

## Adair County School Athletics COVID-19 Return to Participation Plan

Based on the guidelines released by the KHSAA and by Governor Andy Beshear as of May 31, we recommend the following guidelines for return to participation for Adair County School Athletics:

### June 1-14:

- Coaches may meet with players, however, only 10 players and 1 coach may be present at all times.
  - Staggered departure/arrival times recommended to avoid congregating during entrance/exit
  - Players will remain in the same group of 10 through June 29, or until further guidance is given by the athletic department. Mixing or switching of groups will not be permitted.
- No organized group workouts will be permitted during this time. This period is designed to regain contact with athletes, and to encourage all players to make sure physicals and participation paperwork is up to date. Coaches, keep in mind this may be the first time some of your athletes are interacting with a trusted adult in some time; keep your eyes out for any signs/symptoms of mental or emotional distress, and report to school officials and local authorities accordingly.
- Players and coaches must maintain the following social distancing guidelines:
  - Players and coaches must remain 6 feet apart at all times
  - Avoid congregating in small areas (hallways, stairwells)
  - Avoid carpooling with individuals living in other households
  - Coaches must wear a mask (cloth masks acceptable) over the nose and mouth when indoors and in close proximity of players. Players are required to have a mask with them at all practices and meetings. Masks will not be provided by the school.
- If in-person gatherings are conducted, all players and coaches must fill out the COVID-19 questionnaire **DAILY**. This will be administered by coaches upon arrival. The coach must use the touchless thermometer (provided) to check each athlete's temperature and record it in the google form. Players should not congregate prior to temperature checks.
  - Any player or coach presenting with a temperature of 100.4 or above should be sent home immediately, and will not be permitted to return to participation until **ALL** of the following have been met:
    - At least 10 days have passed since symptoms first appeared, all respiratory symptoms have improved, **AND** they have been fever-free for at least 72 hours with no medication.
  - Any player presenting with a temperature of 100.4 or above AND reporting one or more symptoms on the COVID questionnaire should be referred to their primary care physician, or other healthcare professional for screening and treatment, and will not be permitted to return to team activities until a clearance note from an MD, DO, PA, or NP is on file with the athletics department.
- Weight rooms, locker rooms/field house, and gymnasiums will **NOT** be available for meeting use during this time. Bathrooms will be available upon request, but will need to be

sanitized between each group. Players should arrive dressed out and ready to go for practice.

- Virtual meetings are encouraged when possible in order to avoid unnecessary exposures.
- Activities held during this time will be considered voluntary, and may not be a condition for inclusion on a future roster.
- All guidelines outlined below must be followed by all parties, whether on or off campus.

#### June 15-June 28:

- Coaches may meet with their players, however, players must remain in the same group of 10 established during the June 1-14 period. Only 1 coach may be present with each group of 10 players.
- Coaches may begin conducting workouts focused on general conditioning and physical fitness. **SPORT SPECIFIC ACTIVITIES WILL NOT BE ALLOWED!** This period is designed for a GRADUAL return to organized physical activity as most athletes have likely not been active during the extended dead period.
  - **Sport specific equipment such as balls, bats, gloves, pads, and goals will not be permitted to be used during this time.**
- The weight room, locker rooms/field house, and gymnasium will **NOT** be utilized by any sport during this time. Bathrooms will be available upon request, but must be sanitized after each group. Players should arrive dressed out and ready to go for practice.
- Multiple groups of 10 may meet at the same time, however, they must remain completely separate, and no interaction may occur between groups. The head coach may go from group to group for instructional purposes only, but must maintain social distancing.
- All players and coaches must wash hands or utilize hand sanitizer immediately prior to workout, and should sanitize hands and arms several times throughout the session with provided hand sanitizer.
- Coaches must wear a mask (cloth masks acceptable) over the nose and mouth when in close proximity of players. Players are required to have a mask with them at all practices and meetings. Masks will not be provided by the school.
- All players and coaches must fill out the COVID-19 questionnaire **DAILY**. This will be administered by coaches upon arrival. The coach must use the touchless thermometer (provided) to check each athlete's temperature and record it in the google form. Players should not congregate prior to temperature checks.
  - Any player or coach presenting with a temperature of 100.4 or above should be sent home immediately, and will not be permitted to return to participation until all of the following have been met:
    - At least 10 days have passed since symptoms first appeared, all respiratory symptoms have improved, **AND** they have been fever-free for at least 72 hours with no medication.
  - Any player presenting with a temperature of 100.4 or above **AND** reporting one or more symptoms on the COVID questionnaire should be referred to their primary care physician, or other healthcare professional for screening and treatment, and will not be

permitted to return to team activities until a clearance note from an MD, DO, PA, or NP is on file with the athletics department.

- Players should be encouraged to bring their own water jug to all sessions. Water coolers, drinking fountains, and waterboys may not be used without being sanitized in between each person. However, you may have one designated individual to refill water jugs, however they must do so without touching each person's water bottle. **No shared water bottles, towels, or other equipment will be permitted.**
- Players and coaches must remain 6 feet apart at all times before, during, and after the session (this includes warm-ups and cool-downs).
- Coaches, keep in mind this may be the first time some of your athletes are interacting with a trusted adult in some time; keep your eyes out for any signs/symptoms of mental or emotional distress, and report to school officials and local authorities accordingly.
- Activities held during this time will be considered voluntary, and may not be a condition for inclusion on a future roster.
- All guidelines outlined below must be followed by all parties, whether on or off campus.

#### **June 29-July 12:**

- The following sports may begin regular practices and intra-squad competition with **NO MORE THAN 50** participants present (including coaches, players, and spectators): Baseball, Golf, Softball, Tennis, Track & Field, Archery, Bowling, Esports, and Swimming.
  - Competition against other teams **MAY** be allowable, but must be approved by the athletic department, health department, and superintendent's office.
- The following sports may begin team/group practices **WITH NO COMPETITION OR SIMULATED COMPETITION**: Basketball, Cheer/Dance, Volleyball, and Football. Practices should be limited to **NO MORE THAN 50** participants present (including coaches, players, and spectators).
  - Sessions must focus on skill development and general conditioning and instruction without game formations
  - No physical contact between players is permitted
  - No use of tackling dummies/donuts/sleds, or other shared equipment
  - No drills involving handing off or passing a ball between teammates
  - **Sport specific equipment such as balls, bats, gloves, pads, and goals will not be permitted to be used during this time.**
- Weight room may be utilized during this time, but further guidance will be provided prior to use. Bathrooms will be available upon request, but will need to be sanitized between each group. Players should arrive dressed out and ready to go for practice.
- Multiple groups of 50 may meet at the same time, however, they must remain completely separate, and no interaction may occur between groups. The head coach may go from group to group for instructional purposes only, but must maintain social distancing.
- All players and coaches must wash hands or utilize hand sanitizer immediately prior to workout, and should sanitize hands and arms several times throughout the session with provided hand sanitizer.

- Coaches must wear a mask (cloth masks acceptable) over the nose and mouth when indoors and in close proximity of players. Players are required to have a mask with them at all practices and meetings. Masks will not be provided by the school.
- All players and coaches must fill out the COVID-19 questionnaire **DAILY**. This will be administered by coaches upon arrival. The coach must use the touchless thermometer (provided) to check each athlete's temperature and record it in the google form. Players should not congregate prior to temperature checks.
  - Any player or coach presenting with a temperature of 100.4 or above should be sent home immediately, and will not be permitted to return to participation until all of the following have been met:
    - At least 10 days have passed since symptoms first appeared, all respiratory symptoms have improved, **AND** they have been fever-free for at least 72 hours with no medication.
    - Any player presenting with a temperature of 100.4 or above **AND** reporting one or more symptoms on the COVID questionnaire should be referred to their primary care physician, or other healthcare professional for screening and treatment, and will not be permitted to return to team activities until a clearance note from an MD, DO, PA, or NP is on file with the athletics department.
- Players should be encouraged to bring their own water jug to all sessions. Water coolers, drinking fountains, and waterboys may not be used without being sanitized in between each person. However, you may have one designated individual to refill water jugs, however they must do so without touching each person's water bottle. **No** shared water bottles, towels, or other equipment will be permitted.
- Activities held during this time will be considered voluntary, and may not be a condition for inclusion on a future roster.
- All guidelines outlined below must be followed by all parties, whether on or off campus.

The following guidelines should be adhered to by all parties during each phase of participation, unless otherwise directed:

#### **Social Distancing Requirements:**

- Athletes and coaches must remain 6 feet apart throughout duration of all meetings/workouts
- Physical contact such as high fives, pats on the back, hugs, or other physical contact should be avoided by all parties.
- Limit nonessential visitors, spectators, volunteers, and activities involving external groups
- Dugouts or other areas where 6 feet distances cannot be maintained should not be used.
- Spitting of sunflower seeds, chewing gum, and tobacco use are prohibited during all sessions.
- Coaches should wear a mask when in close proximity to players.

### **Cleaning and Disinfecting Requirements:**

- All high-touch surfaces and equipment should be thoroughly sanitized by the coach in between each group of players. This includes bleachers/benches, bathrooms, weight rooms, coolers, and any other equipment used (abiding by above restrictions).
- Coaches should wear disposable gloves when sanitizing items and areas.
- Players should keep all of their belongings (keys, water bottle, mask) in one small area, spread apart from others' items.
- Players and coaches should wash hands for 20 seconds, or use hand sanitizer immediately prior to beginning practice session, and should be encouraged to do so several times throughout each session.

### **Screening and Illness Requirements:**

- All coaches and players must complete the google form COVID-19 questionnaire prior to beginning any session. These questionnaires will be administered by coaches, and should be completed every day a session is held.
- Coaches will be responsible for performing temperature checks on each athlete in their group. These checks should be performed prior to congregating for the session and, when possible, before the athlete's ride leaves the parking lot.
- Any player, coach, or individual having a recent close contact with a person diagnosed with COVID-19 should be prohibited from participation until cleared by a physician, or completing a 14-day self quarantine.
- Any player or coach presenting with a temperature of 100.4 or above should be sent home immediately, and will not be permitted to return to participation until ALL of the following have been met:
  - At least 10 days have passed since symptoms first appeared, all respiratory symptoms have improved, AND they have been fever-free for at least 72 hours with no medication.
- Any player presenting with a temperature of 100.4 or above AND reporting one or more symptoms on the COVID questionnaire should be referred to their primary care physician, or other healthcare professional for screening and treatment, and will not be permitted to return to team activities until a clearance note from an MD, DO, PA, or NP is on file with the athletics department.
- If an individual should contract symptoms during a session, they should immediately be sent home, and encouraged to seek medical care. All other players and coaches should self monitor for signs and symptoms.

*If at any point in time a positive COVID-19 test is reported, we will utilize our session records to assist with contact tracing, and all players and coaches who may have been in contact with the individual prior to their diagnosis will be alerted while maintaining the privacy of the individual.*

**All questions regarding the above guidelines/requirements should be referred to Mr. Campbell or Mrs. Cravens.**

## **Athlete/Parent Agreement**

**I have read and understand the above guidelines and agree to adhere to them for the duration of all pre-season, mid-season, and post-season events, or until further guidance is given from the Superintendent's office.**

**Athletes found not following the above guidelines will not be permitted to participate.**

**Athlete Printed Name:** \_\_\_\_\_

**Athlete Signature:** \_\_\_\_\_

**Parent/Guardian Printed Name:** \_\_\_\_\_

**Parent/Guardian Signature:** \_\_\_\_\_

**Date:** \_\_\_\_\_

## Coaches' Agreement

I have read and understand the above guidelines and agree to adhere to them for the duration of all pre-season, mid-season, and post-season events, or until further guidance is given from the Superintendent's office.

Coaches found not following the above guidelines will be considered in breach of contract, and will be held accountable accordingly.

Coach's Printed Name: \_\_\_\_\_

Coach's Signature: \_\_\_\_\_

Date: \_\_\_\_\_