

WISD Return to Athletic Activity

The WISD Director of Sports Medicine and Director of Athletics will conduct meetings and train coaches that will be leading summer strength and conditioning sessions with the intent to fully comply with the guidelines set forth by the UIL and state and federal agencies.

Summer strength and conditioning and summer skill development sessions are not mandatory for students. Coaches will continue to provide alternate workout plans to students that choose to continue to shelter in place.

Workout Guidelines

Strength and Conditioning Workouts	Sport Specific Instruction
A strength and conditioning session shall be no more than two consecutive hours per day , Monday through Friday.	Sessions may be conducted in addition to the strength and conditioning session(s), and a student shall attend no more than 90 minutes per day of sport specific skill instruction with no more than 60 minutes per day in a given sport , Monday through Friday.
Strength and conditioning sessions shall include only strength and conditioning instruction and exercises. No specific sports skills shall be taught and no specific sports equipment, such as balls, dummies, sleds, contact equipment, etc., shall be used.	Sport specific skill sessions may include specific sports equipment, but contact equipment (restricted equipment) is not allowed . School shorts, shirts and shoes may be provided by the school (local school option) but may not be laundered on-site.
Schools should consider requiring students who are not actively exercising, but are spotting, to wear cloth face masks.	Sport Specific Activities Conducted <u>Outdoors</u> - Students may be placed in working groups no larger than 15 total students . Each working group should maintain appropriate distance from other working groups.
A student shall attend no more than one session per day.	Sport Specific Activities Conducted <u>Indoors</u> - Students may be placed in working groups no larger than 10 total students . Each working group should maintain appropriate distance from other working groups.
Any equipment must be thoroughly disinfected before and after each use. If a student uses a piece of equipment, that equipment must be thoroughly disinfected before another student uses it. Schools should limit the use of equipment to further reduce the risk of spreading the virus.	No competitive drills involving one or more students on offensive against one or more students on defensive may be conducted. (Example: Basketball players may participate in drills, but cannot conduct drills / activities against a defender)
	Any equipment, such as sports balls, should be regularly disinfected during workout sessions. This equipment should not be shared between groups. After a group has used such equipment, that equipment must be thoroughly disinfected before being used by a different group.
Sessions may be conducted by school coaches for students in grades 7-12 from that coach's attendance zone.	
Indoor workout activities can be conducted up to a maximum of 25% capacity .	
Schools should limit the total number of participants based on available space to allow for the appropriate distancing between students and staff.	
Except for reasonable safety considerations, such as spotting, students and staff must maintain at least six feet of distance from all sides when not actively exercising. When actively exercising, students and coaches must maintain at least ten feet of distance from all sides when possible.	
Workout stations must be spaced to allow for at least ten feet of distance between them in all directions. Some exercises may require more than ten feet of distance.	

Pre-Workout Screening

- All coaches and students will be screened for COVID-19 prior to a workout. Screening includes a temperature and symptom check
- All coaches and students will submit a WISD COVID-19 screening form at the beginning of each week prior to workout
- Responses to screening questions for each person will be recorded and stored so that there is a record of everyone present in case a student develops COVID-19
- Any person with positive symptoms reported will not be allowed to take part in workouts and should contact his or her primary care provider or other appropriate health-care professional for further evaluation

Restrictions

- Athletic training facilities will be closed
- Showers and locker rooms will be closed and not be available
- There can be no shared water or food
- Water fountains will not be available
- No physical contact between coaches and players (i.e. high five, pat on the back)
- Bathrooms will be designated
 1. Lumpkins Stadium will use restrooms outside the weight room
 2. WHS gyms will use restrooms located in the Theater Hall
 3. WHS outdoor spaces will use concession restrooms
- Entrances and exits will be separate to maintain social distancing
 1. Lumpkins Entrance will be by the weight room
 2. Lumpkins Exit will be south end of stadium by visitor locker rooms
 3. WHS Entrance will be Doors "12"
 4. WHS Exit will be Side Door outside Main Gym
- Indoor facilities will be limited to 25% of max capacity with a maximum of 10 athletes per group
 - Lumpkins Weight Room 36
 - WHS Weight Room 15
 - WHS Gray Gym 42
 - WHS Green Gym 42
 - WHS Turner Gym 82 (all court surfaces)
 - WHS IAC 120

Cleaning and Disinfecting Facilities and Equipment

- Spray on Disinfectant between each use
- Allow solution to be on the equipment for at least 1 minute
- Wipe dry before next use
- Handwashing Stations:
 1. Athletic Training Room at Fieldhouse
 2. Athletic Training Room at WHS
- Hand sanitizer stations will be accessible for athlete access before, during and after workout

Exhibiting Signs or Positive COVID-19 Case

- If a positive case is identified among a participant in these summer activities, either staff or student, the group to which that staff or student was assigned and in contact with must be removed from the sessions while all members of the group self-isolate. If the confirmed individual regularly had close contact outside a single group, then all of the students and staff with whom the confirmed individual had close contact shall be removed from workouts for two weeks.
- If a student in one cohort tests positive for COVID, the student and that one cohort must isolate. If that student was part of several cohorts, then the student and all of the cohorts they were a member of would have to isolate.
- Any staff member or student who experiences any of the symptoms of COVID (listed below) should self-isolate until the below conditions have been met.

In the case of an individual who was diagnosed with COVID-19, the individual may return when all three of the following criteria are met:

- 1 at least three days (72 hours) have passed since recovery (resolution of fever without the use of fever-reducing medications);
- 2 the individual has improvement in respiratory symptoms (e.g., cough, shortness of breath);
- 3 a minimum of ten days have passed since symptoms first appeared

In the case of an individual who has symptoms that could be COVID-19 and does not get evaluated by a medical professional or tested for COVID-19, the individual is assumed to have COVID-19, and the individual may not return to workout until the individual has completed the same three-step criteria listed above; or If the individual has symptoms that could be COVID-19 and wants to return to workout before completing the above self-isolation period, the individual must obtain a medical professional's note clearing the individual for return based on an alternative diagnosis.

- Any student or staff member living with someone who experiences any of the symptoms of COVID, whether they have a positive COVID test or not, should self-isolate for two weeks. If they do not experience any COVID symptoms during that period, they can return to summer workouts. If they experience symptoms, they must self-isolate until the conditions outlined above have been met.

UIL Link for more summer workout information

<https://www.uiltexas.org/athletics/covid-19-strength-conditioning-2020>

WISD Health Screening Survey

<https://forms.gle/FSUvyNeMyaxfoS679>