

TFSD Opening Up Plan for High School/Middle School Athletics and Activities

The Twin Falls School District realizes that the physical and mental well-being of its students is essential to their success. We strongly believe in the return to physical activity and athletic competition of our student athletes. In doing so we understand we must put the safety of everyone involved in these activities first.

Our Guiding Principals

1. Health and Safety of Student Athletes, Coaches, Officials, Game Administration, Fans
2. Participation of Student Athletes
3. Financial Implications
4. District/State Tournaments

Health and Safety Measures for all Conditioning, Practice, and Contests

1. Screen for Signs of COVID-19
 - a. All coaches and students should be screened for signs/symptoms of COVID-19 prior to a workout. Temperature check when necessary
 - b. Responses to screening questions for each person should be recorded and stored securely so there is a record of everyone present if/when a case is confirmed. Coaches need to use sheet provided.
 - c. Any person with symptoms of COVID-19 should not be allowed to participate and should contact his/her primary care provider
2. Stay Home if sick or a close contact with someone who has confirmed COVID-19
 - a. Do not go to work, school, practice, or competition if you do not feel well or if you have been informed you are a close contact of someone with COVID-19
 - b. Contact and follow the advice of your medical provider
3. Practice Good Hygiene
 - a. Wash hands with soap and water or use hand sanitizer
 - b. Avoid touching your face
 - c. Sneeze or cough into a tissue or the inside of your elbow
 - d. Disinfect frequently use items and surfaces
 - e. Wear face coverings
 - f. No pre-game and post-game contact
 - g. Shower and wash workout clothing immediately upon returning home
4. Hydration
 - a. All student athletes will have their own water bottle

- b. Hydration stations will not be utilized
- 5. Illness Reporting
 - a. Create a District and Conference plan for how you will notify event athletes, coaches, event staff, media, and spectators

Guidelines for Events with TFSD Phases

Green Phase

Social distancing and face coverings are recommended for all coaches, officials, spectators and other contest personnel during events, but not required. All COVID-19 protocols will be in place.

Yellow Phase

Social distancing and face coverings are required for all coaches, officials, spectators and other contest personnel during events. Social distancing and face coverings recommended for all athletes not participating in activity. All COVID-19 protocols will be in place.

Orange Phase

Activities will continue as scheduled. However, no spectators will be allowed to attend events. All COVID-19 protocols will be in place.

Red Phase

No Activities, No Practices, No Meetings

Separation and/or Sent/Stay Home Criteria

Students who exhibit the listed symptoms will not be allowed in school. Should the symptoms develop at school, the student will be isolated until he or she can be picked up.

Fever

A cough or shortness of breath or difficulty breathing

Two or more of the following:

Chills

Repeated shaking with chills

Muscle pain

Headache

Sore throat

New loss of taste or smell

Students will not be allowed to return to school until:

The student is cleared to return to school by the student's physician, or

It has been 10 calendar days since symptoms first appeared with 3 days of no fever and/or use of fever reducing medication and 3 days of symptom improvement.

A Negative COVID-19 Test

Confirmed Covid-19 Test

If a student/athlete tests positive or was presumed positive for Covid-19 and had symptoms, they can return to school and participation after:

It has been 10 days since symptoms first appeared and,

3 days with no fever without use of fever reducing medication and/or,

3 days of symptom improvement

If a student/athlete tested positive for Covid-19 but did not have symptoms, they can return to school after:

10 days have passed since the test date

No symptoms within those 10 days

If a student/athlete has had close contact (high exposure) they should:

Stay home 14 days after the date of last contact and monitor for symptoms

Athletic Contests – Potential Infection Risk by Sport

Higher Risk – Sport that involve close, sustained contact between participants, lack of significant protective barriers, and high probability that respiratory particles will be transmitted between participants.

Examples – Football, Wrestling, Performance and Competitive Cheer/Dance

Moderate Risk – Sports that involve close, sustained contact, but with protective equipment in place that may reduce the likelihood of respiratory particle transmission between participants OR intermittent close contact OR group sports OR sports that use equipment that can't be cleaned between participants.

Examples – Volleyball, Soccer, Basketball, Baseball, Softball, Tennis

Lower Risk – Sports that can be done with physical distancing or individually with no sharing of equipment or the ability to clean the equipment between use by competitors.

Examples – Cross Country, Track, Golf, Non-Competitive Dance/Cheer

Use of Locker Rooms

The use of locker room should be out of necessity only. Masks are mandatory in the locker room. If use is necessary student/athletes will be phased into the locker room by grade level. The locker room will be monitored at all times by coaches. Student/Athletes must take workout clothes home every day to wash.

Training Room

The training room will be treated much like the locker room. Masks are mandatory in the Training Room. There will be a limited amount of people allowed in the training room at one time. We could phase in athletes just like we do in the locker room.

Bussing

Face covering are mandatory. Social Distancing when possible. One student/athlete per seat if possible, two students maximum per seat. Parents will be allowed to take only their student/athlete to and from athletic events.