Phases of opening and associated health guidance continue to adapt as COVID-19 infection rates change. North Clackamas School District (NCS D) will continue to work in collaboration with directives from the Governor, the Oregon School Activity Association (OSAA), and the NCS D School Board to adhere to any and all state orders and/or recommendations regarding the opening of all athletic programs. Additionally, considerations applicable to each school's facilities and resources must be regarded in planning. All students, family members, and staff will be required to adhere to the guidelines and follow the rules set forth by the District within each phase.

GENERAL INFORMATION

- NCSA's coaching staff will be properly trained and parents will be informed of all program details and information. Coaches will be required to submit a plan for approval before initiation of any in person activities.
- Workouts and trainings will only occur on NCSA campuses, excluding golf and cross country, and will be offered to NCSA students ONLY. No visitors, parents or friends can attend or watch workouts.
- Daily Health Screenings are required for all Coaching Staff and Student-Athletes.
- Limited Gathering/Social Distancing Procedures: In Phase One, the maximum number of athletes/coaches per field is 50.
- Within the group of 50:
 - Cohorts will be utilized with no cohort exceeding 10 students.
 - During Season One, each student athlete may only participate in one sport.
 - Coaches can only be modified with the approval of the AD.
 - Coaches or staff members cannot interact with more than two cohorts in a given day and four in a week.
- Social distancing of a minimum of 6 feet between each athlete and coach must be maintained at all times.
- Safe access, one-way traffic flow with marked entrances and exit points, and staggered start and end times will be established in order to facilitate social distancing.
- Disinfectant wipes, hand sanitizer and paper towels will be readily available at all workout sites/stations.
- One athlete will be allowed to use the restroom facility at a time ensuring 6-foot social distancing regulations.
- Hand washing (for 20 seconds) will be required before, during and after all workout sessions.
- Adequate cleaning schedules/monitor logs will be created and implemented for ALL athletic equipment and facilities used during Phase One.
- Social distancing signs and tape on facilities utilized will reinforce ALL coaches and players must remain at least 6 feet apart.
- Locker room, training room, and weight room are closed until further notice.
- There will be NO shared athletic equipment (towels, clothing, shoes, or personal equipment) between athletes or coaching staff. Balls will only be shared when required for an activity, only between cohort members and be disinfected before and after use.
- For more information about the 2020-2021 season schedule for each sport, please refer to [OSAA.org](https://www.osaa.org).

- High risk students or students who live with people who are high risk should consider not participating. These may include, but not be limited to, moderate to severe asthma, serious heart conditions, diabetes, immunocompromising conditions, utilization of immune weakening medications and/or severe obesity.
- NCSA reserves the right to adjust or revise the timing and participation in any workouts, training session or activity.

DAILY HEALTH SCREENING

- DAILY symptom and temperature screening assessment will be required upon entry of the campus. After the student athlete health screening is complete, students will use hand-sanitizer before entering the athletic area.
- Students who arrive at an activity after temperature screens for their cohort have taken place will NOT be allowed to remain on-site. Athletes must be on-time.
- All coaches and students will be screened for signs/symptoms of COVID-19 prior to a workout including a temperature check. Students registering 100.4 or higher will be sent home. Students must remain home until 24 hours after their fever is gone (without use of fever reducing medicine).
- Students should stay home if they or any person in their household or community living spaces have any COVID-19 symptoms such as fever or chills, cough, shortness of breath, and/or difficulty breathing. Students should not participate if they have been around a person who has COVID-19. Students should self-quarantine for at least fourteen days.
- Responses to screening questions will be recorded and stored for contact tracing purposes if a COVID-19 infection occurs. If a student or coach tests positive for COVID-19, health logs and names of members in their cohort group will be provided to the local public health authority.

OSAA guidelines regarding athletes testing positive for COVID-19:

- Any athlete testing positive for COVID-19 must not return to physical activity for at least 10 days AFTER the first symptom appeared and AT LEAST 24 hours with no fever (without fever reducing medication) AND must be cleared for participation by their primary care provider.
- The local public health authority will be contacted to initiate contact tracing and recommend further testing and any need for quarantine.
- In the event that athletes participating in workouts develop COVID-19, workouts will be suspended while the school consults with the local public health authority to discuss timing and procedures prior to reinitiating workouts.

FACILITIES/EQUIPMENT

- Disinfectant wipes, hand sanitizer and paper towels will be readily available at all workout sites/stations.
- Facilities/Equipment Cleaning: All facilities, athletic equipment, and hard surfaces will be disinfected and sanitized before, between, and after both individual use and cohort workouts. Hard surface examples include but are not limited to registration tables, chairs, writing utensils, registration notebooks, etc.
- Restroom Cleaning: Thorough sanitizing and disinfecting will take place before the first workout and at the end of the day. Restrooms will be disinfected in between cohort workouts. A monitor log and checklist will be required on site.
- Access to fields should be limited to essential spaces and not utilize dugouts, press boxes, etc.

RESPONSIBILITIES OF COACHES

- Coaches will complete all trainings and requirements; participation in activities serves as an understanding and agreement of expectations and safety procedures. Failure to abide by all rules and regulations will result in dismissal from the facility, suspension and/or immediate termination. In addition, the entire cohort of athletes will be suspended until further notice.
- Coaches will be required to wear a mask at all times.
- Coaches must maintain at least six feet distance from athletes and from each other (with the exception of injury assessment or risk management.)
- Coaches will wash hands before entering the facility, during workouts, and when exiting the facilities.
- Coaches will adhere to ALL sanitizing and disinfecting requirements of facilities and equipment use.
- Physical contact will not be allowed. No handshakes, high 5's, hugging or any other physical contact. Coaches will not allowed to use whistles, microphone or air horns.
- Coaches will not be allowed to play any music on the field. When required for an activity (dance, cheer) prior athletic director approval must be obtained.

- Coaches will be required to set up a check-in station 30 minutes prior to workout/trainings to avoid lines. Check-in station will include: COVID-19 Athlete/Coach Monitoring form, 6 foot distance marks in front of table, thermometers, pens, disinfecting wipes and hand sanitizer.
- After all athletes have left the facility, coaches will clean all spaces and equipment following District training protocols.
- Coaches will not be allowed into locker room or training room.
- No team meetings or film watching will be allowed on campus – this must be done via virtual meetings.

RESPONSIBILITIES OF SOCIAL DISTANCING MONITOR

- Be on site when other staff is present.
- Identify an on-site isolation location for students or staff to be self-isolated if symptoms present during workouts. Isolation areas should be well ventilated with access to a chair, phone, and exit.
- Establish and assist in enforcing required social distancing guidelines for their particular site.
- Ensure appropriate mask usage including maintaining coverage of both mouth and nose.
- Communicate to the administrator any concerns and request any site assistance needs.
- Manage number of participants so that social distancing rules can stay in place at all times. NO spectators allowed.
- Ensure tracing paperwork is completed and submitted to the athletic director.
- Periodically disinfect bathrooms throughout the practice schedule.
- Clearly label single entrance and single exit.
- Ensure restrooms maintain single use limitation.
- Make available a supply of hand sanitizer and other cleaning supplies.

FREQUENTLY ASKED QUESTIONS

Q1: What will be the cost to participate in season 1?

A: Season 1 will be NO COST to all student athletes.

Q2: Will transportation be provided to training and conditioning ?

A: No. Transportation will not be provided.

Q3: If my child signs up, is participation required?

A: We encourage athletes to attend all training and practices but understand that this may not be possible. Participation in season 1 conditioning and training will remain optional. We encourage student-athletes to communicate with their coaches their intentions of participation during this non-mandatory season.

Q4: Will coaches be choosing their Varsity, JV, and Freshmen teams during Season 1?

A: No. Programs will not be choosing/assigning teams during Season 1. Focus will be on training and skill development. In the event we are back in person learning and competitions are scheduled, programs may group athletes by ability level for competitive balance. Season 1 will in no way dictate season 2, 3, or 4 team placements.

Q5: What precautions will be followed to minimize COVID-19 exposure risks?

A: All Oregon Department of Education, OSAA, and Oregon Health Authority guidelines will be followed during participation. This includes social distancing and wearing of masks when necessary, including during athletic activity.

Q6: When will practices take place?

A: All training must take place outside student contact hours. Individual programs will communicate schedules with athletes and families prior to their start.

Q7: Are there eligibility requirements during season 1?

A: No, however, schools and coaches have the obligation to support students' academic achievement as a priority both for competition eligibility and overall post high school readiness.

Q8: Will interscholastic competitions with other schools be allowed?

A: Not in Season 1.

Q9: Do athletes need to sign up through FamilyID for Season 1?

A: Yes, and OSAA requires the physical exam forms be submitted prior to participation.

Student Athlete and Parent Understanding and Agreement to Safety Requirements

All athletes and parents must read, acknowledge and sign this agreement before commencement of any school sponsored athletic activity.

- Each student/family must complete and sign the Waiver of Liability and Hold Harmless for Communicable Diseases Including COVID-19 before in person contact.
- Athletes will check in and complete the screening process each day. Students arriving late cannot participate and must return the following workout day.
- Athletes will thoroughly wash hands before entering the facility, during workouts, and when exiting the facilities. Students are encouraged to bring their own sanitizer for use throughout activities.
- All students must wear a mask at all times; masks must cover both the mouth and nose at all times. Plastic shields covering the entire face will not be allowed during participation due to the risk of unintended injury to the person wearing the shield or others.
- Athletes will be required to be socially distanced (a minimum of 6 ft apart) at ALL times.
- Physical contact between athletes and coaching staff will not be allowed. Do not shake hands, hug, fist-bump or high-five.
- Restrooms are single use. Only one student is allowed in restrooms at a time. Student-athletes are required to wash hands and/or use sanitizer after using the restroom.
- Athletes will be reminded to sneeze or cough into a tissue or inside of elbow and avoid touching any part of the face. No spitting will be allowed. If an athlete sneezes or coughs, they will be required to wash their hands immediately.
- Food will NOT be allowed on campus and water or water stations will NOT be provided for student athletes.
- Student-athletes will be required to bring their own individual labeled water bottles and are prohibited from sharing water bottles.
- Student-athletes must leave the facility and campus immediately after activities. Students should not gather in the parking lot.
- Athletes will wear their own workout clothing and be strongly encouraged to shower and wash their workout clothing/towels immediately upon returning home.
- Parents dropping off and picking up their student should remain in their car at all times.
- Students should not participate in activities if there has been a potential exposure of any degree. Parents and athletes will immediately notify the coach and/or athletic director of any possible COVID-19 exposure.
- Prevention of COVID-19 outbreaks is a community priority.
- All activities will be suspended if safety measures are not followed.

I have read and understand these requirements.

Parent

Athlete

Date