

Carrollton CUSD # 1

Athletic Summer Guidelines and Operations in IHSA Stage I

IHSA Stage 1 (current stage) allows athletics and activities to resume with strict social distancing and health and safety precautions and limitations. The Philosophy of Stage I is to provide students and coaches an opportunity to reconnect. *It is an opportunity to begin to return to normal, however it is not a return to normal.* Some coaches or athletes may choose to continue preparing for their season at home via virtual meetings and personal workouts and that is fine. Some coaches or athletes may choose not to take part at all for a multitude of reasons and that is fine as well. No summer activities can be deemed mandatory and cannot be held against any coach or student-athlete.

Guidelines must be followed. It is the sole responsibility of the coaches to adhere to all safety guidelines and requirements and any deviation of these guidance, depending on severity will result in disciplinary actions.

Below criteria is derived from the [IHSA Stage I RTP](#)

Participation Guidelines

- These requirements must be followed when conducting voluntary strength and conditioning sessions:
- Maintain social distance by being 6 feet apart. Masks shall be worn when social distance cannot be maintained.
- Follow gathering guidelines of groups of 10 or less including the coach and medical personnel.
- Groups of 10 or less must be pre-determined.
- Once groups are determined, students may not switch from one group to another based upon sport.
- Students that participate in multiple sports for the year are encouraged to be grouped, for summer participation, in their fall sport.
- Interaction between groups shall be avoided.
- **Sessions can only include weightlifting, running, and exercises designed to promote physical fitness. Sport-specific drills are not permitted, and sport-specific equipment may not be used.**
- Implement diligent and effective cleaning and disinfecting of frequently touched objects and surfaces following the guidance of the CDC and IDPH.
- Coaches must maintain a daily record of what athletes are participating, when, symptoms they may present (see IHSA form on link at top of this sheet).
- Athletes should be monitored at the start of practice for temperature

>100.4F/37C or symptoms of COVID-19 (fevers, chills, cough, muscle aches, headache, sore throat, runny nose, nausea, vomiting, diarrhea, or loss of taste or smell). If symptoms are present they should not participate in practice and should be referred to a physician for evaluation and testing.

- Free weight exercises that require a spotter cannot be conducted while honoring social distancing norms. Safety measures in all forms must be strictly enforced in the weight room.
- Players shall bring their own water bottle, shoes, towels, and other personal equipment. The use of locker rooms, shared water coolers with cups, and water fountains will be prohibited during this stage.

Procedures for Handling Symptoms Related to COVID-19

The safety and wellbeing of our student athletes and coaches is our highest priority.

Any person with positive symptoms reported should not be allowed to take part in workouts and should contact his or her primary care physician. Parents understand that any student who has symptoms cannot participate and will have to be picked up from the school immediately.

If someone (coach or student) reports symptoms they would not be able to return unless 72 hours symptom/fever free. This is extremely important as many people go back to normal too soon.

The students should also report to coach if anyone in their family has been tested, or is confirmed with COVID-19. Students should be excluded from participation or consult with the local health department regarding return in those cases.

If a coach suspects there is a student ill with symptoms or one is being tested they should report that to the Athletic Director or Principal. They would then report and consult with the health department.

Time is of the essence when reporting these matters

IHSA Stage 1 Strength & Conditioning Logistics

Facility Space

Weight Room, High School Gym (HS Sports) and Grade School Gym (GS Sport), Outside Fields & Track

Days

Monday - Thursday all through Stage 1, possibly Fridays for additional conditioning

Disinfecting

Diluted bleach water will be used to disinfect surfaces. 1/3 cup of bleach to a gallon of water or other EPA approved disinfectants that are known to kill COVID-19 can be used. Follow the label for disinfectant strength and contact time. Chemicals are known to dissipate strength and should be changed often and properly tested for their consistency.

CDC Guidance for Cleaning and Disinfecting

<https://www.cdc.gov/coronavirus/2019-ncov/community/cleaning-disinfecting-decision-tool.html>

Time Slots

One hour time slots beginning at 7 AM, concluding no later than 4PM

This allows for 8 time slots per day. Time slots will be broken up by sport, fall sports will have priority.

Only one sport allowed on Campus at a time.

Personnel per Group

Groups of 9 or less plus 1 coach. Groups shall not exceed 10 people.

Alternative Daily Plan

This plan is fluid, which allows coaches to use the facilities for conditioning as they see fit for a specific athlete group as opposed to being more regimented. This allows us to train more athletes at one time

Important Guidelines

- Students work in groups of 9 with a coach making the 10th.
- Temp checks & questionnaire done prior to entering facilities. Hand sanitizer given out.
- During the assigned time slot, coaches can use the entire facility as needed. This includes access to all facilities

- Coaches can then determine how many athletes they choose to bring in, depending on how they choose to use facilities. All IHSA & IDPH guidelines must be met, including the number of people in a given space.

Ex. A coach may choose to bring in 20 athletes at a time with a group in Weight Room, Track, and Practice Fields. A coach must be present in each space. A rotation is set up where athletes are cycled through all stations.

***If rotation occurs a mandatory time of 10 minutes of cleaning, in addition to cleaning each time a new athlete is using a piece of equipment, as well as a 5 minute clear out period to prep for the next group coming in.**

Rationale

This plan gives coaches more flexibility to bring in more athletes at one time. Allowing us to work with more kids on a given day.

Daily Procedures

1. Coach sanitizes all equipment before use
2. Students screened and attendance documented on sheet provided
3. Students sanitize hands
4. Students participate
5. Students sanitize hands
6. Students screen out and documented
7. Coach sanitizes any and all shared equipment after use

****Restrict anyone with symptoms, anyone who has been ill shall be fever/symptom free 72 hours, and restrict anyone with a family member that is getting tested for COVID-19.***

Coaches

- All coaches must be CCUSD # 1 employees and/or coaching staff members.
- No Non-staff volunteer coaches will be allowed
- Follow the [CDC and IDPH Guidelines](https://www.cdc.gov/coronavirus/2019-ncov/community/cleaning-disinfecting-decision-tool.html) (<https://www.cdc.gov/coronavirus/2019-ncov/community/cleaning-disinfecting-decision-tool.html>)
- Perform temperature checks
- Wear face coverings when social distancing cannot be maintained
- Follow hand hygiene instructions and/or wear gloves
- Wipe down personal spaces
- Follow high touch cleaning protocols to wipe down areas after use

(Direct contact to skin should be avoided)

Students

- Wear a face mask if Social Distancing cannot be maintained (as directed by IHSA guideline)
- Maintain a distance of 6 feet from another person at all times
- Sanitize their hands before and after participation
- Bring their own water and water bottles, drinking fountains will not be accessible.
- Students should be encouraged to bring their own equipment for personal use to the greatest extent possible. (examples include but not limited to their, jump ropes, bottles, towels, etc.

Facilities

- Both indoor and outdoor facilities may be used as available, may have conflicts due to student pick up/drop. Outside activities are highly encouraged.
- Students should come and go with only essentials needed for participation (locker rooms are not to be used)

Important Considerations

It is the responsibility of each IHSA member school to comply with the above requirements. Additionally, IHSA member school sponsored camps, clinics, and open gyms are prohibited in any sport at this time.

During the month of June, FALL sports will be the main focus of this session. Other sports will have opportunity as time and space permit.