

## CJ Guidelines for Reopening of Athletic Facilities(Phase 3)



### PHASE THREE: July 20 Preparation for our Athletes to Start Seasons

#### Procedures that must be Followed:

- **ALL** coaches and athletes will enter through the Main Entrance of Roger Glass Stadium for a pre-screening check prior to **STADIUM** workouts. Roger Glass Stadium Complex participants will exit the SCC gate(Unless Directed by the Athletic Office).
- **ALL** coaches and athletes will enter through the Main Entrance of the Eagle Tennis Center for a pre-screening check prior to **TENNIS** workouts. Eagle Tennis Center participants will exit through the main gate of the Eagle Tennis Center.
- **ALL** coaches and athletes will enter through Exit 1 for a pre-screening check prior to **INDOOR** workouts, then head up to the Mary, Our Lady of Victory Gym for workout. After the workout is over participants should head out the back Exit of the gym through the Athletic Door.
- **ALL** coaches and athletes will enter through the Main Entrance of the SCC for a pre-screening check prior to **INDOOR** workouts. After the workout is over participants should head out the Main Entrance of the SCC.
- **EVERYONE** must sanitize their hands upon entering the facility (indoor or outdoor)
- **The coach in charge of the workout MUST have the student complete the pre-screening via Final Forms prior to participation, no exceptions.**
- **Coaches are to wear cloth face coverings during instruction.**
- If an athlete does not bring a labeled water bottle they will not be able to participate in the workout. And should be sent home.
- All athletes **MUST** provide and wear a face covering until they reach their workout area.
- No additional spectators allowed in the athletic facilities other than authorized personnel
- Any athletes or coaches that want to participate in these summer workouts must be cleared via Final Forms with all items complete before participation is allowed.
- All workouts in this phase will be more practice format with the intersquad scrimmage being allowed.
  - **In this phase Open Gym's, Open Field's and 7-on-7 will be permitted.**

- **IF ANYONE FROM A TEAM TESTS POSITIVE FOR COVID, THE SITUATION WILL BE REVIEWED BY ADMINISTRATION WITH CONSULTATION FROM THE MONTGOMERY COUNTY HEALTH DEPARTMENT. Until the decision is made by the Administration, the team will be on a leave of absence.**

### **Face Covering Guidance:**

- Decreasing potential exposure to respiratory droplets is the guiding principle behind social distancing and the use of face coverings. The use of cloth face coverings is meant to decrease the spread of respiratory droplets. As state and local COVID-19 prevalence decreases, the need for strict social distancing and the use of face coverings will lessen.
  - The Centers for Disease Control and Prevention (CDC) is additionally “advising the use of simple cloth face coverings to slow the spread of the virus and help people who may have the virus and do not know it from transmitting it to others.”
  - Recognizing the benefits and potential drawbacks of the use of cloth face coverings during conditioning and physical activity, OHSAA recommends the following:
    - ODH and/or school district guidelines for cloth face coverings should be followed.
    - Cloth face coverings are acceptable. There is no need to require or recommend “medical grade” masks for athletic activity.
    - Exceptions include swimming, distance running or other high intensity aerobic activity. In these activities, cloth face coverings may be worn when not engaging in vigorous activity, such as before or after instruction, or any time spent on the ‘sidelines’ when physical activity is not being performed.
    - Plastic shields covering the entire face (or attached to a helmet) shall not be allowed during play. Their use during practices increases the risk of unintended injury to the person wearing the shield or teammates.

### **Pre-Workout/Contact Screening:**

- All coaches and students should be screened for signs/symptoms of COVID-19 prior to a workout, to include a temperature check. Please see Final Form Screening Check.
- Any person who has had a fever or cold symptoms in the previous 24 Hours should not be allowed to take part in workouts and should contact his/her medical provider.
- A record should be kept of all individuals present.

### **Limitations on Gatherings:**

- When not directly participating in practices or workouts, care should be taken to maintain a minimum distance of 3 to 6 feet between each individual. Consider using tape or field markers as a guide for students and coaches.

### Facilities Cleaning:

- Adequate cleaning schedules should be created and implemented for all athletic facilities.
- Prior to an individual or group entering a facility, all hard surfaces within that facility should be wiped down and sanitized. Hard surface examples include but are not limited to chairs, furniture, locker rooms, weight room equipment, bathrooms, and training tables.
- Individuals should wash their hands for 20 seconds with warm water and soap before touching any surfaces or participating in workouts.
- Hand sanitizer should be plentiful and available to individuals.
- Weight equipment should be wiped down thoroughly before and after each individual uses the equipment.
- Shirts and shoes should be worn at all times.
- Any equipment such as weight benches, athletic pads, having holes with exposed foam should be covered.
- Students should be encouraged to shower and wash their workout clothing immediately upon returning home.

### Physical Activity and Athletic Equipment:

- Continue pre-practice screening as in previous phases. Shower immediately after practices/workouts.
- There should be no shared athletic towels, clothing, or shoes between students.
- Students should wear their own appropriate workout clothing, and individual clothing/towels should be washed and cleaned after every workout.
- All athletic equipment, including balls, should be cleaned intermittently during practices and between practices/sessions.
- Equipment should be worn by only one individual and not shared.
- Hand sanitizer should be readily available.
- Maximum lifts should be limited, and power cages should be used for squats and bench presses. Spotters should stand at each end of the bar.

### Hydration:

- All students should bring their own water bottle, and water bottles should not be shared.
- Hydration stations (water fountains, water troughs, etc.) will not be in use during phase 3, continuing to bring plenty of water.

### SCC:

- One group in the entire facility at a time.
- Basketball Court and Wrestling Room are closed until further notice
- 20 athletes max allowed inside facility

- Including only 20 athletes in the weight room or turf
- Restrooms and water fountains are off limits until further notice
  - Family restrooms at the stadium will be available
- Cleaning
  - Weight Room equipment will be cleaned after each use
  - Goodwill will clean the weightroom once in the morning and mid-day, with guidance from facilities
- If spotters are needed for lifts they should stand on each side of the athlete

### **Gymnasium:**

- 25 athletes max allowed inside the facility
- Water fountains will be off limits until further notice
- Cleaning
  - Goodwill will clean the restrooms once in the morning and mid-day, with guidance from facilities
  - Volleyballs and Basketballs will be cleaned every half hour of workout

### **Stadium**

- 60 athletes max allowed on each field
- Water fountains will be off limits until further notice
- Cleaning
  - Goodwill will clean the restrooms once in the morning and mid-day, with guidance from facilities
  - Any Athletic Ball will be cleaned every half hour of workout

### **Additional Notes:**

#### **Scheduling/Cleaning:**

- Priority will be given to fall athletics to prepare those sports for the Fall 2020 season during phase two
- Time slots will be approved by the athletic director for each athletic team, with 30 minute time frames in-between other teams coming in. Purpose for this is to allow social distancing, as well as adding time to appropriately clean the facility.
- The two family restrooms at Roger Glass Stadium will be open for the stadium, as well as Eagle Tennis Center, with a Goodwill employee cleaning twice a day. The Restrooms in the SCC will be off limits during this Phase. SCC attendees will use the Stadium Restroom.
- The two restrooms inside the school will be available for students.
  - Boys restroom on Floor 1 by Exit 2
  - Girls restroom on Floor 2 near Auditorium

- No other restrooms will be available for activities inside the school.
- Locker rooms will be off limits during this phase, athletes should come dressed and prepared for activities.

Return to play Protocol:

- If an athlete or coach has symptoms of CoVid-19 via the pre-screening, review Premier Health “Return to Play Protocol” Sheet

Waiting Area:

- Roger Glass Stadium.
  - Athletes waiting for a ride home will have to wait along the sidewalk on Franklin and Perry while respecting social distancing. Coaches will monitor these athletes.
- Eagles Tennis Center
  - Athletes waiting for a ride home will have to wait along the sidewalk on Franklin while respecting social distancing. Coaches will monitor these athletes.
- Gym
  - Athletes waiting for a ride home will have to wait in the courtyard while respecting social distancing. Coaches will monitor these athletes.
- SCC
  - Athletes waiting for a ride home will have to wait along the sidewalk by the SCC while respecting social distancing. Coaches will monitor these athletes.

References:

- The information provided was gathered for the guidelines through multiple resources including the OHSAA, NFHS, and the CDC.