

Re-entry to Athletic Participation @ Sedona Red Rock High School

Prior to participating each student-athlete must complete a Waiver Form signed by their parent or guardian. The forms are available in the Main Office at the High School.

Stage 1: June 8-12

PRE-Workout Screening:

- a. All coaches and student-athletes should be screened for sign/symptoms of COVID-19 prior to the workout. **This includes a temperature check and a pulse oximeter check.** Records will be kept on each student-athlete throughout the summer. Participants will meet in the main gym lobby for all testing prior to becoming involved in a practice/workout.
- b. Any person with positive symptoms reported will not be allowed to participate.

Limitations on Gatherings:

- a. **No gatherings of more than 10 people at one time. This would include the coach and members of the team. Practices should only include players that intend to try out for that team the following school year. Volunteers will not be allowed to assist with practices.**
- b. **Locker rooms will not be used.** Players should report to workouts in proper gear and immediately return home to shower at the end of the workout.
- c. **Workouts should be conducted in “pods or groups” of students with the same student-athletes each workout. This allows for contact tracking should someone develop symptoms of COVID-19.**
- d. There must be a minimum of 6 feet between each individual at all times. If this is not possible indoors, then the maximum number of individuals in the room must be decreased until proper social distancing can occur.

Facilities Cleaning:

- a. Adequate cleaning schedules should be created and implemented for all athletic facilities to mitigate any communicable diseases.
- b. Prior to an individual or groups of individuals entering a facility, hard surfaces within that facility should be wiped down and sanitized (chairs, furniture in meeting rooms, locker rooms, weight room equipment, bathrooms, athletic training room tables, etc.).
- c. Individuals should wash their hands for a minimum of 20 seconds with warm water and soap before touching any surfaces or participating in workouts.
- d. Hand sanitizer should be plentiful and available to individuals as they transfer from place to place.
- e. Weight equipment should be wiped down thoroughly before and after an individual's use of equipment.
- f. Appropriate clothing/shoes should be worn at all times in the weight room to minimize sweat from transmitting onto equipment/surfaces.
- g. Any equipment such as weight benches, athletic pads, etc. having holes with exposed foam should be covered.
- h. Students must be encouraged to shower and wash their workout clothing immediately upon returning to home.

Physical Activity and Athletic Equipment:

- a. Equipment) between students.
- b. Students should wear their own appropriate workout clothing (do not share clothing) individual clothing/towels should be washed and cleaned after every workout.
- c. All athletic equipment, including balls, should be cleaned after each use and prior to the next workout.
- d. Individual drills requiring the use of athletic equipment are permissible, but the equipment should be cleaned prior to use by the next individual.
- e. Resistance training should be emphasized as body weight, sub-maximal lifts and use of resistance bands.
- f. Free weight exercises that require a spotter cannot be conducted while honoring social distancing norms. Safety measures in all forms must be strictly enforced in the weight room.

Hydration:

- a. All students shall bring their own water bottle. Water bottles must not be shared.
- b. Water stations will not be allowed.

Stage 2: June 15-26

Pre-Workout/Contest Screening:

- a. All coaches and students should be screened for signs/symptoms of COVID-19 prior to a workout. Screening includes a temperature check.
- b. Responses to screening questions for each person should be recorded and stored so that there is a record of everyone present in case a student develops COVID-19 (see Appendix II for sample Monitoring Form).
- c. Any person with positive symptoms reported should not be allowed to take part in workouts and should contact his or her primary care provider or other appropriate health-care professional

Limitations on Gatherings:

- a. No gathering of more than 10 people at a time inside. Up to 50 individuals may gather outdoors for workouts.
- b. Locker rooms should not be used.
- c. Workouts should be conducted in “pods” of students with the same 5-10 students always working out together. Smaller pods can be utilized for weight training. This ensures more limited exposure if someone develops an infection.
- d. There must be a minimum distance of 6 feet between each individual at all times. If this is not possible indoors, then the maximum number of individuals in the room must be decreased until proper social distancing can occur. Appropriate social distancing will need to be maintained on sidelines and benches during practices. Consider using tape or paint as guide for students and coaches.

Facilities Cleaning:

- a. Adequate cleaning schedules should be created and implemented for all athletic facilities to mitigate any communicable diseases.
- b. Prior to an individual or groups of individuals entering a facility, hard surfaces within that facility should be wiped down and sanitized (chairs, furniture in meeting rooms, locker rooms, weight room equipment, bathrooms, athletic training room tables, etc.).
- c. Individuals should wash their hands for a minimum of 20 seconds with warm water and soap before touching any surfaces or participating in workouts.
- d. Hand sanitizer should be plentiful and available to individuals as they transfer from place to place.
- e. Weight equipment should be wiped down thoroughly before and after an individual's use of equipment.
- f. Appropriate clothing/shoes should be worn at all times in the weight room to minimize sweat from transmitting onto equipment/surfaces.
- g. Any equipment such as weight benches, athletic pads, etc. having holes with exposed foam should be covered.
- h. Students must be encouraged to shower and wash their workout clothing immediately upon returning to home.

Physical Activity and Athletic Equipment:

- a. Lower risk sports practices and competitions may resume (see Potential Infection Risk by Sport below).
- b. Modified practices may begin for Moderate risk sports.
- c. There should be no shared athletic towels, clothing or shoes between students.
- d. Students should wear their own appropriate workout clothing (do not share clothing), and individual clothing/towels should be washed and cleaned after every workout. All athletic equipment, including balls, should be cleaned intermittently during practices and all contests.
- e. Hand sanitizer should be plentiful at all contests and practices.
- f. Athletic equipment such as bats, batting helmets and catchers gear should be cleaned between each use.
- g. Maximum lifts should be limited and power cages should be used for squats and bench presses. Spotters should stand at each end of the bar.

Hydration:

- a. All students shall bring their own water bottle. Water bottles must not be shared.
- b. Hydration stations (water cows, water trough, water fountains, etc.) should not be utilized.

Stage 3: June 29-August.

Pre- Workout/Contest Screening:

- a. Any person who has had a fever or cold symptoms in the previous 24 hours should not be allowed to take part in workouts and should contact his or her primary care provider or other appropriate healthcare professional.

- b. A record should be kept of all individuals present.

Limitations on Gatherings: •

- a. Gathering sizes of up to 50 individuals, indoors or outdoors.
- b. When not directly participating in practices or contests, care should be taken to maintain a minimum distance of 3 to 6 feet between each individual. Consider using tape or paint as a guide for students and coaches.

Facilities Cleaning:

- a. Adequate cleaning schedules should be created and implemented for all athletic facilities to mitigate any communicable diseases.
- b. Prior to an individual or groups of individuals entering a facility, hard surfaces within that facility should be wiped down and sanitized (chairs, furniture in meeting rooms, locker rooms, weight room equipment, bathrooms, athletic training room tables, etc.).
- c. Individuals should wash their hands for a minimum of 20 seconds with warm water and soap before touching any surfaces or participating in workouts.
- d. Hand sanitizer should be plentiful and available to individuals as they transfer from place to place.
- e. Weight equipment should be wiped down thoroughly before and after an individual's use of equipment.
- f. Appropriate clothing/shoes should be worn at all times in the weight room to minimize sweat from transmitting onto equipment/surfaces. A
- g. Any equipment such as weight benches, athletic pads, etc. having holes with exposed foam should be covered.
- h. Students must be encouraged to shower and wash their workout clothing immediately upon returning to home.

Physical Activity and Athletic Equipment:

- a. Moderate risk sports practices and competitions may begin.
- b. There should be no shared athletic towels, clothing or shoes between students.
- c. Students should wear their own appropriate workout clothing (do not share clothing), and individual clothing/towels should be washed and cleaned after every workout.
- d. Hand sanitizer should be plentiful at all contests and practices.
- e. Athletic equipment such as bats, batting helmets and catchers gear should be cleaned between each use. Other equipment, such as hockey helmets/pads, wrestling ear guards, football helmets/other pads, lacrosse helmets/pads/gloves/eyewear should be worn by only one individual and not shared.
- f. Maximum lifts should be limited and power cages should be used for squats and bench presses. Spotters should stand at each end of the bar.
- g. Modified* practices may begin for Higher risk sports:
 - *Continue pre-practice screening as in Phases 1 and 2. Shower immediately after practices/contests.
 - Re-assess epidemiology data and experiences in other states and other levels of competition to determine when Higher risk sports competition may resume.

Hydration:

- a. All students shall bring their own water bottle. Water bottles must not be shared.
- b. Hydration stations (water cows, water trough, water fountains, etc.) may be utilized but must be cleaned after every practice/contest.

1. Potential Infection Risk by Sport:

Higher Risk: Sports that involve close, sustained contact between participants, lack of significant protective barriers, and high probability that respiratory particles will be transmitted between participants.

Examples: Wrestling, football, boys lacrosse, competitive cheer, dance

Moderate Risk: Sports that involve close, sustained contact, but with protective equipment in place that may reduce the likelihood of respiratory particle transmission between participants OR intermittent close contact OR group sports OR sports that use equipment that can't be cleaned between participants.

Examples: Basketball, volleyball*, baseball*, softball*, soccer, water polo, gymnastics* (if equipment can't be sufficiently cleaned between competitors), ice hockey, field hockey, tennis*, swimming relays, pole vault*, high jump*, long jump*, girls lacrosse, crew with two or more rowers in shell, 7 on 7 football *Could potentially be considered "Lower Risk" with appropriate cleaning of equipment and use of masks by participants

Lower Risk: Sports that can be done with social distancing or individually with no sharing of equipment or the ability to clean the equipment between use by competitors.

Examples: Individual running events, throwing events (javelin, shot put, discus), individual swimming, golf, weightlifting, alpine skiing, sideline cheer, single sculling, cross country running (with staggered starts)

2. Transportation to events

Schools must consider social distancing requirements when scheduling contests and events for the fall. Social distancing (as required by state or local health department) will need to be maintained on buses/vans. Thus, multiple buses/vans and/or parental/guardian transportation will likely be needed.

3. Social distancing during Contests/Events/Activities

a. Sidelines/benches

Appropriate social distancing will need to be maintained on sidelines/bench during contests and events. Consider using tape or paint as a guide for students and coaches.

b. Who should be allowed at events? Group people into tiers from essential to non-essential and decide which tiers will be allowed at an event:

1. Tier 1 (Essential): Athletes, coaches, officials, event staff, medical staff, security

2. Tier 2 (Non-essential): Spectators, vendors Only Tier 1 and 2 personnel will be allowed to attend events until state/local health departments lift restrictions on mass gatherings.

A schedule for teams to workout will be developed to go along with these procedures next week.