

# **IHSA Phase 4 Athletic** **Guidelines**



***RETURN TO PLAY PLAN***

**BCSD #5**

# Guidelines Using IHSA's Phase 4 of Return to Play

Prioritizing the health and safety of all students and staff is our primary focus. We also recognize the physical and emotional needs to conduct team orientated activities. During the IHSA's phase 4 of return to play, Glenwood student-athletes are permitted to participate in **voluntary summer contact days**. Some programs may continue to conduct their workouts remotely using technology to both connect and maintain social distancing guidelines.

The following requirements must be followed when conducting voluntary summer contact days.

- **Students are limited to 5 hours of participation per day.**
- IHSA member school sponsored camps, clinics, and open gyms are allowed at this time.

## Pre-Workout Temperature Checks & Monitoring

- Families are requested to take their student athlete's temperature at home before coming to workouts. If they have a temperature of greater than 100.4 degrees F, they should not be permitted to attend the workout.
- Coaches must maintain a daily record of what athletes are participating, when, symptoms they may present (see Appendix A).
- Coaches or a trainer will take the temperature of every athlete as they check in for their designated workout.
- Athletes will be monitored at the start of practice for temperature >100.4F/37C or symptoms of COVID-19 (fevers, chills, cough, muscle aches, headache, sore throat, runny nose, nausea, vomiting, diarrhea, or loss of taste or smell).
  - If one or more symptoms is present, the athlete must be sent home for the day and the Athletic Trainer must be notified
  - The Athletic Trainer will follow up with the athlete's family and make suggestions on monitoring versus physician referral depending on the individual case.
  - If the athlete's symptoms persist, the athlete is not allowed to return to practice until cleared by a physician.
  - If the Athletic Trainer and the athlete's family have communicated and symptoms have stopped the athlete will be allowed to go through the pre-practice symptom screen and temperature check prior to the next practice.
- If during practice the athlete starts to experience any symptoms that athlete should be removed from the group and the Athletic Trainer should be notified.

## Symptoms

- If a student athlete or anyone else in his/her household has any of the following symptoms within the last 14 days, he/she should not attend practices/workouts or be on the grounds of Ball-Chatham CUSD #5:
  - Cough
  - Shortness of breath or difficulty breathing,
  - Fever
  - Chills
  - Muscle pain
  - Sore Throat
  - New loss of taste or smell

If a student athlete has had any of these symptoms within the previous 14 days, it is requested that their family contact a primary care physician for proper care and clearance.

## Positive COVID-19 Cases

- If student athletes or anyone they have been in contact with has tested positive for COVID-19, it is requested that families contact their primary care physician before discontinuing home isolation.
- Student athletes will not be permitted to attend any practices or workouts if he/she or anyone he/she has been in contact with has tested positive for COVID-19 until being released by a medical professional.

## Workouts

- Coaches are encouraged to use a staged approach to build back up to full summer contact activity and competitions.
  - Athletes who did not participate in Stage 1 are encouraged to follow the fall acclimatization schedule for any sport.
  - Football players should maintain their summer acclimatization schedule, per IHSA By-Law 3.157.
- There should be no shared athletic towels, clothing, or shoes between students.
- Athletic equipment such as bats and batting helmets should be cleaned between each use. Other equipment, such as catcher's gear, wrestling ear guards, football helmets/other pads, should be worn by only one individual and not shared.
- Shared equipment such as athletic balls, thud pads, and sleds should be cleaned frequently during practice and competition.
- In Phase 4, spotters for weightlifting are allowed while masked. Maximum lifts should be done only with power cages for squats and bench presses. Spotters should stand at each end of the bar. Safety measures in all forms must be strictly enforced in the weight room.

## Hydration

- All students shall bring their own water bottle. Water bottles must not be shared.
- Hydration stations (water coolers, fountains, etc.) may be utilized to fill individual water bottles, but must be cleaned after every practice/workout/contest.

## Capacity

- Group sizes should be limited to 50 total participants, coaches, and referees
- **NO SPECTATORS WILL BE ALLOWED DURING SUMMER CONTACT DAYS**
- During the use of summer contact days, multiple groups of 50 or fewer participants are permitted in outdoor facilities at once as long as:
  - Facilities allow for social distancing of students, coach, and spectators
  - 30 feet of distance is maintained between groups/opposing teams on the sidelines, and
  - Areas for each group are clearly marked to discourage interaction between groups outside of competitive game play.
- Indoors limits of 50 individuals is the maximum no matter the spacing.
- Groups do not have to be predetermined.

- Students participating in multiple sports can participate in multiple groups as long as they are symptom free and do not exceed the 5 hour participation limit per day.
- Locker rooms should be used only as an absolute necessity. Capacity should be limited to ensure users can maintain 6 ft of social distance.

## Social Distancing

- Social distancing must be maintained by all coaches and players when not engaged in activities. Social distancing for the purposes of this document is to be defined by keeping at least 6 feet between each individual person.
- When students are not actively participating in a drill, practice, or contest, care should be taken to maintain social distance between individuals.
- No handshakes, high fives, fist bumps, or anything else can occur pre or post-match.
- No spitting or blowing of the nose without the use of a tissue is allowed.

## Masks

- Coaches/volunteers must wear a mask
- Officials must wear a mask except when ACTIVELY exercising as part of their officiating duties and use an electronic whistle. Mouth whistles and blow horns are not allowed for Safety. Officials are encouraged to be masked whenever feasible to decrease risk of transmission.
- Participants should be encouraged to wear a mask if feasible for the sport.

## Hygiene

- All athletes, coaches, and staff are encouraged to bring their own hand sanitizer and keep it with them at all times.
- Hands should be washed often for a minimum of 20 seconds.
- Implement diligent and effective cleaning and disinfecting of frequently touched objects and surfaces following the guidance of the CDC and IDPH.
- Players shall bring their own water bottle, shoes, towels, and other personal equipment.
- Each student athlete is to place his/her name clearly and visibly on all equipment to ensure no one else uses the equipment by mistake.
- Hydration stations (water cows, water trough, water fountains, etc.) may be utilized to fill individual water bottles but must be cleaned after every practice/contest.
- If locker rooms are a necessity, capacity should be limited to ensure members can maintain 6 feet of social distance.
- We ask only coaches and staff assist in setup and breakdown to limit the amount of people touching equipment/machines.
- Students are encouraged to shower and wash their workout clothing immediately upon returning home from each workout.

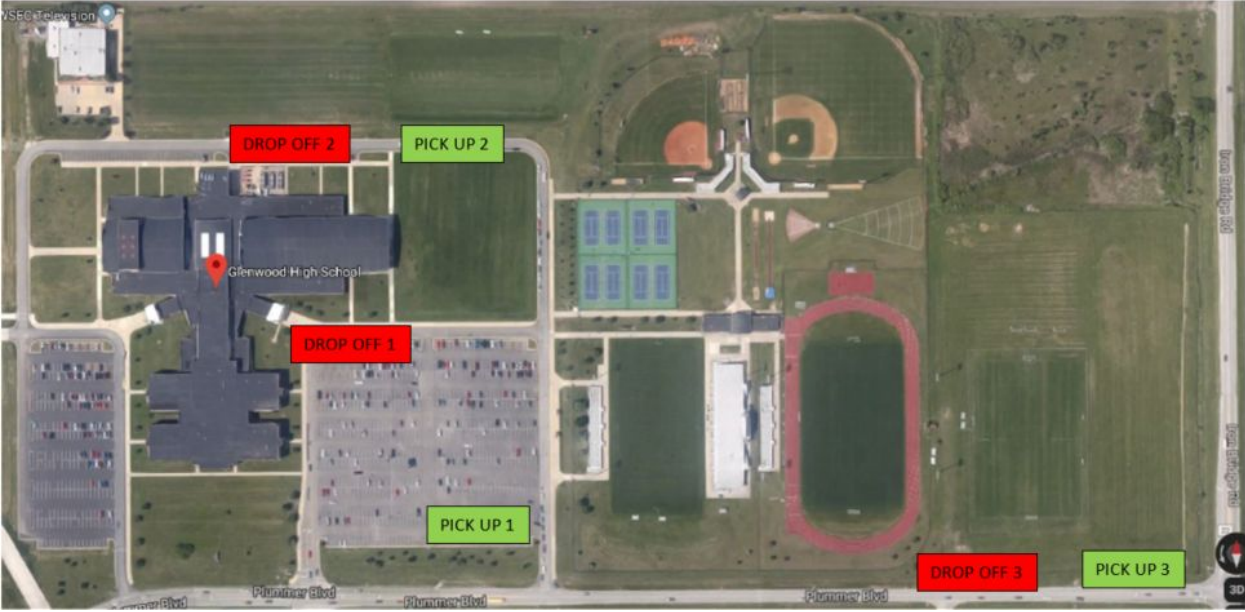
## Cleaning

- Indoor facilities will be cleaned at the beginning and end of each day by custodial staff.
- Coaches/Staff will ensure shared equipment (weights, balls, etc) used is cleaned before, during and after use.
- Staff will continually monitor all facilities and clean throughout the day as necessary.



# Appendix B: Drop Off and Pick Up Locations

## PICK UP AND DROP OFF LOCATIONS AT GHS



## PICK UP AND DROP OFF LOCATIONS AT GMS



Resources:

IHSA Phase 4 Return to Play Plan

[https://www.nfhs.org/media/3812287/2020-nfhs-guidance-for-opening-up-high-school-athletics-and-activities-nfhs-smac-may-15\\_2020-final.pdf](https://www.nfhs.org/media/3812287/2020-nfhs-guidance-for-opening-up-high-school-athletics-and-activities-nfhs-smac-may-15_2020-final.pdf)