



# **Nazareth Academy HS - Reopening of Athletics Plan**

## **Voluntary Out of Season Workout Plan 2020**

### **(July 9th through July 31st)**

#### **Introduction**

This document is intended to guide Nazareth Academy on recommendations for reopening of our athletic programs during the COVID-19 Pandemic. The intention of these recommendations is to keep our student athletes, coaches, and community safe.

#### **General Considerations**

- All off-season workouts are open and voluntary
- While there is still an inherent risk of infection for those participating, everyone in attendance should be actively working towards decreasing the risk of transmission to others.
- Everyone should arrive and leave at the scheduled time to avoid overlap in groups.
- All athletes should clean individual equipment and clothing after every use.
- Coaches should clean all team/shared equipment after every use.

#### **Requirements for Coaches**

- Attend mandatory virtual meeting with athletic trainer or a representative from acting athletic trainer company to learn guidelines to mitigate risk.
- Design activities that focus on increasing risk mitigation strategies (social distancing, hand hygiene, etc.).
- Design activities to resume in a gradual fashion to avoid overuse injuries and exertional/heat-related illnesses.
- Coaches should work with the AD and/or an Athletic Trainer for guidance on adhering to each stage's recommendations.
- Break time may need to be increased and/or staggered to accommodate social distancing, hand washing, and avoiding shared hydration sources.
- Coaches must stay until all members of their team have left the campus.
- Notification of any use of facility (indoor or outdoor) must be given to the athletics department prior to entry into the facility.

#### **Requirements for Student Athletes**

- Gradually work up intensity of activity.
- Communicate all health and fitness-related concerns with coaches and athletic trainers immediately.
- Athletes should arrive prepared to go and avoid congregating before the workout.
- Athletes should leave immediately following the workout.
- All athletes should clean individual equipment and clothing after every use.

#### **Pre-Workout Procedure (for all phases)**

- All athletes and coaches in attendance must complete screening survey questionnaire in order to participate. Included in the questionnaire is parents confirming that the athletes have had their temperature taken prior to workout. Parents are responsible for taking temperature.
- Anyone with positive findings on screening should not attend (even as a spectator). Coaches should not allow athletes to return until they are given the ok by an athletic trainer or physician.
- Athletic Trainers will continually monitor screenings and reach out to anyone with positive findings with further instructions.
- Coaches must review the screening report at the start of each workout and confirm that everyone in attendance has completed a screening survey that day.



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- Coaches must maintain accurate attendance of each workout and submit to the athletics department immediately after practice electronically or hard copy.
- Athletes and coaches should use hand sanitizer and/or wash hands prior to the start of workout and if needed throughout practice and/or at breaks.
- Each athlete must have their own personal water bottle and a facial covering to participate. No coolers or hydration stations should be utilized at this time.
- Facial coverings required when students arrive/leave and during down time when they are not doing exertional activity (i.e. during instruction)
  - Facial coverings are not recommended during activity

#### **Screening Procedure**

- Screening survey should be completed the same day as workout and athlete and/or coach may not remain on campus if the screening survey is not completed.
- Athletes should complete screening in consultation with parents.

#### **Screening Survey Questions:**

Parents must confirm prior to work out that the athlete's temperature was taken prior to arrival and meets the guidelines. The survey will ask, in the past 72 hours, have you or anyone in your household experienced symptoms of acute respiratory illness, such as: a fever of 99.5°F or higher, fatigue, body aches, cough, shortness of breath, sore throat, runny/stuffy nose, chills?

In the past 14 days, have you had close contact (i.e. within 6 feet for more than a few minutes) with anyone who tested positive for COVID-19 (AKA coronavirus), is in the process of being tested for COVID-19, is isolating as a result of a suspected COVID-19 infection, or is experiencing acute symptoms of COVID-19?

- If 'yes' to either question or you are concerned that you may be ill, remain home.
- An athletic trainer or school nurse will contact parents of athletes who have answered 'yes' to any questions.
- At a minimum, students (and any members of their household) will need to be withheld from workouts for 72 hours. Additionally, students may need to be cleared by a physician to return depending on severity and length of symptoms.
- Athletes who previously were diagnosed with COVID-19 and have since recovered should receive clearance from treating health care provider and notify coaches and athletic trainers so an appropriate return to play plan can be established.
- If anyone tests positive for COVID-19 who was at a workout within 14 days, appropriate notification and contact tracing will be initiated.

#### **Phase 1 (Minimum of 14 days assuming county remains in a downward trend)**

- Conditioning and individual non-contact drills only.
- Groups of 25 or less (including coaches).
- Consider scheduling multiple sessions if more than 25 want to attend.
- No group huddles.
- Instruction can be given in a socially distant manner.
- Stretching, warmups, and cooldowns can be done in a socially distant manner.
- Restrooms should be used one at a time if needed.
- If possible, indoor sports should consider doing conditioning and individual drills outside.



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- Facial coverings required for all coaches. Facial coverings required when students arrive/leave and during down time when they are not doing exertional activity (i.e. during instruction). Facial coverings are not recommended during activity.
- Parents should remain in their vehicles.
- No shared objects (including bottles, towels, sports equipment, pinnies, etc.).
- No handshakes, fist-bumps, high-fives, etc.
- Team meetings should take place on a virtual platform.

#### **Phase 2 (Minimum of 14 days assuming county remains in a downward trend)**

- Conditioning, Individual Drills, and Group Drills
- No intra-squad scrimmages
- Groups of 50 or less outside, Groups of 25 or less inside the gym. Groups of 10 or less in the fitness center.
- No group huddles.
- Instruction can be given in a socially distant manner.
- Stretching, warmups, and cooldowns can be done in a socially distant manner.
- No locker room use. Restrooms should be used one at a time if needed.
- Athletes should take frequent breaks for hand-washing or hand sanitizer use.
- Facial coverings required for all coaches. Facial coverings required when students arrive/leave and during down time when they are not doing exertional activity (i.e. during instruction). Facial coverings are not recommended during activity.
- Parents should remain in their vehicles.
- Limit shared objects to those required for sport only (i.e. volleyballs, etc.).
- Athletes should still bring their own water supply and avoid sharing towels or pinnies.
- Team equipment should be cleaned at the conclusion of each session by coaching staff and individual clothing or equipment should be cleaned at the conclusion of each session by the participant.
- No handshakes, fist-bumps, high-fives, etc.
- Team meetings should allow for social distancing or take place on a virtual platform.

#### **References**

1. NFHS Guide for Opening Up High School Athletics and Activities- May 2020
2. NATA COVID-19 Return to Sport Considerations for Secondary School Athletic Trainers- May 2020
3. PA Department of Education Preliminary Guidance for Phased Reopening of Pre-K to 12 Schools- June 3, 2020
4. CDC COVID-19 Considerations for Youth Sports- May 29, 2020
5. UPMC Sports Medicine Playbook: Returning to Sports During COVID-19 Minimum Guidelines (High School)- May 28, 2020
6. PIAA Press Release- June 5, 2020
7. With special thanks to Pat Crater for the UCFSD Athletics Reopening Plan