

Return to Play

Guidance and Procedures

June 15, 2020

**Return to Workouts**

Start Date: June 15th, 2020 - HCS Schools

I. GHSA Recommendations

* All summer work is voluntary.
* Schools/ School Systems may be more restrictive than the GHSA but not less.
* Workouts are conditioning only, no balls or sport specific equipment.
* Member schools should prepare an Infectious Disease Prevention Plan prior to staff and athletes returning to conditioning.
* It is recommended that staff and athletes are screened prior to each workout (see sample monitoring form attached).
* Signage should be posted on site with the following:
* Do you or have you had a fever in the last week?
* Have you had any respiratory or flu-like symptoms in the last week (coughing, vomiting, sore throat, nausea, shaking with chills, and/or loss of smell)?
* Have you been diagnosed with COVID-19?
* Have you been in contact with anyone diagnosed with COVID-19?
* Have you traveled to a “hot spot” for COVID-19?
* Groups of 20, including coaches, for workouts **per sport** at any given time at the campus/facility.
* Groups should be the same individuals (including coaches) for each session to limit risk of exposure. Student or coaches CANNOT change groups for the duration of this guidance.
* No use of locker rooms or shower facilities. Students should report to the facility dressed to condition and shower at home.
* Weight equipment should be cleaned prior to each workout and sanitized between use by each student.
* Hand sanitizer should be plentiful and readily available.
* Each student should have their own personal water bottle. No use of water fountains or “water cows” is allowed.
* Side spots only in weight training, safety bars are preferred.
* Social distancing should be adhered to always and masks/face covering are recommended for the weight room.
* At least 15 minutes should be scheduled between groups to allow for disinfecting the facility.
* There is no competition allowed between schools.
* No visitors are allowed at conditioning sessions.

II. Clarification of the GHSA Guidelines for HCS

* All summer work is voluntary.

Coaches must be understanding that some students and parents will be hesitant about returning.  There will be no consequences for not participating in voluntary workouts.

* Schools/ School Systems may be more restrictive than the GHSA but not less.
* Workouts are conditioning only, no balls or sport specific equipment.

No additional equipment or sport specific equipment is allowed. To be clear, this is simply lifting weights and conditioning activities.

* Member schools should prepare an Infectious Disease Prevention Plan prior to staff and athletes returning to conditioning.

Each school will have a copy of the board policy, district plan, and have a local plan in place.

* It is recommended that staff and athletes are screened prior to each workout (see sample monitoring form attached).

The district will provide the specific guidelines that must be followed prior to the start of each session.

* Signage should be posted on site with the COVID-19 exposure questions.
* Groups of 20, including coaches, for workouts **per sport** at any given time at the campus/facility.

This means that only 20 people **per sport** including coaches are allowed on campus at the same time. Groups of 20 of different sports are allowed on campus at the same time if they are in different facilities.

* A school can have 20 volleyball players in the gym, 20 football players in the weight room, and 20 XC runners in the stadium at the same time –
* A school cannot have a group of 20 football players in the weight room and 20 football players in the stadium at the same time.
* School facilities include the weight room, stadium, gym, small gym, practice field, baseball field, and softball stadium.

* Groups should be the same individuals (including coaches) for each session to limit risk of exposure. Student or coaches CANNOT change groups for the duration of this guidance.
* Athletic Trainers are support personnel and do not count towards the 20-person limit
* No use of locker rooms or shower facilities. Students should report to the facility dressed to condition and shower at home. Restrooms will be cleaned daily but no usage of locker rooms at all.
* Weight equipment should be cleaned prior to each workout and sanitized between use by each student.

The coaches will be trained on cleaning expectations.  We are encouraging all to embrace a culture of cleaning.

* Hand sanitizer should be plentiful and readily available.
* Each student should have their own personal water bottle. No use of water fountains or “water cows” is allowed. This must be communicated ahead of time for the students.  The school or outside organizations can provide single use bottles of water. During the daily check in process it will be required that the student has a water bottle with them or they will not be allowed to participate.
* Side spots only in weight training, safety bars are preferred.
* Social distancing should be adhered to always and masks/face covering are recommended for the weight room.

Students are encouraged to bring their own face covering for any indoor activities.

* At least 15 minutes should be scheduled between groups to allow for disinfecting the facility.

Coaches need to schedule their groups and allow enough time for the previous group to exit the school before the next group arrives on campus.

* There is no competition allowed between schools.

There are no competitions with other schools – no 7 on 7, no basketball games, etc.  This is just lifting and conditioning. No scrimmages or contests between players are allowed.

* No visitors are allowed at conditioning sessions.

III.   GHSA Workout Questionnaire

1. Do you or have you had a fever in the last week?

1. Have you had any respiratory or flu-like symptoms in the last week (coughing, vomiting, sore throat, nausea, shaking with chills, and/or loss of smell)?

1. Have you been diagnosed with COVID-19?

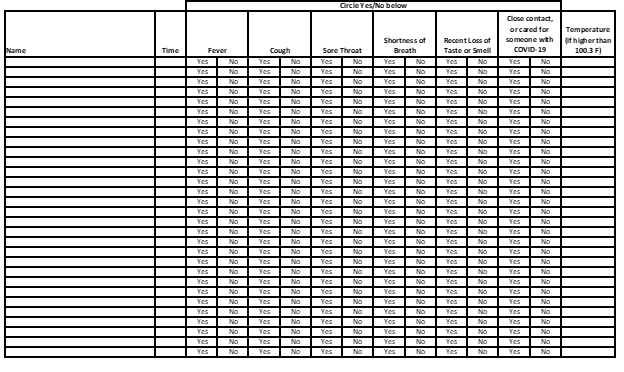
1. Have you been in contact with anyone diagnosed with COVID-19?
2. Have you traveled to a “hot spot” for COVID-19?

1. Process for screening and testing
2. Every athlete, coach, or staff member will be screened prior to participating in any workout using the attached (school generated) COVD 19 screening form and all screenings will be documented.
3. If an athlete presents with symptoms, the athlete will be removed from activity and will not be allowed to return until:
4. Proof of a negative COVID 19 test and/or clearance from a Health Care Provider
5. 14-day quarantine and symptom free - if not tested or cleared by a Health Care Provider
6. If at any time an athlete/coach/staff tests positive for COVID 19 or comes in contact with someone who tests positive, will not be allowed to return until:
7. Completion of the 14-day home isolation/quarantine per CDC/Georgia public health guidance
8. If person test negative during the 14-day self-quarantine and symptom free - 14 day home isolation is still required per GDPH Guidance
9. Follow return guidance from CDC/GDPH for those who test positive and are asymptomatic - 14-day self-isolation.
10. The group that person was a member can return after the facility has been cleaned and it is safe to return.
11. In case of a failed screening, the coach will complete and email the form to the Head Athletic Trainer and/or Athletic Director for filing purposes.  All other forms will be submitted to the school AD at the end of the week.
12. Self-monitoring is to be instituted continuously. All athletes, coaches, and staff are to be educated as to the importance of and signs to be monitored via this process.
13. Reported self-monitoring positives are to follow the above process for screening and testing as indicated and recorded in the athlete’s record.

1. Protocols for Daily Sessions
2. Prior to the start of training sessions, the schools/coaches must schedule their student athletes and sports.  The athletes must remain in the same groups during phase 1.
3. Each student will need to answer the GHSA required questions everyday:
4. Do you or have you had a fever in the last week?
5. Have you had any respiratory or flu-like symptoms in the last week (coughing, vomiting, sore throat, nausea, shaking with chills, and/or loss of smell)?
6. Have you been diagnosed with COVID-19?
7. Have you been in contact with anyone diagnosed with COVID-19?
8. Have you traveled to a “hot spot” for COVID-19?

1. Temperature checks may occur for each student athlete.
2. The coach/trainer must complete the suggested chart every single day (temperatures and questions).
3. Follow the flow chart of questions based on the athlete’s answers.
4. Each student must wash their hands prior to starting workouts.
5. Coaches need to encourage students to not rub their eyes or wipe their mouths with their hands while they are working out.
6. It is encouraged but not mandatory that HCS staff, student athletes, and athletic trainers wear masks while working out inside.
7. Social Distancing must be practiced at all times.
8. While there are no specific time limits on work outs, coaches should use good judgement in easing student athletes back into normal routines.
9. NO VISITORS ARE ALLOWED! (Parents, reporters, etc….)

1. Cleaning Procedures for the Weight Room
2. The weight room must be cleaned prior to the start of first session.
3. Each weight bench must be wiped down after every use.
4. The entire room must be cleaned at the end of the night.
5. Wipes and hand sanitizer should be available in the weight room
6. After the last session of the day, the coach should use the sprayer to spray down the entire weight room.
7. School administration should create a plan for custodians should clean the weight room each night.
8. Student Questionnaire and Chart



**IV.  HCS Infectious Disease Template**

**Purpose**

 With the recent occurrence of COVID-19 and concerns for re-opening of high school athletics, the following guidelines are being implemented. These guidelines are for the protection of all athletes, coaches, athletic training and other medical personnel, and affiliated support staff in accordance with current Governor’s Office, Centers for Disease Control and Prevention (CDC), and Georgia High School Association (GHSA) guidelines/policies. These guidelines are subject to change as time, information, and research is updated. It has been established by health care authorities and leaders to have a process for screening and educating athletes, parents, and staff to self-monitor and report pertinent changes as they are encountered.

**Process for screening and testing**

1. Every athlete, coach, or staff member will be screened prior to participating in any workout using the attached (school generated) COVD 19 screening form and all screenings will be documented.
2. If an athlete presents with symptoms, the athlete will be removed from activity and will not be allowed to return until:
3. Proof of a negative COVID 19 test and/or clearance from a Health Care Provider
4. 14-day quarantine and symptom free - if not tested or cleared by a Health Care Provider
5. If at any time an athlete/coach/staff tests positive for COVID 19 or comes in contact with someone who test positive, all other members of that workout group will be notified and will not be allowed to return until:
6. We will send athletes/coaches/staff home who fit these criteria and will require medical release to return to activities/work.
7. If a group is shut down for individual student or employee positive tests, no individual medical information should be shared. The notice should only state that the group is discontinuing conditioning for the designated time period due to a positive test(s) of a member(s).
8. If screenings are performed by a coach, the screening form will be completed and emailed to the Head Athletic Trainer and/or Athletic Director, as soon as completed. – for filing purposes
9. Self-monitoring is to be instituted continuously. All athletes, coaches, and staff are to be educated as to the importance of and signs to be monitored via this process.
10. Reported self-monitoring positives are to follow the above process for screening and testing as indicated and recorded in the athlete’s record.

**Athletic Training Office Procedures**

1. One athlete per athletic trainer will be allowed in the clinic at a time.
2. At this time the office will be utilized for major rehab and acute injury care only.
3. At home rehabs will be utilized when possible.

**Cleaning Procedures**

**Athletic Training Office**

1. Every table will be cleaned at the beginning of each day and after each patient.
2. Athletic Training staff will wash hands or use hand sanitizer before and after contact with every patient. Gloves should be used for every contact with every patient.
3. All reusable equipment to be cleaned after use by each athlete.
4. Personal Protection Equipment (PPE) to be provided and worn / used as indicated.
5. All disposable goods and PPE to be disposed of properly.

**Weight Room**

1. The weight room will be cleaned with disinfectant prior to workouts each day and immediately following each workout session
2. Any equipment used by an athlete during a workout will be cleaned prior to use by any other athlete.

**Other Equipment**

1. Any equipment used during workouts will be cleaned prior to workouts beginning and immediately following each workout.
2. Any equipment used by an athlete during a workout will be cleaned prior to use by any other athlete.

**Athlete Recommendations**

1. EVERY athlete must have a current physical packet completed and on file prior to being allowed to participate in any workouts.
2. At this time, due to safety concerns, no water will be provided during workouts.  Athletes are required to bring their own water.  **We recommend a minimum of 1 gallon.** Athletes will not be allowed to participate in workouts if they do not bring their own water.
3. It is highly encouraged to maintain appropriate distancing (6 feet) between athletes, during activities, rest breaks, etc.
4. All athletes are encouraged to change clothes and immediately shower as soon as possible after practices and activities. All clothing worn during workouts should be washed immediately following each workout. All activities like showering, and other personal hygiene measures (other than handwashing) are encouraged to be done at home. No washing of clothes, etc. at school.
5. A bathroom will be designated for use at each workout location on campus and only one athlete will be allowed to use the bathroom at a time. No showering, etc…no one to clean between students.
6. Multi-sport athletes must choose 1 sport during phase 1.

**Check-In Procedures**

1. There should be a separate entrance (check-in) and exit for each facility used.
2. Members of the same group (sport) should never come in contact with members of another group (sport) while checking in our exiting.
3. If there are multiple groups (sports) participating in workouts, you should stagger your check-ins if you only have one (1) check-in station for that venue.
4. When conditioning is complete for each group, supervision is required to prevent the mixing of groups. This also goes for when members of groups are showing up. Members of groups should arrive as their time is close to beginning and be picked up at the time their workout concludes.

V. HCS BOE Policy – Infectious Diseases

<https://simbli.eboardsolutions.com/ePolicy/policy.aspx?PC=JGCC&Sch=4088&S=4088&C=J&RevNo=1.11&T=A&Z=P&St=ADOPTED&PG=6&SN=true>