

# LITTLE ELM ISD ATHLETIC SUMMER PROGRAMS HEALTH AND SAFETY GUIDELINES

All guidelines are recommended or required by the University Interscholastic League (UIL) and comply with local, state and federal health and safety authorities. Health and safety guidelines of our summer programs are subject to change based on executive orders given by Governor Greg Abbott and/or UIL.

## Guideline Overview:

To ensure the health and safety of all involved in Summer Athletic Programs, Little Elm ISD Athletics is limiting participants of the Summer programs to student athletes and Little Elm ISD coaches and trainers. The following daily procedures are outlined below:

- Pre-screening of all participants
- Personal interactions
- Hygiene
- Cleaning and sanitization of equipment
- Safe access to facilities

## Daily Procedures:

- All coaches and athletes will self-screen for COVID-19 symptoms at home by completing an online Google Form. Alert your coach and/or program director immediately if symptomatic and stay home.
- All equipment will be sanitized before, during, and after workouts.
- Parking and entry/exit doors will be coordinated for safe access to all facilities.
- Hand wash stations and hand sanitizer will be available.
- Water refill stations will be available.
- Restrooms will be accessible one person at a time.
- Maintain UIL required social distancing of 10 feet during workouts and six feet during rest. Exception when weight lifting and spotters are needed.
- Masks should be worn by participants who are spotting other athletes.
- Coaches will take attendance.

## Student Athlete Pre-Arrival

1. Self-pre-screen.
2. Must wear a face covering when entering and exiting the workout facilities and anytime when within less than 6 feet of someone else.
3. Wear clean workout clothes every day.
4. Bring their own water bottle clearly labeled with your name. Towels are optional.
5. For outdoors - wear sunscreen and bring mosquito spray if needed.

## Daily Athlete Arrival for each session

1. Check in at the designated entrance with face covering on.
2. Go to check-in stations with coaches with face covering on.
3. Athletes will sanitize and/or wash hands.
4. Go to your assigned small group workout station and maintain social distancing. Outdoor workouts max is 15 participants per group and Indoor is 10 participants per group.

## During Workouts

1. Coaches will wipe down and/or spray equipment between workout transitions. Weights will be sanitized after each person.
2. Athletes are required to sanitize hands between workout stations.
3. Athletes who are spotting will be required to wear a mask.
4. Maintain UIL required social distancing of 10 feet during workouts and six feet during rest.

## Post Workouts

1. Athletes sanitize/wash hands prior to leaving.
2. Place face covering on before leaving the workout area.
3. Pick up a provided bagged meal and take all personal items home.
4. Coaches sanitize/wipe down all equipment and door knobs.
5. If an indoor facility is used it will be sanitized upon conclusion of workouts.
6. Once home, athletes wipe down any personal gear including shoes and shower. Wash clothing and gear after each session if possible.

## Parents Section:

1. Check that your athlete is dressed appropriately, has a face covering, and has a labeled water bottle daily.
2. Assist athlete in completing pre-screening if cell phone and/or internet is available.
3. Drop athletes off at designated drop off sites in the parking lot. (Coach assigned)
4. Please pay for Summer Strength and Conditioning and Skills online if possible. If you need to bring cash or money order payment on the first day, it must be given to the athlete to bring.

## General

1. If you have a special situation in your family and have concerns, please reach out to your head coach to discuss.
2. For the safety of all participants, parents will not be allowed to co-mingle with athletes or coaches at any time.
3. Make sure your assigned coach is notified immediately if an athlete shows symptoms.
4. We will have an athlete Zoom orientation prior to workouts beginning and parents are welcome to be on the meeting so that we can answer all questions.
5. Coaches will be trained in appropriate guidelines, procedures, and sanitization requirements prior to starting.

## Q & A

### 1. **What if I do not have cell phone or internet access to complete the Google Form?**

Arrive 15 minutes early and go to a check-in station with your coach for pre-screening completion.

### 2. **What if I do not have a thermometer at home?**

Go to the check-in station and see a coach for a temperature check.

### 3. **What if my house does not have a washer and dryer to wash clothes daily?**

For safety reasons, we are unable to wash any personal clothes on site. Plan your week by having a different set of workout clothes each day and wash at the end of the week. See a coach if you have personal needs.

### 4. **Why do I need to complete a daily pre-screen and report it on Google Form?**

Pre-screening ensures the health and safety of all participants.

### 5. **What happens if I do not pre-screen and I show up to summer workout?**

You will have to be screened upon arrival. Without a pre-screen, you cannot workout.

### 6. **If I forget a water bottle, can I just drink out of the water fountain or share a friend's?**

Water fountains will be shut off and sharing water bottles is not recommended. Please bring a water bottle to refill at a provided water station.

### 7. **I am an athlete, but I am afraid to co-mingle in large groups due to health concerns at home. Is it required that I attend Summer Strength and Conditioning?**

It is recommended that athletes attend so they are ready to begin their sport's season but it is not required. Little Elm ISD Athletics has carefully considered the health and safety of all participants through implementation of these procedures. See your head coach if you cannot attend.

### 8. **I am not sure we can pay the full amount by the deadline but I want to work out. What do I (we) do?**

Contact your sport's head coach for extenuating circumstances. We will handle concerns on a case-by-case basis.

### 9. **We do not have a credit card and cannot pay online. What do we do?**

Fill out the LEISD Summer Camp Cash payment form and bring the form and payment on the first day to the check-in area.