

Return to Play

Guidance and Procedures

July 31, 2020

**Return to Acclimatization/Practice MS**

Start Date: August 12, 2020 - HCS Schools

I. GHSA Inspired Recommendations

* Schools/ School Systems may be more restrictive than the GHSA but not less.
* Member schools should prepare an Infectious Disease Prevention Plan prior to staff and athletes returning to conditioning. Will be shared.
* 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 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. **Locker Rooms will be able to be used only after staff has been trained on proper sanitization. Updates to come.**
* 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. Gallon jugs are suggested.
* 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.
* No visitors are allowed at practice sessions.

II. Clarification of the GHSA Guidelines for HCS

* Schools/ School Systems may be more restrictive than the GHSA but not less.
* 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 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 are not limited but encouraged to remain small for safety and notification purposes, including coaches, for workouts **per sport** at any given time at the campus/facility.

This means that only 25 people **per sport group recommended** including coaches are allowed on campus at the same time. Groups of 25 of different sports are allowed on campus at the same time if they are in different facilities.

* A school can have 25 softball players in the gym, 25 football players in the weight room, and 20 cheerleaders in the commons
* 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.
* 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 until proper notice of locker room use is shared.
* Weight equipment should be cleaned prior to each workout and sanitized between use by each student.

Coaches should be part of the constant cleaning.  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.

* No visitors are allowed at practice 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?

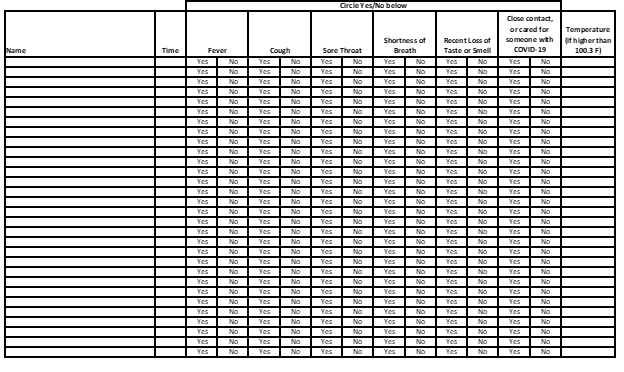
1. Have you been in contact with anyone diagnosed with COVID-19?

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?

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, Center for Disease Control and Prevention (CDC), and Georgia High School Association (GHSA) guidelines/policies. These guidelines will be flexible and 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 daily prior to participating in any workout using the attached (school generated) COVID-19 screening form and all screenings will be documented.
  2. If an athlete/coach/staff presents with symptoms, he/she will be removed from the workout group and will not be allowed to return until:
     1. Proof of a negative COVID-19 test and/or clearance from a Healthcare Provider
     2. Completion of the 14 day self-quarantine and symptom free if not tested/cleared by a Healthcare Provider
  3. If an athlete/coach/staff tests positive for COVID-19 or has come in contact with someone who tests positive, he/she will not be allowed to return until:
     1. Completion of the 14 day self-quarantine per CDC/GDPH guidance
     2. If that person test negative and is symptom free during the 14 days, completion of the 14 day self-quarantine is still required per CDC/GDPH guidance
     3. If that person test positive but is asymptomatic, return guidance from CDC/GDPH will be followed after completion of the 14 day self-quarantine
     4. The group that person was a member of can return after the facility has been cleaned and it is safe to return (two days with confirmation of no immediate contact).
     5. If a group is shut down for individual student or employee positive test, 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).
     6. Per CDC Guidelines: Contact with an athlete/coach/staff means, 15 minutes of exposure within six feet in the 2 days prior to a positive test. It is recommended that a group with contact is sent home for a two day period when they have a member test positive for COVID-19. This will give the Athletic Director and Administration time to follow up to ensure only members that did not have immediate exposure (6 ft 15 min) may return after the two day break from contact. If they have had immediate exposure, they should quarantine for 14 days.
  4. Screenings will be performed by an approved coach (HCS system employee), and the screening form will be completed and emailed to the Athletic Director and Athletic Trainer as soon as it is completed.
  5. Self-monitoring is to be instituted continuously. All athletes, coaches, and staff are to be educated on the importance of self-monitoring and the signs to be monitored during this process.
  6. 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 Station Procedures**

1. At this time the Athletic Trainer will be utilized for acute injury care and emergency situations only.
2. One athlete will be allowed at the Athletic Training station at a time.
3. At home rehabs will be utilized when possible.
4. In the absence of the Athletic Trainer, the coaches must proceed with the Emergency Management Plan for that facility.

**Cleaning Procedures**

**Athletic Training Station**

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.
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 fogged 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 between exercises and also sets.

**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.

**Gym Floor**

Please clean and mop the gym floor after each workout if athletes are doing some type of exercise where they are laying on the floor.

**Athletic** **Buses**

Students that ride buses are required to wear masks to protect from COVID-19 while maximizing responsible distancing. More bus guidance will be forthcoming.

**Locker Rooms**

*A training plan is taking effect for SSC to ensure our locker rooms are cleaned per the guidelines.* ***You will be notified of the date that our cleaning staff is prepared for the opening of locker rooms. DO NOT USE LOCKER ROOMS YET.***

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