



Parents and Athletes,

We are excited to have the opportunity to welcome athletes back on campus for summer strength and conditioning/sport specific instruction starting on June 8! These sessions are optional for student athletes and are offered free of charge. Students who attend Strength and Conditioning (S&C) and/or Sports Specific Instruction (SSI) will have the opportunity to participate in strength development, speed and agility, as well as sport specific skill development. These activities will be conducted in accordance with state and local guidelines as well as guidance set forth by the UIL and TEA. Campus Athletic Coordinators have set the schedule and plan for each campus and coaches will communicate these plans with families.

As we prepare for this, we want you to know what precautions will be taken to keep everyone safe. We are currently in Phase 2 as indicated by the National Federation of High School Associations. Once social distancing requirements are further relaxed, we will enter Phase 3 and communication will be provided to parents and athletes at that time. All updates can be found on the Athletics Webpage at bryanisdports.net

Prior to Arriving

Prior to arriving for workouts, athletes and staff should self-screen for COVID-19 symptoms before coming onto campus. Any individual (staff or student) who experiences any symptom listed below will not be allowed to take part in workouts and should contact his or her primary care provider or other appropriate healthcare professional.

Any athlete, coach, or staff member living with someone who experiences any of the symptoms of COVID-19, whether they have a positive COVID-19 test or not, should self-isolate for two weeks. If they do not experience any COVID-19 symptoms during that period, they can return to summer programs. If they experience symptoms, they must self-isolate until the conditions outlined above have been met.

Self-screen Symptoms:

Cough	Chills	Muscle pain
Shortness of breath or difficulty breathing	Repeated shaking with chills	Headache
Sore throat	Loss of taste or smell	Diarrhea
Feeling feverish or a measured temperature greater than or equal to 100.0 degrees Fahrenheit	Known close contact with a person who is lab confirmed to have COVID-19	

Underlying medical conditions may increase the risk of severe illness from COVID-19 for individuals of any age. If any individual has an underlying medical condition listed below, or is in regular contact with an individual who does, they are advised and encouraged not to attend workouts and remain home.

- In regular contact with people 65 years and older
- In regular contact with people who live in a nursing home or long-term care facility
- People with chronic lung disease or moderate to severe asthma
- People who have serious heart conditions
- People who are immunocompromised
- Many conditions can cause a person to be immunocompromised, including cancer treatment, smoking, bone marrow or organ transplantation, immune deficiencies, poorly controlled HIV or AIDS, and prolonged use of corticosteroids and other immune weakening medications



- People with severe obesity (body mass index [BMI] of 40 or higher)
- People with diabetes
- People with chronic kidney disease undergoing dialysis
- People with liver disease

Once on Campus

- When students are arriving at workouts, they must remain a minimum of six feet apart at all times.
- All coaches and students will be screened for signs/symptoms of COVID-19 prior to a workout. Screening includes a symptom questionnaire and temperature check.
- 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.
- Any person who has had a fever or cold symptoms in the previous 24 hours will not be allowed to take part in workouts and should contact his or her primary care provider or other appropriate health-care professional.
- Hand sanitizer will be available at each entrance and students, coaches, and staff will be required to use it whenever they enter the building.
- Individuals should wash their hands for a minimum of 20 seconds with warm water and soap before touching any surfaces or participating in workouts.

Sport Participation

- Attendance is optional
- Workouts will be planned outdoors to the extent possible with a minimum distance of 6 feet between each individual at all times, 10 feet when actively participating.
- When participating indoors the same distancing requirements will be followed to the extent possible and group sizes will be limited to 10 students up to 25% of the maximum capacity of the facility being used.
- Hand sanitizer will be plentiful and available.
- There should be no shared athletic towels, clothing or shoes between students.
- Students and coaches will wash hands or use hand sanitizer after they have touched something another person recently touched.
- Students and coaches may wear non-medical grade face masks.
- All students must bring their own water bottle. Water bottles must not be shared.
- Hydration stations (water cows, etc.) will not be utilized.

Post Workout Procedures

- When students are leaving workouts, they must remain a minimum of six feet apart.
- Students should shower and wash their workout clothing immediately upon returning to home.
- Facilities will be cleaned after each workout.

Deciding to Re-Open

The decision to re-open was made based on the following criteria:

- Reopening is consistent with state and local orders.
- To protect children and employees at higher risk for severe illness, these individuals are advised and encouraged to remain home.
- Students and employees will be screened upon arrival for symptoms and history of exposure.
- Recommended health and safety actions are in place.
- Healthy hygiene practices such as hand washing and wearing a cloth face covering, as feasible is promoted.



- Cleaning, disinfection, and ventilation is intensified.
- Social distancing through increased spacing, small groups and limited mixing between groups will be promoted.
- The coaching staff will be trained on health and safety protocols.
- Ongoing monitoring is in place.
- Procedures to check for signs and symptoms of students and employees daily upon arrival have been developed and will be implemented.
- Anyone who is sick is encouraged to stay home.
- A plan has been developed for if students or employees get sick while at workouts.
- Regular communication and monitoring developments with local authorities, employees, and families regarding cases, exposures, and updates to policies and procedures is in place.
- Student and employee absences will be monitored.
- Consult with the local health authorities will occur if there are cases in the facility or an increase in cases in the local area.

We look forward to getting back to some resemblance of normalcy in sport and will continue to provide information and updates to athletes and parents via the Athletics Website at bryanisdports.net

Sincerely,

Josh Woodall M.Ed., LAT, ATC
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Bryan ISD