

RETURN TO PLAY - PARENTS 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.

- **HS and JH athletics and band will begin phase 3 on July 6**
- Take son/daughter's temperature every day. If your child is experiencing symptoms consistent with illness, they must stay home.
- *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..
- Keep son/daughter home if sick
- Symptoms
 - *cough
 - *shortness of breath or difficulty 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 - repeatedly shaking
 - *muscle pain
 - *headache
 - *sore throat
 - *loss of appetite or smell
- **When 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 your student can rejoin the workouts. When you return you should continue monitoring the health of your student as we are doing daily and keep them 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 the virus the individual will quarantine for 14 days, notify the trainer immediately and the Franklin County Health Department

*if a student or coach contracts the virus, the Franklin County Health Department will be notified immediately and the situation will be evaluated by an appointed medical committee to review our guidelines

- Send son/daughter to workout with clean clothes daily
- Clean personal equipment daily - soccer ball, football, volleyball, music instruments, etc
- Participants should not arrive more than 10 minutes early for their activity, and they should remain in their car until the previous group has left the same facilities if there are multiple sessions.
- Stay in your car when dropping off and picking up your student
- Please pay close attention to the end times so your student won't be waiting around and possibly congregating with others. Please leave school grounds immediately once the activity is over and you have picked-up your child.
- Recommended that students who are riding together only come from the same household
- No gathering before or after workouts with other students
- Bring multiple personal water bottles and towel (water will not be provided)
- Participants should wash hands with soap and water or use hand sanitizer, if such resources are available, when entering and leaving the facilities. Hand sanitizer and wipes should not be shared.
- We will enforce a "no touch rule" whenever possible. 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 practice. The AT will address medical emergencies - broken leg, dislocations, etc. The AT, student and/or coach will be required to wear a mask in this situation.
- Limit the time spent on drills/activities where students are in close proximity for extended periods of time
- When not involved in drills/activities must keep 6' distance. If possible limit the number of students involved in open gyms/fields.
- Moderate risk 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 on football
- No competition with other schools, team camps, summer camps
- Parents play a major role in returning to play by following guidelines
- Weather emergencies - 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
- Parents, family members or friends cannot attend or participate in workouts
- Masks are recommended for students and coaches, unless such individuals are actively engaged in aerobic activity.
- This continues to be a fluid situation. As the Governor, ODH and OHSAA change their guidelines, we will reevaluate our plan.

June 29, 2020