

RETURN TO PLAY - GENERAL GUIDELINES PHASE 3

The following guidelines govern social distancing and safety procedures for pupil activity programs that practice, train or compete during the summer of 2020. All of these activities must be performed in accordance with Ohio Department of Health (“ODH”) orders, OHSAA guidance, and the procedures described below. These procedures are intended to adhere to ODH and OHSAA requirements; if any of these procedures are in conflict with ODH orders or OHSAA guidance as they currently exist or as they may be modified in the future, those other sources will control.

- **Fall HS and JH athletics and band will begin phase 3 on July 6**
- Locker rooms will not be used
- Arrive dress ready to workout
- Participants should not arrive more than 10 minutes early for their activity, and students should remain in their car until the previous group has left the same facilities if there are multiple sessions.
- Recommended that students who are riding together only come from the same household
- Parents and family members must stay in car
- No gathering before or after workouts
- When workout is over leave the grounds immediately
- Participants should wash hands with soap and water or use hand sanitizer, if such resources are available, when entering the facilities and leaving.
- Masks are recommended for both students and staff, unless such individuals are actively engaged in aerobic activity.
- **No limit on workout groups, outdoors and indoors. When not involved in drills/practicing must keep 6' distance. If possible limit the number of students involved in open gym/fields.**
- **Open gym/fields is permitted for contact sports**
- **No competition with other schools, team camps, summer camps**
- **Moderate risks sports practice and competition may begin. That includes: Baseball, basketball, softball, volleyball, soccer, tennis, girls lacrosse, track (pole vault, high jump and long jump), swimming relays and 7 on 7 football**
- Bring your own water, water will not be provided
- Bring your own towel, towels will not be provided
- Clean clothes and personal equipment daily
- Balls used in drills can be passed among players and need to be cleaned after every session (45 - 75 minutes). **If equipment is shared, proper sanitation should be performed between users.**
- Avoid any unnecessary touching. This includes no “high fives”, hand-shaking, and group huddles before, during or after an activity.

- Physical contact is only permitted within the rules of the game during competitive practices. **The AT will address medical emergencies - dislocation, broken leg, etc. The AT, student and/or coach will be required to wear a mask in this situation**
- Weather emergency - students will be taken into the building for safety and then address social distancing, they will need to be picked up
- Due to inclement weather workouts cannot be moved inside
- Ensure that all students and parents/guardians have completed google doc PRIOR TO working out. If not, the students will be sent home and not permitted to workout for that day. Google form must be completed every day.
- Students and coaches should have their temperatures taken prior to coming to a practice, training session or other activity. If a student or coach has symptoms consistent with illness and a fever of 100 or more, they must stay home and be fever free for 3 days without taking fever reducing medication (tylenol or advil) and must have a physician's note clearing them to return.
- Students and coaches should stay home if sick
- **When students/coaches/directors are traveling on vacation out of the state (or city) there is no longer the need to self quarantine for 14 days. When you and your family return the student/coach/director can rejoin the workouts. When returning, they should continue monitoring their health as we are doing daily and stay home if they are sick.**
- Medical conditions
 - *if sick - will need a note from a physician prior to returning to workouts
 - *if a student or coach is exposed to someone with COVID-19, the individual will need to quarantine for 14 days, notify the trainer immediately and the Franklin County Health Department
 - *if a student or coach contracts COVID-19, the Franklin County Health Department will be notified immediately and situation will be evaluated by an appointed medical committee to review our guidelines
- Common symptoms of COVID-19:
 - *cough
 - *shortness of breath or trouble breathing
 - *fever - if a student or coach miss a workout with a fever of 100 or more, they must stay home and be fever free for 3 days without taking fever reducing medication (tylenol - advil) and must have a physician's note clearing them to return
 - *chills - repeated shaking
 - *muscle pain
 - *headache
 - *sore throat
 - *loss of appetite or smell
- Parents, family members friends and alumni are not permitted to attend or participate in workouts
- This continues to be a fluid situation. As the Governor, ODH and OHSAA change their guidelines, we will reevaluate our plan.

June 29, 2020