

# Covington High School Athletics & Activities

## Return to Training Guidelines

### 2020-2021

#### **QUICK FACTS:**

- **All summer workouts and conditioning sessions are voluntary and optional.**
- Choosing not to participate in the summer conditioning sessions is a personal family decision. Each participant's personal decision will be respected by coaches and members of CCPS.
- Attendance of these summer optional conditioning sessions has **no** effect on being chosen for a roster.
- Any athlete participating in workouts **MUST HAVE A CURRENT VHSL PHYSICAL** on file with the CHS Athletics Department before participating in any in-season activity - **NO EXCEPTIONS!!**
- Coaches and participants will be screened prior to each activity (see monitoring form attached). Any participant or coach with a temperature  $\geq 100.4$  or answers yes to any of the screening questions, will not be allowed to participate and will be isolated until departing the facility - **NO EXCEPTIONS!!**
  - 1 **He/she will need a release note from a healthcare professional before being allowed to return to participation in CHS Athletics/Activities.**
  - 2 **Records of each screening must be retained in order to allow contact tracing in the event an employee or participant tests positive.**
- Hygiene is of the utmost importance. Disinfecting sprays, wipes, and hand sanitizer will be used to clean and disinfect facilities and equipment before, during, and after activities/workouts.
- Participants are strongly encouraged to wear face masks or coverings when in the building/weight room, activity spaces, and/or outside, except that individuals who are actively exercising are not required to wear masks. Employees are expected to wear face coverings unless actively exercising.
- Workouts will involve conditioning, weight training, and/or position specific drills, and should take into account fitness loss during the shutdown so as to avoid or minimize unnecessary injury.
- Any equipment that is used must be sanitized after each individual.
- Gloves are highly encouraged to be worn to catch, shoot and/or hit any type of ball or to use equipment.
- All participants must complete a contact information sheet with their coach.
  - 1 This will be shared and filed with the CHS Athletics Office.
- Parents must sign a Voluntary Participation Form prior to each participant being allowed to participate in any activities.
- Drop off and pick up through specified doors / enter and exit only.

*Recommendations and restrictions are fluid and subject to change. Safety is our top priority!!*

- 1 Parents will be required to wait in their cars in the parking lot (practicing social distancing) or leave the premises during training sessions.
  - 2 Parents will need to stay on the premises until the participant has been screened/checked in and approved to participate.
- Groups will include the same participants (including coaches) for each session to limit the risk of exposure. Each participant shall remain on the same schedule for the session to which they are assigned in order to minimize cross-exposure and unnecessary additional contacts among individuals.
  - No use of locker rooms or shower facilities will be permitted at this time. Athletes should report **fully** dressed to participate and shower and launder their clothing as soon as they arrive at home. Shirts must be worn by all athletes at all times. Washing hands or use of hand sanitizer will be required before any conditioning or participation in any athletic activities.
  - Weight equipment will be cleaned prior to each workout and sanitized between use by each athlete.
  - Hand sanitizer will be available in the weight room and other facilities or activity spaces.
  - Social distancing is a top priority and masks/face covering are recommended while participating in activities.
    - 1 Mask/face coverings are highly recommended, particularly where specific social distancing regulations cannot be maintained.
  - At least 10 minutes should be scheduled between groups to allow for disinfecting the facility or space and to minimize crossover or gatherings that might increase exposure risk.
  - No visitors are allowed except within the guidelines of VDH, VDOE, and the VHSL.
  - Personal property or equipment of a participant should be spaced out at least 6 feet from all other equipment.
  - The use of shared equipment will be limited and sanitized after each use.
  - Participants are to refrain from any physical contact. This includes handshakes, high-fives, fist bumps, chest bumps or any other celebration/greeting.
  - Shared water sources will not be permitted. Participants are expected to bring water, in personal containers, from home and in sufficient quantities appropriate to their activity.
  - No visitors are allowed to attend conditioning sessions - including parents/guardians.

**Covington High School Athletics 2020 - 2021  
Guidelines for Resuming School Sports**

**3 Risk Categories:**

- **Lower Risk Sports:** Band, Sideline Cheerleading, Cross Country, E-Sports, Golf, Swim & Dive, Tennis, Track & Field (individual races and throwing events), Scholastic Bowl.
- **Moderate Risk Sports:** Baseball, Basketball, Field Hockey, Soccer, Softball, Track & Field (pole vault\*, high jump\*, long jump\*), and Volleyball.
- **Higher Risk Sports:** Competition Cheerleading, Football, Wrestling.

1. *Guidelines for phases below coincide with the reopening phases of Virginia.*

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2. *Different sports may be in different phases based on their risk category.*
3. *These guidelines are subject to change with further guidance from our state/local health departments.*

### **Activities Phase 1 (Workouts Permitted for all sports and activities) Pre-workout Screening:**

- All coaches and students will be screened for signs/symptoms of COVID-19 before **every** workout. Coaches will complete the monitoring form in its entirety for **every** workout.
- Any person reporting positive symptoms within the last 14 days will not be allowed to participate in workouts and will be isolated and directed to go home and call/visit a healthcare professional. The participant must then be released by the healthcare professional before he/she will be allowed to participate in CHS Athletics/Activities. Any suspected or confirmed cases during screening will be privately reported to the Athletic Director. Contact tracing will be conducted to identify potential exposure.
- ***Vulnerable individuals will not observe or participate in any in-person workouts during Phase 1. Accommodations should be made available, to the extent reasonable, for participation in a substantially similar manner.***

### **Limitations on Gatherings:**

- NO gatherings of more than 10 people at a time (inside or outside)
- NO locker room use in Phase 1
- Workouts will be conducted in “pods” with the same group of students always working out together
- A 10ft. minimum distance between each individual at all times (inside or outside)

### **Hygiene & Cleaning:**

- Facilities will be cleaned by trained staff before and after use
- Before any workouts begin, all individuals will wash their hands with warm water and soap for a minimum of 20 seconds or use hand sanitizer to help decrease the spread of germs.
- Hand sanitizer will be readily available for use throughout workouts
- All individuals will supply their own water container. The school will not provide shared water containers. Water fountains will not be allowed for use.

### **Activity & Equipment:**

- NO shared equipment between students including towels, balls, specific equipment
- All equipment, including balls, will be cleaned after each use and prior to the next workout.
- Each piece of weight room equipment must be cleaned after use before the next individual uses the same equipment.

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- Each individual must keep appropriate attire on at all times (shoes, shirts, etc.) to help decrease the spread of germs.
  - NO weightlifting exercises that require a spotter are allowed in Phase 1.
- Examples under Phase 1:**
- Volleyball players are not permitted to use a single ball that others touch or hit in any manner
  - Football players are not permitted to participate in drills where a single ball will be handed off or passed to other teammates.
  - NO contact allowed and no sharing of tackling dummies, sleds, etc.
  - Basketball players may shoot with a single ball, but no passing of a single ball among players.
  - Softball & Baseball players will not share gloves, bats, or helmets. A single player may hit in cages. Throwing practice may occur to a net, NO catcher. A single ball may not be tossed or used among the team. Baseballs and Softballs will be cleaned prior to another athlete using the same ball.
  - Wrestlers may do skills and workouts without touching a teammate provided the mat space is cleaned between individual use and each participant is 10 feet from any other individual.
  - Cheerleaders may not perform partner stunts or pyramids. Cheers, dances, & jumps without contact are permissible, but should maintain 10 feet between every individual present.
  - Runners will maintain the recommended 10 feet of distancing between individuals
  - Golfers will not share clubs or golf balls

**Phase 2 (Workouts/Some Practices & Contests Permitted) Contests must be permitted by VHSL Pre-workout/Contest Screening:**

- All coaches, students & contest officials will be screened for signs/symptoms of COVID-19 before any workout, practice or contest. Coaches will complete the Monitoring Form in its entirety for EVERY workout or practice. The event supervisor or Certified Athletic Trainer will complete the Monitoring Form for contests.
- Any person reporting positive symptoms will not be allowed to participate in workouts and will be isolated and directed to go home and call/visit a healthcare professional. The person then must be released by the healthcare professional before being allowed to participate in CHS Athletics/Activities. Any suspected or confirmed cases during screening will be privately reported to the Athletic Director. Contact tracing will be conducted to identify potential exposure.
- ***Vulnerable individuals will not observe or participate in any in-person workouts or contests during Phase 2. Accommodations should be made available, to the extent reasonable, for participation in a substantially similar manner.***

**Limitations on Gatherings:**

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- NO gatherings of more than 50 people at a time inside/outside. There must be at least 10ft distance between individuals at all times (inside/outside).
- No locker rooms will be used during phase 2.
- Workouts will be conducted in “pods” with the same group of students always working out together
- A minimum distance of 10ft. between each individual at all times (inside or outside)

#### **Hygiene & Cleaning:**

- Facilities will be cleaned by trained staff before and after use.
- Before any workouts begin, all individuals will wash their hands with warm water and soap for a minimum of 20 seconds or use hand sanitizer.
- Hand sanitizer will be readily available to use throughout practices & contests
- All individuals will supply their own water container. The school will not provide shared water containers. Water fountain use will not be allowed.

#### **Activity & Equipment:**

- Lower risk sports practices and competitions may resume (competitions must be permitted by the VHSL)
- Modified practices may begin for moderate risk sports.
- Social distance measures will be enforced on the sidelines/benches between all athletes and coaching staff
- All equipment, including balls, will be cleaned intermittently during practices and contests. Bats, helmets, & catching gear will be cleaned between each use.
- No pregame or postgame handshakes, high fives, etc.
- No sharing of towels
- Each piece of weight room equipment must be cleaned after use before the next individual uses the same equipment.
- For weightlifting that requires spotters, they are permitted but will stand at each end of the bar.

### **Phase 3 (Workouts/Some Practices & Contests Permitted) Contests must be permitted by the VHSL.**

#### **Pre-workout/Contest Screening:**

- Any person who has had any of the symptoms on the monitoring form in the previous 14 days will not be permitted to participate and will be directed to go home and contact their healthcare provider for release.
- A record will be kept of all individuals present by coaches and shared with the CHS Athletic Department/School Administration.
- Vulnerable individuals can resume in-person activities, but should practice social distancing and minimize exposure where distancing is not practical

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### **Limitations on Gatherings:**

- Gathering sizes of up to 50 individuals (indoor & outdoor)
- When not directly participating in practices or contests, a minimum of 6 ft. will be required between each individual.
- No locker rooms will be used during phase 3.

### **Hygiene & Cleaning:**

- Facilities will be cleaned by trained staff before and after use.
- Before any workouts begin, all individuals will wash their hands with warm water and soap for a minimum of 20 seconds.
- Hand sanitizer will be readily available to use throughout practices & contests.
- All individuals will supply their own water container. The school will not provide shared water containers. Hydration stations/water fountains will not be used unless absolutely necessary.

### **Activity & Equipment:**

- Lower and moderate risk sports practices & competitions may resume (competitions must be permitted by VHSL).
- Modified practices may begin for higher risk sports
- Screening will be required for every practice or event.
- No sharing of equipment, towels, or clothing of any kind.
- Equipment such as bats, helmets and catching gear will be cleaned between each use. Football helmets & wrestling gear will only be used by one individual and not shared.
- No pregame or postgame handshakes, high fives, etc.

### **Guidelines for Transportation to Events**

- School Administration/Designee, Athletic Director & Transportation Director will develop a plan for social distancing requirements on school buses/vans for away events if competitions are permitted to resume.
- Multiple modes of transportation may be required
- Parent/Guardian Transportation may be needed and encouraged

### **Guidelines for Contests/Event Crowd: Who can attend events?**

- **Tier 1 (Essential):** Athletes, coaches, officials, event staff, medical staff, security
- **Tier 2 (Preferred):** All of tier 1 and the media
- **Tier 3 (Non-essential):** All of tier 1 and 2, spectators, vendors
- School administration will decide which of the above tiers will be allowed into events based on Virginia's guidelines for mass gatherings.
- Only tier 1 and 2 personnel will be allowed to attend events until state/local health departments lift restrictions on mass gatherings.

### **Coaches' Responsibilities**

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- Complete all required training in regards to cleaning facilities and equipment.
- Make sure all health screenings are completed and documented daily and submitted to the School nurse/Certified Athletic Trainer weekly.
- Any health concerns must be reported to the Athletic Director immediately.
  - Any concerns that arise with daily screening must also be reported to the parent or guardian immediately and documented.
- Make sure all facilities and equipment are cleaned as frequently as required.
- Any release from a health care provider needs to be turned in to the Athletic Department for evaluation prior to the participant resuming activity.
- Coaches/supervisors cannot transport students to and from activity sessions.
- Notify students that they cannot transport each other to/from workouts.

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**Voluntary Participation Form**  
**Extra-Curricular Activities Relating to Coronavirus/COVID-19**  
**Student/Parent Form**

The Novel Coronavirus, COVID-19, has been declared a worldwide pandemic by the World Health Organization. COVID-19 is extremely contagious and is believed to spread mainly from person-to-person contact. As a result, federal, state, and local governments and federal and state health agencies recommend social distancing and have, in many locations, prohibited the congregation of groups of people.

Covington City Public Schools (CCPS) has developed preventative measures intended to reduce the spread of COVID-19; however, CCPS cannot guarantee that you or your athlete will not be exposed to or become infected with COVID-19. Furthermore, using our facilities and or attending conditioning sessions could increase your athlete's risk of being exposed to and contracting or carrying COVID-19.

By signing this agreement, I acknowledge the contagious nature of COVID-19, and the possibility that my child or others with whom he/she has contact (myself, coworkers, other family members, neighbors, friends) may be exposed to the coronavirus and may suffer sickness, severe illness, death, or other personal injury or property damage. I understand these risks may be elevated in the case of athletics or other extracurricular activities where physical proximity is inherent in the activity. I understand and agree CCPS cannot completely mitigate the transfer of communicable diseases like COVID-19 especially when involved in sports or other extracurricular activities. I understand that the risk of becoming exposed to or infected by COVID-19 during activities as a CHS student may result from the actions, omissions, or negligence of myself and others, including, but not limited to coaches, student-athletes and others.

I expressly and voluntarily agree to assume all of the foregoing risks and accept sole responsibility for any injury to my athlete or myself (including, but not limited to, personal injury, disability, and death), illness, damage, loss, claim, liability, or expense, of any kind, experienced or incurred in connection with the foregoing risks assumed as a result of my athlete's attendance or participation in extracurricular activities sponsored by CCPS.

**Print Name Student-Athlete** \_\_\_\_\_

**Signature of Student-Athlete** \_\_\_\_\_

**Date** \_\_\_\_\_

**Print Name of Parent/Guardian** \_\_\_\_\_

**Signature of Parent/Guardian** \_\_\_\_\_

**Date** \_\_\_\_\_

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**Assumption of Risk**  
**Extra-Curricular Activities Relating to Coronavirus/COVID-19**  
**Coach Form**

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Covington City Public Schools (CCPS) has developed preventative measures intended to reduce the spread of COVID-19; however, CCPS cannot guarantee that you will not be exposed to or become infected with COVID-19. Furthermore, using our facilities and or attending conditioning sessions could increase your risk of being exposed to and contracting or carrying COVID-19.

By signing this agreement, I acknowledge the contagious nature of COVID-19, and the possibility that I or others with whom I have contact (coworkers, family members, neighbors, friends) may be exposed to the coronavirus and may suffer sickness, severe illness, death, or other personal injury or property damage. I understand these risks may be elevated in the case of athletics or other extracurricular activities where physical proximity is inherent in the activity. I understand and agree CCPS cannot completely mitigate the transfer of communicable diseases like COVID-19 especially when involved in sports or other extracurricular activities. I understand that the risk of becoming exposed to or infected by COVID-19 during activities at CCPS may result from the actions, omissions, or negligence of myself and others, including, but not limited to colleagues, student-athletes and others.

I expressly and voluntarily agree to assume all of the foregoing risks and accept sole responsibility for any injury I may suffer or endure (including, but not limited to, personal injury, disability, and death), illness, damage, loss, claim, liability, or expense, of any kind, experienced or incurred in connection with the foregoing risks assumed as a result of my attendance or participation in extracurricular activities sponsored by CCPS.

**Print Name of Coach** \_\_\_\_\_

**Signature of Coach** \_\_\_\_\_

**Date** \_\_\_\_\_

***\*I have successfully completed the training for temperature checks and how to properly cleanse facilities/equipment.***

***Initials*** \_\_\_\_\_ ***Date*** \_\_\_\_\_

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