



# Eisenhower HS Site Plan Athletics Reopening

## Eisenhower Athletics Guidelines

EHS Spring & Fall Sports will return to outdoor conditioning practice. At this time, there will be NO indoor practices or competitions. Certain outdoor Spring Sports may have the opportunity to compete. At all times, coaches and athletes are required to follow daily protocols.

Sports & Season	Outdoor Conditioning Return Date
<u>CIF Spring Season</u> Badminton, Baseball, B/G Basketball, B/G Soccer, Softball, B/G Swimming/Diving, B/G Tennis, Track & Field, Boys Volleyball, B/G Wrestling	<b>April 5<sup>th</sup></b>
<u>CIF Fall Season</u> Cheer, Cross Country, Football, Girls Volleyball, B/G Water Polo	<b>April 19<sup>th</sup></b>

## Practice Times & Team Requirements

- Teams and/or athletes are to practice for **no longer than 2 hours per day**. This includes skill practice, conditioning, and weight training.
  - Practice Schedule will be created by Athletic Director for all programs.
  - Practice schedule MUST be followed by each coach & team daily.
    - Practice schedule is subject to change.
- **Athletes can only play 1 sport/cohort at one time. Once athlete completes their sports season, they MUST wait 14 days or provide a Negative COVID-19 Test prior to joining the next sport.**
- **Coaches can only coach 1 sport/cohort at one time. Once Coach completes their sports season, they MUST wait 14 days or provide a Negative COVID-19 Test prior to joining the next sport.**
- Each sports season will have a designated start date, practice times & practice locations.
- Check-in times will be given to each team, athletes must arrive during the check-in time.
- Coaches MUST arrive at least 30 minutes prior to the start of practice.
- NO LATE ATHLETE/COACH ARRIVALS if you miss the designated check in time you will not be allowed in for that day.
- Coaches will meet their team/pod at the designated check-in location, once athletes are screened, coaches will walk with their team/pod to their designated practice area.

## Spring Sports Competition & Senior Night/Banquet

- If/when spring sports competition is permitted, there will be NO spectators.
- End of season accolades (i.e., Senior Nights/Banquets) will need to be done virtually or drive-thru celebrations.
- Review practice or game footage virtually, to the greatest extent possible. If not feasible, then it should be conducted outdoors, with all participants wearing face coverings and following appropriate physical distancing measures.

## Safety

EHS will need 3-4 security officers to work the duration of the practice times each day.

- 1 safety officer needed at check-in location for entire duration of check-in times.
- 2-3 safety officers needed to patrol practice areas, ensure all surrounding gate stayed locked, open gates when teams exit out of designated pick-up locations.

## Custodial

- At least one custodian from 3:00-8:00 PM to disinfect restrooms and remove trash.

## Coaching Requirements

- All coaches MUST be cleared through RUSD Personnel Office prior to coming to campus and making contact with athletes.
- All coaches MUST attend Mandatory EHS Coaches Meeting(s) prior to coming to campus and making contact with athletes.
- All coaches will complete an Online Daily Screening Monitoring Questionnaire through AT Genius.

## Student-Athlete Requirements

- All student-athletes MUST be cleared by the Athletic Director prior to the first practice day.
  - Requirements for student-athletes to get cleared.
    - Sports Physical
    - RUSD Covid Liability Waiver
    - Proof of Medical Insurance
    - Completion of Online Athletic Clearance
      - Student-athlete MUST upload pictures of physical, liability waiver & medical insurance card onto their Athletic Clearance Profile.
- All student-athletes will need to complete an online COVID-19 Pre-Participation Questionnaire prior to the first practice day. (Using AT Genius)
- All student-athletes will complete an Online Daily Screening Monitoring Questionnaire through AT Genius.

## Facilities

- All practices, conditioning, weight training, etc. must be performed outdoors.
- Due to constructions teams will NOT be allowed to run through the campus hallways & various parts of campus.
- NO Locker Room access for athletes/coaches.
- NO Indoor Coaches Meetings will be allowed at this time.
  - Coaching staffs are encouraged to meet virtually or outside with proper social distance and masks.

- Old Weight-Room for outdoor use ONLY. Spring Sports will have priority.
  - Athletic Director will create schedule.
  - Coaches will be responsible for disinfecting equipment between each use.
  - Only 6 athletes & 2 coaches allowed in the outdoor gated weight area.
  - Some equipment will be moved outside of weight room but will need to be cleaned and put back inside after use. (i.e., dumbbells, barbells, plates, mats)
- New Weight-Room for outdoor use ONLY.
  - **Athletic Director will let you know when teams can have access.**
- Training Room Protocols must be followed at all times.
  - No students are allowed in the Athletic Training Facility unless the Athletic Trainer is present.
- On-Campus Restroom Access:
  - Stadium
  - Pool
  - Softball/Soccer Field
  - Girls PE
  - Var Baseball Field Port-a-Potty
- Practice Facilities/Areas
  - Pool – **Practice Area 1**
  - Ronnie Lott Stadium – **Practice Area 2**
  - JV Baseball Field – **Practice Area 3 (This area is big enough for 2-3 pods)**
  - Blacktop behind Gym – **Practice Area 4**
  - Varsity Baseball Field - **Practice Area 5**
  - Blacktop between Tennis Courts & Girls Locker Room - **Practice Area 6**
  - Tennis Courts - **Practice Area 7**
  - Quad - **Practice Area 8**
  - Softball/JV Soccer Field - **Practice Area 9 & 10**

***Practice Areas can be shared amongst teams/pods if adequate distance can be sustained by each team/pod.***

## Daily Protocols & Procedures

- Coaches MUST arrive at least 30 minutes prior to practice time. Coaches will be screened daily at designated check-in area (**see map**).
  - Coaches will wear a mask at all times while on campus.
- Athletes will arrive during their check-in time at designated entrance area for screening (**see map**).
  - Athletes MUST arrive wearing a mask and social distance from other students.
- NO LATE ATHLETE/COACH ARRIVALS if you miss the designated check in time you will not be allowed in for that day.
- Athletic Trainer & Athletic Director will screen coaches & athletes. Screening will require daily temperature checks & questionnaire.
  - Failed temp check (100.4F) athletes will be isolated for 5 minutes then checked again if a 2<sup>nd</sup> fail the athlete must go home for day. They may return next day and start over.
    - Fever alone without any other signs of COVID-19 would NOT require a physician clearance. Send home for the day and they can return the next day.
    - Fever alone without any other signs of COVID-19 over multiple days (3 consecutive) WOULD require physician clearance.
    - Fever plus other signs of COVID-19 WOULD require physician clearance on the first day.
- Coaches and Athletes will receive a colored wristband after clearing screening process. (**Wristband color will change daily**)
- Parents will be required to stay until their athlete clears the screening process.
- Athletes that walk or drive to practice will be given a specific wristband color so they can be identified when exiting campus.

- If these students DO NOT pass the screening process parent/guardian must be contacted prior to releasing student.
- Coaches will meet their team/pod at the designated check-in location, once athletes are screened, coaches will walk with their team/pod to their designated practice area.
- Team pods must not exceed 25 athletes. Athletes & coaches must remain in their pods for the duration of practice.
- Coaches will keep a daily log of their pods. Athletes will NOT change pods & coaches cannot move from pod to pod.
  - Coaches will turn in their pod list to Athletic Director.
- Teams must stay in their designated practice area and follow the daily practice schedule.
- At the completion of practice, coaches will walk with their team/pod to their designated pick-up areas. **(see map)**
  - Athletes & Coaches will social distance in designated pick-up areas.
  - Coaches MUST walk & wait with their team until all athletes have been picked up.
  - Athletes that DO NOT get picked-up in a timely manner may lose practice privileges. (Parents will first be notified)
  - If ANY athlete(s) are found “hanging around” on campus w/o a coach, team could lose practice privileges.
  - **IMPORTANT NOTE: If the daily protocols & procedures are NOT followed by all coaches & athletes:**
    - Team practice(s) may be suspended.
    - Individually athletes may be suspended from practice(s)

## Returning to Sports after Infection

- No one with symptoms of COVID-19 or who is in isolation or quarantine for COVID-19 is permitted to attend practices or competitions.
- Anyone with symptoms of COVID-19 should consult their physician for testing and notify their coach, athletic trainer and/or school administrator of their symptoms and test results.
- Youths recovering from COVID-19 will have different paths to return to sports based on the severity of their illness. See the [American Academy of Pediatrics Interim Guidance on Return to Sports \[1\]](#) for additional guidance for more serious infections.

***Additional protocols will be put in place from the Athletic Trainer per the guidelines from American Academy of Pediatrics.***

## Physical Activity & Equipment Protocols

- Outdoor conditioning, practice and other training will be conducted in “pods” of no more than 25 students per pod.
- When equipment is shared during an activity, participants perform hand hygiene (wash hands with soap and water or use an alcohol-based hand sanitizer) before play, during breaks, at half time, and after the conclusion of the activity.
  - Balls or other objects or equipment can be touched by multiple players during practice and play if the above hand hygiene practices are followed.
- Coaches are responsible to sanitize & disinfect ALL equipment after each individual use and prior to the next workout.
- Individuals should wash their hands for a minimum of 20 seconds with warm water and soap or use hand sanitizer before touching any surfaces or participating in workouts.
- Hand sanitizer will be available for coaches & students as they transfer from place to place.
- Athletes should wear their own appropriate workout/performance related clothing (do not share clothing). Individual clothing/towels should be washed and cleaned after every workout.

## Athletic Trainer & Training Room Protocols

- Athletic Trainer will assist with daily check-in/screening process of all coaches & athletes.
- AT will provide all coaches with the TR protocol & procedures prior to the start of outdoor conditioning.
  - Training Room Protocols must be followed at all times.
- No students are allowed in the Athletic Training Facility unless the Athletic Trainer is present.
  - Only 2 athletes will be allowed in the training at one time.
- AT will use cart to drive around to check in on various practices & assist with sanitation of hydration stations.
- AT will clean training room & any water jugs used on a regular basis.
- Students will receive limited treatment during conditioning practice.
  - Athletic Trainer may send athlete home if injury requires more treatment.
- Athletic Trainer will provide ice to student when needed.

## Sanitation & Hydration

- Sanitation Stations will be located at check-in, near all practice areas and training room.
  - Sanitation Stations will either be a portable sink or hand sanitizer.
- All students shall bring their own water bottle. **Water bottles must not be shared.**
- Hydration stations (water cows, water trough, water fountains, etc.) may be utilized but must be cleaned after every practice/contest.
- If hydration stations are set up around practice areas, they will be located right next to sanitation station (either a sink or hand sanitizer).
  - ALL individuals who filling up water bottle MUST first sanitize their hands.

## Face Coverings

- Face covering worn by participants during practice, conditioning and during competition, even during heavy exertion as tolerated. See the [American Academy of Pediatrics Interim Guidance on Return to Sports \[1\]](#) for specific exceptions where the face covering may become a hazard.
- Students are NOT allowed to wear plastic face shields during practice.
- It is required that coaches & students wear cloth face coverings at all times and especially when physical distancing is not possible.

## Physical Distancing

- Maintain at least six feet of distance between sport participants and others to the maximum extent possible, including when on the sidelines.
- Maintain at least 6 feet of distance between coaches and participants and facilitate physical distancing between participants to the maximum extent possible.