

## **El Dorado School District Athletics: COVID-19 Policy & Procedures**

Due to the spread of Covid-19, the El Dorado High School Sports Medicine team has developed policy and procedures for coaches, staff, parents and student athletes to follow to promote a safe return to athletics.

### **Phase 1**

#### **Coaches and Staff**

##### *General Rules*

- Masks must be worn by coaches and staff at all times while in the athletic facilities (including outdoor facilities).
- Coaches and staff must keep social distancing guidelines.
- By AAA guidelines, pre participation physical exams are good for 12-15 months. Student athletes without a current physical on file are NOT allowed to practice.
- Coaches and staff must adhere to proper hand hygiene practices. Hand sanitizer should be available for all to use.
- Understand parents may not feel comfortable sending their child to workouts/practices. We understand this and there will be no ramifications or penalties for a student athlete being held out or not attending.
- AAA Dead Week: If the AAA votes to waive the typical 2 week dead period, there will be absolutely no repercussions for student athletes that miss during this time.
- Practices are defined as the time period that an athlete engages in a coach-supervised, school approved sport or conditioning-related activity. Practices are timed from when athletes report to the practice/workout area until the athletes leave the area.
- Practices and workouts are not to be made mandatory.
- All practices/workouts must follow the WBGT work:rest ratios.
- A maximum of 5 days of individual practice can occur for every 7 calendar days.
- **Athletes must follow the following acclimatization period:**
  - **Days 1 and 2: 1 session per day with a maximum of 1 hour in length**
  - **Days 3-5: 1 session per day with a maximum of 1.5 hours in length**
  - **Days 6-10: 1 session per day with a maximum of 2 hours in length**
  - **Days 11-13: 1 session per day with a maximum of 2.5 hours in length**
  - **Days 14-25: 1 session per day with a maximum of 3 hours in length**
- **The graduated acclimation period represents the minimum standard. Students that start practice after Day 1 must start at Day 1 and continue through the acclimatization period.**

- There are to be NO parents or spectators present during practices and/or workouts.
- We understand the desire for use of our athletic facilities, but in order to maintain proper sanitation and to conduct appropriate contact tracing access will be highly restricted. Access for our facilities must be approved by the Athletic Director.
  - No outside teams or individuals, community teams, travel teams, or non athletic department employees will have access to our facilities (excluding the track at Memorial Stadium).
  - Only El Dorado School District teams, grades 7-12, with a varsity or junior high coach present will be allowed to use our facilities.

ALL athletes should/will have equal opportunities for coaching/instruction.

- Avoid non-sport related personal contact at all times. This includes, but is not limited to, huddles, high-fives, hand shaking, fist bumping, and chest bumping.
- Athletes should refrain from participation if they have underlying health conditions including high blood pressure, chronic lung disease, diabetes, severe obesity, asthma or weakened immunity.

#### *Practice and Workout Rules*

- Weekly practice schedules must be turned in to the Athletic Director and Athletic Trainer at least a week in advance. We need advanced notice in order to schedule maintenance for cleaning of the facilities and staff for screenings.
- All athletes must be checked in AND out on the tracking sheet before entering and leaving the facility or field.
- Athletes must wear a face covering when not actively participating.
- Please have student athletes remain 6 feet apart at all times while inactive. While students are actively working out or practicing, they must remain 12 feet apart at all times.
- Participants must wear a face covering while spotting a teammate in the weight room. Spotters must be used on each side of the bar, not standing above the teammate that is lifting.
- Once workouts are completed, student athletes must leave the facility in a timely manner. No congregating and no use of showers or locker room. Access for retrieval of stored items must be given by a coach.
- Close-contact team sports(Basketball, Wrestling, Football, Cheerleading, Volleyball and Soccer) can use a ball as long as the participant is the only one to touch the ball during the practice.

- Limited-contact team sports(Baseball, Softball, Golf, Track and Field, Cross Country, Tennis, Swimming) can use own equipment when possible and disinfect shared equipment frequently or between each use.

### *Tracking Athletes*

- Coaches will be provided with a notebook of daily tracking sheets. The coaches are responsible for keeping this notebook and entering the necessary information every day that you have practice or workouts.
- Coaches and staff must take their own temperature, fill out the questionnaire on the tracking sheet and wear a face covering before entering the facility or field.
- Before an athlete enters the facility/field, coaches or a staff member must be sure the student athlete is wearing a face covering, ask them the questions required and write the time they enter and leave each day. If an athlete, coach or staff answers “yes” to any of the questions, inform the Athletic Trainer and said person must be sent home immediately.
- At the end of each week, coaches are responsible for turning in their team forms to the Athletic Trainer.

### *Cleaning and Sanitizing*

- Along with the maintenance staff, coaches and student athletes are responsible for frequent cleaning of equipment and surfaces throughout the day. Equipment must be cleaned prior to and after each use. If a fogger machine has been provided, coaches are responsible for using the machines between groups and after practices in all facilities used, including bathrooms.

### *Locker Room and Common Areas*

- Locker rooms and common areas are closed until further notice.
- Please only allow the use of designated bathrooms. If there is an external door to the restroom, keep the door propped open between uses. We are designating the restrooms at the top of the arena for our athletes to use. No other restrooms or locker rooms should be unlocked for athlete use.

### *Hydration*

- Student athletes should bring their own water bottles and they should not be shared. Paper cups can be provided for athletes to use.

### *Screening Stations*

- Stations will be set up at the following locations for athletes to be screened:
  - Entrance to the arena
  - Entrance to baseball/softball fields
  - Location designated by coach

### **Student Athlete Expectations**

- Athletes should NOT come to practice if they answer yes to any of the following questions:
  - Fever of 100.4 or higher in the last 48 hours
  - Have a cough, difficulty breathing, sore throat, or loss of taste or smell
  - Had contact with a person known to be infected with COVID-19 within the previous 14 days
- Athletes should report to practice/workouts each day ready to go with a face covering. There will be NO access to locker rooms or common areas.
- Each athlete will be given 1 mask by their coach if needed. They are to bring their mask DAILY and wear it inside the facility. If they do not have their mask on, they will not be allowed into the facility to practice.
- Student athletes must sign in with their coach/staff before entering the facilities.
- Athletes should remember to follow proper hygiene methods. Although locker rooms and showers are closed on campus during this time, it is recommended for student athletes to shower as soon as they get home from practice and immediately launder practice clothing.
- Athletes should practice proper hand washing and sanitizing periodically while in the school facilities.
- If an athlete reports to the Athletic Training room, they must wear their mask at all times and follow normal Athletic Training room rules.
- All athletes must make an appointment with the Athletic Trainer to receive treatment.