









## Clarkston School District Athletics Return to Play Guidelines- Summer 2020

The following guidelines govern social distancing and safety procedures for pupil activity programs that practice or training during the summer of 2020. All of these activities must be performed in accordance with Washington State Department of Health (“DOH”) orders, WIAA guidance, and the National Federation of High School Sports (NFHS) guidelines, and the procedures described below. These procedures are intended to adhere to DOH and WIAA requirements; if any of these procedures are in conflict with DOH orders or WIAA guidance as they currently exist or as they may be modified in the future, those other sources will control. This continues to be a fluid situation. As the Governor, OSPI, DOH and WIAA change their guidelines, we will reevaluate our plan.

<p style="text-align: center;"><b><u>Overall Summary</u></b></p>	<p><b>Fall HS athletic programs can begin workouts September 28th</b>  <b>HS Winter and Spring and Middle School programs can begin September 28th</b></p> <ul style="list-style-type: none"> <li>• All summer 2.0 workouts are voluntary</li> <li>• All summer 2.0 activities will be for the Clarkston School District Students only</li> <li>• All coaches, moderators, and students must abide by school and Department of Health guidelines</li> <li>• <b>Captain’s practices are NOT allowed</b> as a coach must be present to monitor student-athletes’</li> <li>• School equipment/uniforms MAY NOT be checked out to students to take home</li> <li>• Sports must adhere to the time schedule that is sent out</li> <li>• Parents, family members or friends cannot attend or participate in workouts</li> <li>• Coaches meetings should be virtually or maintain social distance, meetings for coaching staffs maintain distance</li> </ul>
<p style="text-align: center;"><b>Student Information</b></p> 	<ul style="list-style-type: none"> <li>• All student-athletes and parents must have all of the athletic registration forms filled out online (2020-21 School year) and approved by the main office and AD.</li> <li>• All student-athletes and parents must fill out the COVID-19 Screening form for athletics and activities and turn it into the main office PRIOR to participation (Has to be picked up and turned in at the main office)</li> <li>• Form will be checked daily for changes</li> <li>• Recommended that students who are riding together only come from the same household</li> <li>• Please pay close attention to the end times so your student won’t be waiting around and possibly congregating with others. Please leave school grounds immediately once the activity is over and you have picked-up your child</li> </ul>
<p style="text-align: center;"><b>Facilities</b></p> 	<ul style="list-style-type: none"> <li>• All practices/conditioning must be done on property of Clarkston School District.</li> <li>• Locker rooms will be closed. Participants should arrive in clothing appropriate for their activity and plan to shower at home afterwards</li> <li>• Restrooms will be open and cleaned each day. Only one student at a time in restrooms</li> <li>• Do not arrive more than 10 minutes prior to your child’s activity. Stay in your car when dropping off and picking up your child</li> <li>• No gathering before or after workouts with other students</li> <li>• Weather emergencies - students will be taken into the building for safety and then address social distancing, they will need to be picked up as soon as possible if there is weather emergencies</li> <li>• Due to inclement weather, workouts cannot be moved inside</li> <li>• Participants should leave school grounds as soon as their activity is over.</li> <li>• Coaches need to stay until last student is picked up</li> </ul>

<p><b>Facemasks</b></p> 	<ul style="list-style-type: none"> <li>Masks are required for students and required for coaches, unless such individuals are actively engaged in aerobic activity and responsibility of students.</li> </ul>
<p><b>Health Screening/Daily Check-in</b></p> 	<ul style="list-style-type: none"> <li>Parents will need to take your child’s temperature every day. If your child is experiencing symptoms consistent with illness, they must stay home</li> <li>Keep your child home if sick</li> <li><u>Temperature Check</u> - All coaches will check students’ temperature daily from parent or with school thermometer. Anyone with a temperature greater than 100.4° will not be allowed to participate and will be sent home. Coaches will also have their temperatures checked</li> <li><u>Sign-in/Health Screening</u> - Complete the COVID Screening Form for your child DAILY, if not, your child cannot work out (link is to the left) <ul style="list-style-type: none"> <li>Form must be completed the day of the workout</li> </ul> </li> <li>Coaches must complete attendance form daily. (Attendance will be sent to AD daily and by e-mail or google doc</li> </ul>
<p><b>Personal Hygiene</b></p> 	<ul style="list-style-type: none"> <li>Students will be required to bring their own water bottle, towel, etc. to workouts each day and will not be allowed to share items with other students</li> <li>Students will be required to clean their practice clothing and equipment after each use and wear clean clothes daily</li> <li>All coaches and students will be asked to wash their hands before and after the camp sessions</li> <li>Hand sanitation stations/restrooms will be available for student-athletes and staff</li> <li>No food will be allowed on campus during camps or workouts</li> <li>Coaches will enforce a “no touch rule” whenever possible. This includes no “high fives”, hand-shaking, and group huddles before, during or after an activity</li> <li>No physical contact between students, students and coaches, or with the AT (the AT will address medical emergencies - broken leg, dislocations, etc., if available)</li> </ul>
<p><b>Quarantine/Isolation Plan Return to Play</b></p> 	<ul style="list-style-type: none"> <li>Symptoms to look for: <ul style="list-style-type: none"> <li>Cough</li> <li>Shortness of breath or difficulty breathing</li> <li>Fever</li> <li>Chills - repeatedly shaking</li> <li>Muscle pain</li> <li>Headache</li> <li>Sore throat</li> <li>Loss of appetite or smell</li> </ul> </li> <li>A staff member or student who had signs of suspected or confirmed COVID-19 can return to the program when: <ul style="list-style-type: none"> <li>At least three days (72 hours) have passed since recovery – defined as no fever without the use of medications, and improvement in respiratory signs like cough and shortness of breath</li> <li>At least 10 days have passed since signs first showed up</li> <li>If a student or coach is exposed to someone with the virus the individual will need to quarantine for 14 days. This means they should not go to practices, work, child care, school, or public places for 14 days</li> </ul> </li> </ul>
<p><b>Grouping</b></p> 	<ul style="list-style-type: none"> <li>Students will work in groups of 10 or less (9 students plus one coach) (same students each day) <ul style="list-style-type: none"> <li>Workouts should be conducted in “pods” of students with the same 5-10 students and coaches always working out together. This ensures more limited exposure if someone develops an infection</li> </ul> </li> </ul>
<p><b>Cleaning</b></p> 	<p>Coaches will be responsible for ensuring cleaning/sterilization of all equipment and areas between camps:</p> <ul style="list-style-type: none"> <li>Give time for kids to wash hands throughout sessions</li> <li>Wipe down all equipment with disinfectant frequently during sessions</li> <li>Sterilize all equipment and clean areas between sessions</li> </ul>

## NFHS Return to play guidelines to Washington State COVID-19 safe return phases

<b>Phase one</b>	<ul style="list-style-type: none"> <li>No sports or activities</li> </ul>
<b>Phase two</b>	<p style="text-align: center;"><b>Stage 1</b></p> <ul style="list-style-type: none"> <li>There should be no shared athletic equipment (towels, clothing, shoes, or sports specific equipment) between students.</li> <li>Students should wear their own appropriate workout clothing (do not share clothing) individual clothing/towels should be washed and cleaned after every workout.</li> <li>All athletic equipment, including balls, should be cleaned after each use and prior to the next workout.</li> <li>Individual drills requiring the use of athletic equipment are permissible, but the equipment should be cleaned prior to use by the next individual.</li> <li>Resistance training should be emphasized as body weight, sub-maximal lifts and use of resistance bands.</li> <li>Free weight exercises that require a spotter cannot be conducted while honoring social distancing norms. Safety measures in all forms must be strictly enforced in the weight room.</li> </ul>
<b>Phase three</b>	<p style="text-align: center;"><b>Stage 2</b></p> <ul style="list-style-type: none"> <li>Lower risk sports practices and competitions may resume (see Potential Infection Risk).</li> <li>Modified practices may begin for Moderate risk sports.</li> <li>There should be no shared athletic towels, clothing or shoes between students.</li> <li>Students should wear their own appropriate workout clothing (do not share clothing), and individual clothing/towels should be washed and cleaned after every workout.</li> <li>All athletic equipment, including balls, should be cleaned intermittently during practices and contests.</li> <li>Hand sanitizer should be plentiful at all contests and practices.</li> <li>Athletic equipment such as bats, batting helmets and catchers gear should be cleaned between each use.</li> <li>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.</li> </ul>
<b>Phase four</b>	<p style="text-align: center;"><b>Stage 3</b></p> <ul style="list-style-type: none"> <li>Moderate risk sports practices and competitions may begin.</li> <li>There should be no shared athletic towels, clothing or shoes between students.</li> <li>Students should wear their own appropriate workout clothing (do not share clothing), and individual clothing/towels should be washed and cleaned after every workout.</li> <li>Hand sanitizer should be plentiful at all contests and practices.</li> <li>Athletic equipment such as bats, batting helmets and catchers gear should be cleaned between each use. Other equipment, such as hockey helmets/pads, wrestling ear guards, football helmets/other pads, lacrosse helmets/pads/gloves/eyewear should be worn by only one individual and not shared.</li> <li>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.</li> <li>Modified* practices may begin for Higher risk sports: *Continue pre-practice screening as in Stage 1 and 2.</li> <li>Shower immediately after practices/contests.</li> <li>Re-assess epidemiology data and experiences in other states and other levels of competition to determine when Higher risk sports competition may resume.</li> </ul>

### NFHS Potential Infection Risk by Sport

- **Higher Risk:** Sports that involve close, sustained contact between participants, lack of significant protective barriers, and high probability that respiratory particles will be transmitted between participants.
  - *Examples: Wrestling, football, 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: Basketball, volleyball\*, baseball\*, softball\*, soccer, tennis\*, swimming relays, pole vault\*, high jump\*, long jump\*, 7 on 7 football, sideline cheer*
    - \*Could potentially be considered "Lower Risk" with appropriate cleaning of equipment and use of masks by participants
- **Lower Risk:** Sports that can be done with social distancing or individually with no sharing of equipment or the ability to clean the equipment between use by competitors.
  - *Examples: Individual running events, throwing events (javelin, shot put, discus), individual swimming, golf, weightlifting, cross country running (with staggered starts)*