

Coudersport School District Return to Play Policy

Coaches Before Practicing begins:

Each individual Head Coach will meet with AD to pick up appropriate information and cleaning supplies for practices.

Be aware that in the event of a positive COVID-19 case amongst any member of the team or staff, the resulting impact would be a **minimum** 14 day suspension of activity (practice or games).

Pre workout / Contest Training: (bullets per NFHS page 6 and PDE Green phase directives)

- ❖ Individuals should wash their hands for a minimum of 20 seconds with warm water and soap before touching any surfaces or participating in workouts.
- ❖ Face coverings should be worn by coaches, staff, officials, parents, and spectators as much as possible. (per CDC page 2)
- ❖ Coaches should sign in every student athlete and record their temperature.
- ❖ Players should use hand sanitizer before the start of workout and/or during workout.
- ❖ All coaches and students should be screened for signs/symptoms of COVID-19 prior to a workout. Screening includes a temperature check.
- ❖ 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).
- ❖ 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.
- ❖ Vulnerable individuals should not oversee or participate in any workouts.

Limitations on gatherings (bullets below per NFHS page 6-8):

- ❖ No gathering of more than 50 people per room at a time inside or outside for workouts.
- ❖ If locker rooms or meeting rooms are used, effort will be made to maintain a minimum distance of 6 feet where possible, between individuals.
- ❖ Workouts should be conducted in “pods” of students with the same 5-10 students always working out together.
- ❖ A minimum distance of 6 feet between each individuals is recommended 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 be maintained as best as possible on sidelines and benches during practices.

Facilities Cleaning: (per NFHS pages 6 & 7)

- ❖ Adequate cleaning schedules should be created and implemented for all athletic facilities to mitigate any communicable diseases. (See Mr. Gerner for details)

- ❖ 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.).
- ❖ Individuals should wash their hands for a minimum of 20 seconds with warm water and soap before touching any surfaces or participating in workouts.
- ❖ Hand sanitizer should be plentiful and available to individuals as they transfer from place to place.
- ❖ Weight equipment should be wiped down thoroughly before and after an individual's use of equipment.
- ❖ Appropriate clothing/shoes should be worn at all times in the weight room to minimize sweat from transmitting onto equipment/surfaces.
- ❖ Any equipment such as weight benches, athletic pads, etc. having holes with exposed foam should be covered.
- ❖ Students must dress/prepare for practice at home prior to arrival. Showering and washing of clothing should take place immediately upon returning home. Especially their workout clothing immediately upon returning to home.

Physical Activity and Athletic Equipment:

- ❖ There should be no shared athletic towels, clothing or shoes between students.
- ❖ 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 contests.
- ❖ Hand sanitizer should be plentiful at all contests and practices.
- ❖ Athletic equipment such as bats, batting helmets and catchers gear should be cleaned between each use.
- ❖ 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:

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

STUDENT/ATHLETE NAME PRINTED: _____ DATE: _____

Required Signatures:

I (Coach) _____ understand the protocol and will follow these rules.

I (student) _____ understand the protocol and will follow these rules.

I (parent) _____ give my student athlete permission to practice under these rules.