

RETURN TO PLAY — PARENT GUIDELINES

PHASE 3 — UPDATES

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.

- High school and junior high 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 a Google form PRIOR TO working out. If not, the students will be sent home and not permitted to workout for that day. A Google form must be completed every day.
- Keep son/daughter home if sick.
- Workouts/practices are not mandatory.
- Symptoms:
 - Cough
 - Shortness of breath or difficulty breathing
 - Fever, chills/repeatedly shaking
 - Muscle pain
 - Headache
 - Sore throat
 - Loss of appetite or smell
- If a student or coach misses 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.
- 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*: the student 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 and notify the trainer immediately. The Franklin County Health Department will be notified, if necessary.
- *If a student or coach contracts the virus*, the Franklin County Health Department will be notified. **They will not be allowed to return until given written clearance from the health department.**
- **As we have stated, parents play a major role in helping keep our students, staff and families safe. You are required to report to the athletic trainers the results of a coronavirus test so that we can work with the health department.**
- 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.
- It is recommended that students who ride together come only from the same household.
- No gathering before or after workouts with other students.
- Bring multiple personal water bottles and a 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 athletic trainer will address medical emergencies such as broken legs, dislocations, etc. The athletic trainer, 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, athletes and coaches must keep a 6' **physical** distance. If possible, limit the number of students involved in open gyms/fields.
- Moderate risk sports practice and competitions may begin. This includes: baseball, basketball, softball, volleyball, soccer, tennis, girls lacrosse, track (pole vault, high jump and long jump), swimming relays and 7-on-7 football.
- No competition with other schools is allowed.
- **Team camps (basketball, etc.) will not be permitted. Summer camps for just our students (7 - 12) will be permitted. If possible, split the camp/workout into sessions to allow students to go home to eat and hydrate.**
- **When traveling on a bus or van, masks are required to be worn by staff and students.**
- Parents play a major role in returning to play by following the Parent Guidelines.
- Weather emergencies/inclement weather procedures:
 - Students will be taken into the building for safety and will be instructed to social distance. They will need to be picked up.
 - During inclement weather, workouts cannot be moved inside.
- Parents, family members or friends cannot attend or participate in workouts.
- Masks **are required to be worn by** students:
 - **When arriving and leaving school premises/conditioning.**
 - **When not actively in a drill and other equipment (i.e. football helmet) does not prohibit it.**
 - **Physical distancing should occur when not actively involved in a drill with or without a mask.**
- Masks **are required to be worn by** staff:
 - **When arriving and leaving school premises/conditioning.**
 - **When not actively demonstrating or participating in a drill.**
- This continues to be a fluid situation. As the Governor, ODH and OHSAA change their

guidelines, we will reevaluate our plan.

July 17, 2020