

BREWER ATHLETIC DEPARTMENT COVID-19 SAFETY PLAN



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Section 1. Purpose

To provide basic infection prevention recommendations for athletic training, athletic health care services, coaches, and teams. The function is to reaffirm Standard Precautions as the foundation for preventing transmission of infectious agents during practices, games, in athletic training facilities, and athletic healthcare settings.

Section 2. Policy

Section 2A. Infection Control Program and Infrastructure

1. Written infection control prevention policies and procedures are available, current and based on evidence-based guidelines (e.g. CDC/HICPAC), regulations, or standards.
2. Infection prevention policies and procedures are reassessed at least annually or according to state or federal requirements, and updated as appropriate.
3. Trained infection prevention staffs, athletic trainers, are available to manage the infection control program for all athletic environments. This staff is available to consult with and manage this policy as it pertains to infection control in the athletic healthcare environment through collaborative relationships with school and team physicians.
4. WSISD, TEA, UIL, the CDC, and/or the Department of Public Health will offer guidance for early detection and management of potentially infectious persons at the initial points of encounter.

Section 2B. Infection Control Training and Competency

An annual competency-based training program will provide job-specific training on infection prevention policies and procedures to athletic training staff and coaches.

Section 2C. Athletic Healthcare Staff Safety

1. WSISD has an exposure control plan.
2. Athletic staffs who have contact with blood or potentially infectious materials are trained in the OSHA blood borne pathogen standards.
3. Annual influenza vaccine is strongly advised.
4. Athletic staffs can demonstrate knowledge of and compliance with mandatory reporting requirements for notifiable diseases, healthcare associated infections, and for potential outbreaks.

Section 3. Mitigation of risk plan for COVID-19

Section 3A. Required Screening before attending or participating in activities:

If staff have not been screened by the school for purposes of participating in instructional activities, schools must implement these screening protocols before allowing staff to participate in UIL activities.

1. Schools must require staff to self-screen for COVID-19 symptoms before participating in UIL activities or entering areas where UIL activities are being conducted. Symptoms are listed at the

end of this document. The self-screening should include staff taking their own temperature. Staff must report to the school if they themselves have COVID-19 symptoms or are lab-confirmed with COVID-19, and, if so, they must remain off campus and away from areas where UIL activities are being conducted until they meet the criteria for re-entry as noted below. Additionally, they must report to the school if they have had close contact with an individual who is lab-confirmed with COVID-19, as defined at the end of this document, and, if so, must remain off campus and away from areas where UIL activities are being conducted until the 14-day incubation period has passed. Close contact is defined in this document below.

2. Parents must ensure they do not send a student to participate in UIL activities if the student has COVID-19 symptoms (as listed in this document) or is lab-confirmed with COVID-19 until the below conditions for re-entry are met. School systems may consider screening students for COVID-19 as well. Screening is accomplished by asking questions by phone or other electronic methods and/or in person. The screening questions should also be asked of a student's parent if that parent will be dropping off or picking up their student from inside areas where UIL activities are being conducted.
3. Before visitors are allowed access to areas where UIL activities are being conducted, school systems must screen all visitors to determine if they themselves have COVID-19 symptoms (as listed in this document) or are lab-confirmed with COVID-19, and if so, they must remain off campus and away from areas where UIL activities are being conducted until they meet the criteria for re-entry as noted below. Additionally, school systems must screen to determine if visitors have had close contact with an individual who is lab-confirmed with COVID-19, and if so they must remain off campus and away from areas where UIL activities are being conducted until the 14-day incubation period has passed. When practical, screening questions could be supplemented with temperature checks of adults.
4. Schools are permitted to prevent any individual who fails the screening criteria from being admitted into school facilities or sites where UIL activities are being conducted until they meet the criteria for re-entry as described below. Any individual for whom screening cannot be confirmed should be presumed symptomatic until confirmed otherwise.

Section 3B. Individuals Confirmed or Suspected with COVID-19

1. Any individuals who themselves either: (a) are lab-confirmed to have COVID-19; or (b) experience the symptoms of COVID-19 (listed below) must stay at home throughout the infection period, and cannot return to campus until the school system screens the individual to determine any of the below conditions for campus re-entry have been met:
 - In the case of an individual who was diagnosed with COVID-19, the individual may return to school when all three of the following criteria are met:
 - at least one day (24 hours) have passed since recovery (resolution of fever without the use of fever-reducing medications);
 - the individual has improvement in symptoms (e.g., cough, shortness of breath); and
 - at least ten days have passed since symptoms first appeared.
 - In the case of an individual who has symptoms that could be COVID-19 and who is not evaluated by a medical professional or tested for COVID-19, such individual is assumed to have COVID-19, and the individual may not return to the campus until the individual has completed the same three-step set of criteria listed above.

- If the individual has symptoms that could be COVID-19 and wants to return to school before completing the above stay at home period, the individual must either (a) obtain a medical professional’s note clearing the individual for return based on an alternative diagnosis or (b) obtain an acute infection test at an approved testing location (<https://tdem.texas.gov/covid-19/>) that comes back negative for COVID-19.

Section 3C. Identifying Possible COVID-19 Cases on Campus

- Schools must immediately separate any student who shows COVID-19 symptoms while at school until the student can be picked up by a parent or guardian.
- Schools should clean the areas used by the individual who shows COVID-19 symptoms while at school (student, teacher, or staff) as soon as is feasible.
- Students who report feeling feverish should be given an immediate temperature check to determine if they are symptomatic for COVID-19.

Section 3D. Close Contact

This document refers to “close contact” with an individual who is lab-confirmed to have COVID-19. The definition of close contact is evolving with our understanding of COVID-19, and individual scenarios should be determined by an appropriate public health agency. In general, close contact is defined as:

- being directly exposed to infectious secretions (e.g., being coughed on); or
- being within 6 feet for a cumulative duration of 15 minutes; however, additional factors like case/contact masking (i.e., both the infectious individual and the potential close contact have been consistently and properly masked), ventilation, presence of dividers, and case symptomology may affect this determination.

Either (a) or (b) defines close contact if it occurred during the infectious period of the case, defined as two days prior to symptom onset to 10 days after symptom onset. In the case of asymptomatic individuals who are lab-confirmed with COVID-19, the infectious period is defined as two days prior to the confirming lab test and continuing for 10 days following the confirming lab test.

Required Actions if Individuals with Lab-Confirmed Cases Have Been in a School or in an Area Where UIL Activities are being Conducted.

1. If an individual who has been in areas where UIL activities have been conducted is lab-confirmed to have COVID-19, the school must notify its [local health department](#), in accordance with applicable federal, state and local laws and regulations, including confidentiality requirements of the [Americans with Disabilities Act](#) (ADA) and Family Educational Rights and Privacy Act (FERPA).
2. Schools must close off areas that are heavily used by the individual with the lab-confirmed case (student, teacher, or staff) until the non-porous surfaces in those areas can be disinfected, unless more than 7 days have already passed since that person was on campus.
3. Consistent with school notification requirements for other communicable diseases, and consistent with legal confidentiality requirements, schools must notify all teachers, staff, and families of all students in a school if a lab-confirmed COVID-19 case is identified among students, teachers or staff who participate in any UIL activities. If the person who is lab-confirmed to have COVID-19 participated in a contest against another school(s), the school must notify other school(s) and sports/contest officials involved in the contest.

Section 3E. COVID-19 Symptoms

In evaluating whether an individual has symptoms consistent with COVID-19, consider the following question:

Have they recently begun experiencing any of the following in a way that is not normal for them?

- Feeling feverish or a measured temperature greater than or equal to 100.0 degrees Fahrenheit
- Loss of taste or smell
- Cough
- Difficulty breathing
- Shortness of breath
- Fatigue
- Headache
- Chills
- Sore throat
- Congestion or runny nose
- Shaking or exaggerated shivering
- Significant muscle pain or ache
- Diarrhea
- Nausea or vomiting

Section 3F. Screening Questionnaire Information

1. When asking individuals if they have symptoms for COVID-19, school systems must only require the individual to provide a “Yes” or “No” to the overall statement that they are symptomatic for COVID-19, as opposed to asking the individual for specific symptom confirmation. School systems are not entitled to collect information during screening on the specific health information of an individual beyond that they are symptomatic.

Once it is determined that individuals who responded “Yes” to either of these questions have met the criteria for re-entry, school systems must destroy those individuals’ responses.

Section 3G. Daily Required Screening – Staff/Student Athletes

1. A combined effort by the coaching staff and athletic training staff will ensure that all athletes are checked in before they participate in any athletic activities.
2. All athletes will report to their designated location for screening before entering the building, and exit out of the designated doorway. Reentering the building after exiting is prohibited.
3. Before workouts all students and staff will be pre-screened for COVID-19 symptoms that they or others living in their house may experience. A Coach or Staff Athletic Trainer will take the temperature of each student each day at the start of the conditioning sessions.
4. Temperature screeners must wear a facemask. Any athlete that has a temperature greater than 100.4 degrees Fahrenheit will be given a surgical facemask to wear and will be instructed to report to the athletic trainer.
5. Students and staff members will answer screening questions prior to the beginning of UIL activities listed above under COVID-19 symptoms.

6. Students must answer NO to all questions to be cleared. If a student answers yes to any question or has a body temperature greater than 100.0 Fahrenheit, he/she must report to the athletic trainer for further evaluation.
7. **PEOPLE WHO FEEL SICK SHOULD STAY HOME**
 - a. **Do not go to work or school**
 - b. **Contact and follow the advice of your medical provider**
 - c. **Contact the athletic department**

***Student-Athletes and Staff with lab confirmed cases of COVID-19 must have physician clearance before returning to UIL practices or competitions.**

Section 4. Standard Precautions

Standard precautions are the minimum infection control practices that apply to all athlete care regardless of suspected or confirmed infection status of the athlete.

Section 4A. Hand Hygiene

1. All healthcare staff are educated regarding appropriate indications for hand hygiene.
2. Supplies necessary for adherence to hand hygiene including soap, water, paper towels, and hand sanitizer are readily accessible to healthcare staff in athlete care areas.
3. Athletes entering the athletic facilities shall use hand sanitizer before entering and after exiting via sanitizer stations inside and outside facility doors. Hand hygiene information is posted outside of all athletic facility entrances.
4. Hand hygiene is performed by staff:
 - a. Before contact with the athlete.
 - b. Before performing aseptic task, e.g., wound care, instilling eye drops.
 - c. After contact with athlete.
 - d. After contact with objects in the immediate vicinity of the athlete.
 - e. After contact with blood, body fluids, or contaminated surfaces.
 - f. Before placing gloves on and after removing gloves.
 - g. When moving from a contaminated body site to a clean body site during athlete care.

Section 4B. Personal Protective Equipment (PPE)

1. All athletic healthcare staff are educated on proper selection and use of PPE, and when new equipment or protocols are introduced.
2. Hand hygiene is performed immediately before utilizing PPE.
3. Hand hygiene is performed immediately after removal of PPE.
4. **Gloves**
 - a. Staff wear gloves for potential contact with presumed COVID 19 individuals, blood, body fluids, mucous membranes, non-intact skin, or contaminated equipment.
 - b. Staff do not wear the same pair of gloves for the care of more than one patient.
 - c. Staff do not wash gloves for the purpose of reuse.
5. **Gowns**
 - a. Staff wear gowns to protect skin and clothing during procedures or activities where contact with blood or body fluids is anticipated.

- b. Staff do not wear the same gown for the care of more than one patient.
- 6. Face Protection (full face shield or goggles plus a facemask)
 - a. Staff wear mouth, nose, and eye protection during procedures that are likely to generate splashes or sprays of blood or other body fluids.
- 7. Used PPE will be discarded in appropriately labeled containers and disposed of through recognized health care methods or per school nursing protocol.

Section 4C. Respiratory Hygiene/Cough Etiquette

1. Respiratory Etiquette signs are posted in the athletic training room and athletic facilities.
2. Tissues, waste basket, and hand sanitizer are available to athletes and visitors in the athletic training room. Hand sanitizer should be used on entering and exiting the athletic training room or athletic health care facility.
3. All athlete/visitor are offered a surgical facemask upon entry into the athletic training room. (Visitors are limited to necessary staff and essential individuals.)
4. Athletes with symptoms of respiratory infections will be managed to minimize exposure to the other student athletes.

Section 4D. Transmission Based Precautions

In addition to Standard Precautions and Respiratory Hygiene/Cough Etiquette, a patient with a potentially infectious disease should be isolated as soon as possible. The athletic trainer/school nurse and parent/guardian of the athlete should be notified and informed of the suspected diagnosis in accordance with school or organization policy.

1. Airborne Precautions: Athletes known or suspected of having an infection requiring Airborne Precautions, (e.g., chickenpox, active TB, measles).
 - Ask athlete to wear a surgical facemask and isolate as soon as possible.
 - Staff caring for athlete is advised to wear N95 respirator mask.
2. Droplet Precautions: Patient known or suspected of having an infection requiring Droplet Precautions, e.g., COVID-19, influenza, mumps, meningitis.
 - Ask athlete to wear a surgical facemask.
 - Staff caring for patient should wear surgical facemask.
 - After the athlete leaves, perform routine cleaning.

Section 4E. Face Coverings- Executive Order GA-29

Executive Order GA-29, regarding face coverings, applies to all UIL activities effective July 3, 2020. This includes all 2020 summer activities and in-season activities for the 2020-2021 school year. As the public health situation changes, and/or if subsequent Executive Orders are issued by Governor Greg Abbott, these guidelines may be further modified.

1. For the purposes of this document, masks and face coverings include non-medical grade disposable face masks, cloth face coverings (over the nose and mouth), or full-face shields to protect eyes, nose, and mouth. Face shields may be superior to cloth face coverings in many circumstances, given improved ability to see mouth movements and improved air circulation.
2. All employees, parents, visitors and students ten years of age or older must wear face coverings or face shields upon entry to an area where UIL activities are being conducted and when not actively exercising, unless an exception listed below applies.

3. The face coverings requirements do not apply to a school in a county that meets the requirements of paragraph 11 of Executive Order GA-29, unless the local school system chooses to implement these requirements locally. Even in these circumstances, the wearing of face coverings or face shields is strongly encouraged.
4. Exceptions to the wearing of face coverings or face shields include:
 - Any person with a medical condition or disability that prevents wearing a face covering;
 - While a person is consuming food or drink;
 - While the person is in a pool, lake, or similar body of water.
 - When a congregating group of persons maintains at least 6 feet of social distancing; or
 - Any other reason or circumstance indicated under Executive Order GA-29.

Section 5. Locker Room Use

- Athletes must use hand sanitizer prior to entering and exiting the locker room.
- Access to the locker room will be staggered with specific time frames to follow proper social distancing procedures and occupancy levels.
- All PPE material (face shield or mask) must be worn throughout entire duration of time in locker room.
- Athletes must maintain proper social distancing designated by markers on the ground on walkways as well as in restroom and showers.
- During the Duration of Practice and Games Locker Rooms will be available for Restroom use only
 - on a One In and One Out basis for Athletes Only.

Section 6. Grouping/Gathering

1. Schools should enforce proper social distancing at all times and proper use of PPE.
2. Schools should plan for entry and exit procedures that reduce the number of students and parents congregating outside and/or mixing around the workout areas and parking areas.
3. Consider staggering start and end times, assigning students to entries and exits to ensure even distribution of students entering/exiting at each entry point, providing guidance to students to enter one at a time and wait six feet apart outside the entrance.

Section 7. Facility/Laundry Cleaning

1. Cleaning products: Please consult <https://www.epa.gov/pesticide-registration/list-n-disinfectants-use-against-sars-cov-2> for a list of EPA approved products.
2. Adequate cleaning schedules should be created and implemented for all athletic facilities to mitigate any communicable disease.
3. Prior to an individual or group of individuals entering a facility, hard surfaces within that facility should be wiped down and sanitized (chairs, furniture in meeting rooms, locker rooms, weight room equipment, bathrooms, athletic training room tables, etc.).
4. Individuals should wash their hands for a minimum of 20 seconds with warm water and soap or with hand sanitizer until hands are dry before touching any surfaces or participating in workouts.
5. Hand sanitizer should be plentiful and available to individuals as they transfer from place to place.

6. Weight equipment should be wiped down thoroughly before and after an individual's use of equipment and sanitized at the end of the day.
7. Appropriate clothing/shoes should be worn at all times in the weight room to minimize sweat from transmitting onto equipment/surfaces.
8. Any equipment such as weight benches, athletic pads, etc. having holes with exposed foam should be covered.
9. Staff engaged in environmental cleaning wear appropriate PPE to prevent exposure to infectious agents or chemicals. This will include wearing face masks and gloves for the following activities:
 - a. Handling laundry – clean or dirty
 - b. Distribution of laundry to student-athletes
 - c. Regular wiping and sanitization of washers and dryers – handles, control panels, etc.
 - d. Regular cleaning and sanitizing of laundry carts
 - e. Cleaning and sanitation of contact surface
 - f. Cleaning and sanitation spills of blood or other bodily fluids

Section 8. Student Hygiene

1. There should be no shared athletic towels, personal hygiene products, clothing, shoes, or other personal effects between students.
2. Students should wear their issued workout clothing (do not share clothing), and individual clothing/towels should be washed and cleaned after every workout.
3. Hand sanitizer should be plentiful at all contests and practices.
4. Athletic equipment such as bats, batting helmets and catchers gear should be cleaned between each use using CDC approved anti-viral and anti-bacterial cleaners. Other equipment, football helmets/other pads, should be worn by only one individual and not shared.
5. Maximum lifts should be limited and power cages should be used for squats and bench presses. Spotters should stand at each end of the bar.
6. Continue pre-practice screening as in Phases 1 and 2. Shower immediately after practices/contests at home until facilities are re-opened. At that time, proper guidelines and training should occur to mitigate the risk of exposure.
7. Re-assess epidemiology data and experiences in other states and other levels of competition to determine if protocols need to be revised.
8. Wash your hands with soap and water or use hand sanitizer, especially after touching frequently used items or surfaces.
9. Avoid touching your face.
10. Sneeze or cough into a tissue, or the inside of your elbow.
11. Disinfect frequently used items and surfaces as much as possible.
12. Use face coverings while in public and particularly when using mass transit.
13. Students must be encouraged to shower and wash their workout clothing immediately upon returning home.

Section 8A. Other Considerations

1. Wide availability of hand sanitizer at contests and practices. Participants, coaches, and officials should clean hands frequently.
2. Wiping down ball and equipment frequently.
3. No pre-game and post-game handshakes/high-fives/fist bumps.

4. Officials and sideline volunteers should (as determined by UIL) be given option to wear face coverings (may use artificial noisemaker in place of whistle).
5. Coaches should wear a mask while in contact with athletes indoors or when unable to maintain safe social distancing of 6 ft while outdoors.

Section 9. Hydration

1. There can be no shared water or food
2. Students are to bring their own water bottles for use.
3. Hands Free Hydration stations may be utilized when available.
4. When an athlete does not have water available, supplemental disposable water bottles will be made available.

Section 10. Athletic Trainer Services

Athletic trainers in high schools are positioned to play a vital role as sports return following this pandemic. As health-care professionals, they can take lead roles in developing and implementing infection control policy throughout the school. Whenever needed, state associations and their SMACs should promote the importance of athletic trainers in high schools and their role in injury evaluation, treatment and risk minimization, as well as, being a vital component of any return-to-school and athletics plan.

Athletic training rooms typically are shared environments with multiple individual and groups of athletes all seeking the attention of the athletic trainer or other member of the Sports Medicine Team during a short consolidated period of time as the athletes prepare for practice or a game. This close contact environment in a shared space may act as a source for the spread of infection. It is therefore critical that infection control standards be adopted to attempt to mitigate this risk.

- It is imperative that access to the athletic training room be limited and well documented.
- Athletes can no longer be allowed to come and go as they please, in mass, or without purpose. The athletic training room must be treated as a health care facility and visits not directly related to athlete health and safety should be eliminated. It will also be necessary to tightly control the number of athletes, staff, and students in the facility at any one time.
- Standard safety precautions such as social distancing, wearing masks, and hand washing must be followed.
- It is advised that all entrants to the athletic training room (ATR) should be documented either electronically or on paper along with their temperature and results of their symptom check or documentation of prior screening. This documentation should include: name, date, time in, time out, and reason for visit. All documentation should be properly stored.
- All entrants should use hand sanitizer when entering and leaving the ATR.
- State and/or Federal limits on room occupancy will be followed. Once occupancy limits have been reached, others must wait outside the ATR unless urgent or emergent.
- All social distancing requirements must be followed. Outside visitors should not be allowed unless they are essential to the care of an athlete or if they are the parent of the athlete under care. These individuals must be screened prior to entry.
- All furniture and equipment should be spaced 6 feet apart when possible.

- Staff Athletic Trainer will be available for athletes to report any injuries during and at the conclusion of practice in order to provide care or coordinate treatment time.

Infection control in and around the athletic training room is a shared responsibility among the certified athletic trainer, members of the Sports Medicine Team, coaches, student-athletes, and the school.

Section 10A. Hand Hygiene and Common Materials

1. Athletic trainers should use and demonstrate appropriate hand hygiene thorough hand washing or the use of approved hand sanitizer, as well as appropriate PPE, before and after contact with each athlete.
2. Athletes entering the athletic training room should be required to use hand sanitizer before entering and after exiting the athletic training room. Sanitizer stations should be located outside the athletic training room door.
3. Upon entrance to the Athletic Training Room mask or face shield must be worn, and hand sanitizer must be used prior to entrance.
4. To minimize the volume of athletes who need to enter and exit the athletic training room, common individual items/products (Band-Aids, tape, under-wrap, etc.) should be available for athletes outside the athletic training room door. Athletes should be required to use hand sanitizer prior to accessing common products.

Section 10B. Athletic Training Room Physical Space and Equipment Cleaning Standards

1. All exposed surfaces (desks, counter tops, chairs) should be cleaned with CDC approved anti-viral and anti-bacterial cleaners at the start and end of each day.
2. Treatment surfaces should be cleaned with appropriate anti-viral and anti-bacterial cleaners after an athlete has been treated utilizing that surface
3. Excess unpacked supplies should not be stored in the athletic training room where athletes typically are treated.
4. Coolers and extra team medical kits should not be stored in the athletic training room area where athletes typically are treated.
5. The inside and outside of coolers should be cleaned after each use/day they are checked utilized. Cleaning should be done by team members based on procedures set up and outlined by athletic trainers.
6. The outside of travel medical kits (often used by individual teams) should be cleaned upon return. The inside should be inspected by the athletic trainer and cleaned as appropriate based on that inspection.
7. Floors and other hard surface areas should be cleaned at the end of each day with CDC approved disinfectant by school custodial staff.
8. Hot and cold tubs: There is increased need for individualized delivery of these services and more frequent cleaning and sanitization of these modalities. Efforts must be taken to mitigate disease transmission in both hot tubs and polar plunge tanks. These modalities are single-use modalities and must be drained and cleaned before use by another person.

Section 10C. Environmental Cleaning

1. Cleaning products: Please consult <https://www.epa.gov/pesticide-registration/list-n-disinfectants-use-against-sars-cov-2> for a list of EPA approved products.

2. Sport/Weight Room Equipment will be cleaned between all uses and at the end of the day.
3. Table cleaning after every athlete visit regardless of athlete's precaution status:
 - Clean the exam table and any head support surface with hospital-approved disinfectant. Let table dry. Change the pillow case if used.
4. Shared non-critical devices, e.g., stethoscopes, oximeter, otoscope, are wiped with hospital approved disinfectant after each athlete and at the end of each day.
5. Shared athlete care devices that use blood samples, e.g., glucometer, with CDC approved disinfectant after each use.
6. All rehab equipment utilized for patient care will be disinfected after each use.
7. Daily cleaning at the end of the day with CDC approved disinfectant:
 - Clean exam table, blood pressure cuff, shared stethoscopes, thermometer, otoscope, ophthalmoscope, oximeter, and other daily equipment such as scissors, tape cutter, nail cutter, tweezers, etc.
 - Custodial services staff clean sinks, counters, and floors per school operational procedures and standards for other health care sites in the school.
8. Spills of blood or other body fluid are cleaned and disinfected per procedure:
 - Spills should be cleaned using absorbent materials such as paper towels and then disinfected with a hospital-approved disinfectant.
 - Broken glass must never be picked up by hand. Dust pans and brushes are available in all patient care areas. Notify custodial services for cleanup.
9. Staff engaged in environmental cleaning wear appropriate PPE to prevent exposure to infectious agents or chemicals. This will include wearing face masks and gloves for the following activities:
 - Handling laundry – clean or dirty
 - Distribution of laundry to student-athletes
 - Regular wiping and sanitization of washers and dryers – handles, control panels, etc.
 - Regular cleaning and sanitizing of laundry carts
 - Cleaning and sanitation of contact surfaces
 - Cleaning and sanitation of hydration equipment (Hands free drinkers, coolers, ice chests, and water bottles)
 - Cleaning and sanitation of rehabilitation equipment and supplies
 - Cleaning of reusable medical devices utilized in the athletic training room
 - Cleaning and sanitation spills of blood or other bodily fluids

Section 10D. Medical Devices

1. Reusable medical devices/equipment (e.g., sharp instruments) are cleaned and reprocessed prior to use on another patient.
2. Reusable medical devices (Game Ready, Recovery Pump) must be cleaned (disinfected or sterilized) and maintained per manufacturer's instructions.
3. Semi-critical items that contact mucous membranes or non-intact skin require at a minimum high-level disinfection.
4. Non-critical items that contact intact skin should be low-level or intermediate-level disinfected depending on the degree of contamination.
5. Single-use devices are discarded after use and are not used for more than one athlete.
6. Assign responsibility for reprocessing of medical devices to staff with appropriate training.
 - Maintain copy of manufacturer's instructions for reprocessing of devices in use in the department.

- Hands-on training on proper selection and use of PPE and recommended steps for reprocessing assigned devices should be provided, and when new devices are introduced or policies/procedures change. Staff must demonstrate competency prior to performing cleaning, high level disinfection, and sterilization tasks.
 - Staff must have access to and wear appropriate PPE when handling and reprocessing contaminated medical devices.
7. Cleaning area should have adequate space for reprocessing activities and there is clear separation between soiled and clean workspace.
 8. Adequate time is allowed for cleaning to ensure adherence to all steps recommended by the manufacturer including drying and proper storage.
 9. Medical devices are stored in such a manner to protect them from damage and contamination.

Section 10E. Disinfection and Cleaning of Reusable Team Equipment

1. Athletic training students, under the supervision of staff athletic trainers, will be instructed in the appropriate cleaning and storage of coolers and medical kits assigned for team use by the athletic trainer.
2. Cooler interior and exterior will be washed out and cleaned with appropriate disinfectant products on a daily basis after use per school athletic training department protocol.
3. The exterior of travel medical kits used by teams when traveling will have the exterior cleaned at the end of each session when used with appropriate disinfectant products per school athletic department protocol.
4. Interior of travel medical kits will be inspected and cleaned as appropriately by athletic trainer upon their return as necessary.

Section 10F. Storage of Medical Supplies

1. Medical equipment, devices, patient care items, and athletic training supplies should be stored in protected area with controlled traffic flow.
2. Sterile items should be stored at least 8 inches off the floor, 2 inches from outside walls, and 18 inches from the ceiling.
3. All items in clean storage rooms should be clean and clean items should not be stored in soiled rooms.
4. Clean and sterile items should be removed from outside shipping carton. Clean and sterile items may be stored in the same room but it should be clear to staff which items are sterile and which are clean. If open shelving is used, the bottom shelf should be solid.

Section 10G. Guideline for Dating Medications and Supplies

1. All products should be stored in a labeled container unless dispensed for immediate use.
2. Never top-off bottles. Do not refill partially full bottles.
3. Avoid using a secondary container. If a secondary container must be used, it should be labeled with contents and the date filled.
4. Refer to MSDS or manufacturer's recommendations for more information.

References: <https://www.cdc.gov/hai/settings/outpatient/outpatient-care-guidelines.html>

Section 10H. Personal Protective Equipment (PPE)

1. Personal protective equipment, including but not limited to gloves, gowns, masks (surgical and N95) and protective eyewear, should be available for use by the athletic trainer, at their discretion, based on the athlete they are treating.
2. Used PPE and contaminated materials (such as used PPE, sharps, contaminated medical waste) should be discarded in appropriately labeled containers and disposed of through appropriate methods.

***Plan is subject to change with guidance and updates provided by the UIL and TEA.**

Section 11. Reference List

- CDC: Infection Prevention and Control Assessment Tool for Outpatient Settings (2016)
- BOC Facility Principles (2015)
- CDC Guideline for Isolation Precautions: Preventing Transmission of Infectious Agents in Healthcare Settings (2019)
- NCAA Core Principles of Resocialization of Sport
- Guidance for Opening Up High School Athletics and Activities, National Federation of State High School Associations (NFHS), Sports Medicine Advisory Committee (SMAC), 2020
- American College Health Association (ACHA) COVID-19 Resources
- EPA List N: Disinfectants for Use Against SARS-CoV-2 (2020)
- CDC: Guidance for the Selection and Use of Personal Protective Equipment in Healthcare Settings
- “Opening up America Again.” *The White House*, <https://www.whitehouse.gov/openingamerica/>
- “Protection Concept for Exit from the Corona-Lockwood and Resumption of Sports Activities.” *Swiss Rugby Union*.
http://www.suisserugby.com/fileadmin/content/Medical/Coronavirus/Suisserugby_Protection_Concept_EN_20200508.pdf, Version 1.0.
- “Recommendation Regarding the Use of Cloth Face Coverings, Especially in Areas of Significant Community-Based Transmission.” *Center for Disease Control and Prevention*.
<https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/cloth-face-cover.html>.
- “Return to Training Considerations Post-COVID-19.” *United States Olympic & Paralympic Committee - Sports Medicine*, Version 0.12. <https://www.teamusa.org/coronavirus>
- Texas Athletics – Football Student Athlete Return to Campus Plan – 2020
- Athletic Health Care Infection Control Policy Considerations, Jim Zachazewski, ATC, PT, DPT and Michael Belanger, ATC, PT; Athletic Training Services, Brigham and Women’s Hospital Department of Orthopedic Surgery Sports Medicine Service, Boston, MA, 2020
- Infection Control in Interscholastic Athletic Training Rooms Post COVID-19, Jim Zachazewski, ATC, PT, DPT and Michael Belanger, ATC, PT; Athletic Training Services, Brigham and Women’s Hospital Department of Orthopedic Surgery Sports Medicine Service, Boston, MA, 2020
- COVID-19 Strength and Conditioning and Sport Specific Instruction, UIL, 2020
- Guidelines for Safe Return to Athletic Activity in Secondary Schools following the COVID-19 Pandemic, Houston Methodist Hospital, 2020
- National Athletic Trainers Association Intercollegiate Council for Sports Medicine. Pre-return and return-to-campus preparation and communication plan. nata.org.

https://www.nata.org/sites/default/files/icsm_return_to_campus_packet_covid19.pdf.
Published May 2020

- CDC http://demo.qualityandsafetynetwork.com/downloads/17_05_RG.pdf
- CDC <https://www.cdc.gov/hai/settings/outpatient/outpatient-care-guidelines.html>
- [Face Coverings - Executive Order GA-29](#)
- MISD Athletic Safety Plan for COVID 19
- <https://www.uiltexas.org/athletics/covid-19-strength-conditioning-2020>
- <https://www.uiltexas.org/policy/covid-19/2020-2021-uil-covid-19-risk-mitigation-guidelines>

Appendix A - Daily Entrance Procedures - Football

Screening

- A combined effort by the coaching staff and athletic training staff will ensure that all athletes are checked in before they participate in any athletic activities.
- All athletes will report to the designate entrance of the fieldhouse for screening before entering the building through the appropriate locker room door and exit out of the designated door from the locker room of the fieldhouse.

Students and staff members will answer COVID-19 symptoms screening questions, they must answer NO to all questions to be cleared. If a student answers yes to any question or has a body temperature greater than 100 Fahrenheit, he/she must report to the athletic trainer for further evaluation.

Locker Room Use

1. Athletes will be limited to 15 minutes of locker room time and be placed in designated groups to stagger entry into the locker room by athletes to allow for proper social distancing.
2. Coaches will be present in order to enforce proper COVID-19 mitigation guidelines. Refer to locker room guidelines on page 9.
3. Athletes must wear appropriate PPE while in the locker room.
4. Restroom use should be limited to one athlete at a time.
5. All personal belongings are to be removed and taken home at the end of the day.
 - Morning Practice:
 - Athletes must come dressed out ready for practice.
 - Athletes may quickly access locker rooms for equipment pick up/bag storage.
 - Locker room will be available for use at the conclusion of practice for showers and storing of practice apparel.
 - Athletes will have 30 minutes after the last bell to collect their belongings to be taken home, after the allotted times locker rooms will be locked and entrance will be prohibited until the following morning.
 - Afternoon Practice:
 - Athletes who are not scheduled to attend school for the day must come dressed out ready to practice 30 minutes prior to the start of athletics.
 - Athletes may quickly access the locker room for equipment pick up.
 - Athletes who are scheduled to attend school will be allowed 15 minutes in the locker room to dress out.
 - After practice, athletes will be allowed 10 minutes at the end of practice to place equipment in lockers, change, and exit the building.
 - Entry into the locker room will be staggered to maintain occupancy levels and proper social distancing.
 - Game Day:
 - Athletes who are not scheduled to attend school for the day must arrive dressed out 30 minutes prior to the start of athletics.
 - Athletes may quickly access the locker room for equipment pick up.
 - Athletes who are scheduled to attend school will be allowed 15 minutes in the locker room to dress out.

- Once their allotted locker room time is over they may report to the indoor facility.
- Athletes will be allowed 10 minutes at the conclusion of their game to retrieve their belongings from the locker room.
- Entry to the locker room will be staggered to maintain occupancy levels and proper social distancing.

Practice/Game Protocols

1. All Athletes must provide their own water bottles; water will be available for replenishment. Supplemental water/hands free drinkers will also be utilized as available.
2. Hydration for home/away games will be provided through athletic training department.
3. Practice and games will include individual sanitation breaks where hand sanitizer will be used to sanitized by all staff and athletes.
4. Proper PPE (mask and/or face shield) must be worn when not physically active.
5. Social Distancing rules must remain intact when not participating in drills/game or waiting to participate.

Bench/Sideline Social Distancing:

- Benches should be spaced/limited to allow proper social distancing and sanitized after each use.
- Appropriate PPE should be utilized while on the bench or sideline.
- All unnecessary personnel/athletes should avoid the bench area.
- Individuals on the sideline not actively participating in games should wear a mask and maintain proper social distancing.
- Handshakes, fist bumps, or other contact related activities should be avoided.

Appendix B - Daily Entrance Procedure – Cross Country/Track

Screening

- A combined effort by the coaching staff and athletic training staff will ensure that all athletes are checked in before they participate in any athletic activities.
- All athletes will report to the grass area south of the tennis courts side next to the entrance of the fieldhouse for screening before entering the building through the appropriate locker room door and exit out of the designated door from the locker room of the fieldhouse. Students and staff members will answer COVID-19 symptoms screening questions, they must answer NO to all questions to be cleared. If a student answers yes to any question or has a body temperature greater than 100 Fahrenheit, he/she must report to the athletic trainer for further evaluation.

Locker Room Use

6. Athletes will be limited to 15 minutes of locker room time and be placed in designated groups to stagger entry into the locker room to allow for proper social distancing.
7. Coaches will be present in order to enforce proper COVID prevention guidelines. Refer to Locker Room guidelines on page 9.
8. Athletes must wear appropriate PPE while in the locker room.
9. Restroom use should be limited to one athlete at a time.
10. All personal belongings are to be removed and taken home at the end of the day.
 - Morning Practice:
 - Athletes must come dressed out ready for practice.
 - Athletes will store all belongings in designated area.
 - Locker room will be available for use at the conclusion of practice for showers and storing of practice apparel.
 - Athletes will have 30 minutes after the last bell to collect their belongings to be taken home, after the allotted times locker rooms will be locked and entrance will be prohibited until the following morning.
 - Afternoon Practice:
 - Athletes who are not scheduled to attend school for the day must come dressed out ready to practice 30 minutes prior to the start of athletics.
 - Athletes who are scheduled to attend school will be allowed 15 minutes in the locker room to dress out.
 - After practice, athletes will be allowed 10 minutes at the end of practice to place equipment in lockers, change, and exit the building.
 - Entry into the locker room will be staggered to maintain occupancy levels and proper social distancing.
 - Game Day:
 - Athletes who are not scheduled to attend school for the day must arrive dressed out 30 minutes prior to the start of athletics.
 - Athletes who are scheduled to attend school will be allowed into the locker room prior to leaving for a meet to change for their competition with a 15-minute time limit.

- Once their allotted locker room time is over they may report to the indoor facility.
- Athletes will be allowed 10 minutes at the conclusion of their game to retrieve their belongings from the locker room.

Practice/Meet Protocols

6. All Athletes must provide their own water bottles; water will be available for replenishment.
7. Meets will include individual sanitation breaks where hand sanitizer will be used to sanitized by all staff and athletes.
8. Proper PPE (mask and/or face shield) must be worn when not physically active.
9. Social Distancing rules must remain intact when not participating in warm up or waiting to participate.

Meet/Practice Social Distancing:

- Appropriate PPE should be utilized while in camp area.
- All unnecessary personnel/athletes should avoid the camp when being utilized.
- Individuals not actively participating in meets should wear a mask and maintain proper social distancing.
- Handshakes, fist bumps, or other contact related activities should be avoided.

Appendix C - Daily Entrance Procedure – Boys' Basketball

Screening

1. A combined effort by the coaching staff and athletic training staff will ensure that all athletes are checked in before they participate in any athletic activities.
2. All athletes will report to the front of the gym for screening before entering the building, and exit out of the side door perpendicular to the locker room of the gymnasium.
3. Students and staff members will answer COVID-19 symptoms screening questions, they must answer NO to all questions to be cleared. If a student answers yes to any question or has a body temperature greater than 100 Fahrenheit, he/she must report to the athletic trainer for further evaluation.

Locker Room Use

1. Athletes will be limited to 15 minutes of locker room time and be placed in designated groups athletes to allow for proper social distancing.
2. The locker room cages are organized as Freshman, Jv and Varsity. The athletes will be permanently assigned to a specific locker cage according to their placement on the team.
3. Coaches will be present to enforce proper COVID prevention guidelines, *Refer to page 6*
 - 1st period athletics:
 - All boys will come to the school dressed.
 - After 1st period, they will use the allotted locker room time.
 - Athletes will have 15 minutes after the last bell to collect their belongings, after the allotted time the locker rooms will be locked and entrance will be prohibited.
 - 8th period athletics:
 - For 8th period athletics athletes will be allowed 15 minutes after being prescreened into the locker room to dress out.
 - All belongings must be brought out of the locker room, it will be locked and entrance will be prohibited.
 - Game Day:
 - Athletes will be allowed into the locker Room 2 hours prior to game starting to change for their game with a 15-minute time limit.
 - Once their allotted locker room time is over they may report to the home players side of the bleachers.
 - Athletes will be allowed 15 minutes at the conclusion of their game to retrieve their belongings from the locker room.

Practice/Game Protocols

1. All Athletes must provide their own water bottles; water will be available for replenishment.
2. Practice and games will include individual sanitation breaks where hand sanitizer will be used to sanitized by all staff and athletes.
3. Proper PPE (mask and/or face shield) must be worn anytime physical activity is not being committed.
4. Social Distancing rules must remain intact when not participating in drills/game or waiting to participate.

Appendix D - Daily Entrance Procedure – Girls' Basketball

Screening

1. A combined effort by the coaching staff and athletic training staff will ensure that all athletes are checked in before they participate in any athletic activities.
2. All athletes will report to the front of the gym for screening before entering the building, and exit out of the side door perpendicular to the locker room of the gymnasium.
3. Students and staff members will answer COVID-19 symptoms screening questions, they must answer NO to all questions to be cleared. If a student answers yes to any question or has a body temperature greater than 100 Fahrenheit, he/she must report to the athletic trainer for further evaluation.

Locker Room Use

1. Athletes will be limited to 15 minutes of locker room time and be placed in designated groups athletes to allow for proper social distancing.
2. The locker room cages are organized as Freshman, Jv and Varsity. The athletes will be permanently assigned to a specific locker cage according to their placement on the team.
3. Coaches will be present to enforce proper COVID prevention guidelines, *Refer to page 6*
 - 1st period athletics:
 - For 1st period athletics, all girls will come to the school dressed.
 - After 1st period, volleyball will send their girls in first to get dressed. Then, they will switch so that girls' basketball can get dressed while volleyball puts up the nets.
 - Athletes will have 15 minutes after the last bell to collect their belongings, after the allotted time locker rooms will be locked and entrance will be prohibited.
 - 8th period athletics:
 - Athletes will be allowed 15 minutes after being prescreened into the locker room to dress out.
 - For 8th period athletics, girls' basketball will get dressed first while volleyball sets up the nets, and then volleyball will come in after to get dressed.
 - All belongings must be brought out of the locker room, it will be locked and entrance will be prohibited.
 - Game Day:
 - Athletes will be allowed into the locker Room 2 hours prior to game starting to change for their game with a 15-minute time limit.
 - Once their allotted locker room time is over they may report to the home players side of the bleachers.
 - Athletes will be allowed 15 minutes at the conclusion of their game to retrieve their belongings from the locker room.

Practice/Game Protocols

1. All Athletes must provide their own water bottles; water will be available for replenishment.
2. Practice and games will include individual sanitation breaks where hand sanitizer will be used to sanitized by all staff and athletes.

3. Proper PPE (mask and/or face shield) must be worn anytime physical activity is not being committed.
4. Social Distancing rules must remain intact when not participating in drills/game or waiting to participate.

Appendix E – Daily Entrance Procedures - Baseball/Softball

Screening

1. A combined effort by the coaching staff and athletic training staff will ensure that all athletes are checked in before they participate in any athletic activities.
2. All athletes will report directly to the baseball/softball complex for screening before entering the facility.
3. Students and staff members will answer COVID-19 symptoms screening questions, they must answer NO to all questions to be cleared. If a student answers yes to any question or has a body temperature greater than 100 Fahrenheit, he/she must report to the athletic trainer for further evaluation.

Locker Room Use

* At this time, athletes will need to use the restrooms located at the baseball/softball complex for changing instead of the locker rooms.

1. Athletes will be limited to no more than 15 minutes for dressing out and be placed in designated groups to allow for proper social distancing.
2. Coaches will be present in order to enforce proper COVID prevention guidelines.
 - Morning Practice:
 - Athletes must come dressed out ready for practice
 - Athletes will have 30 minutes after the last bell to collect their belongings to be taken home
 - Afternoon Practice:
 - Athletes not on campus must come dressed out ready for practice
 - Athletes will be allowed up to 15 minutes after being prescreened into the locker room to dress out.

Practice/Game Protocols

10. All Athletes must provide their own water bottles; water will be available for replenishment.
11. Practice and games will include individual sanitation breaks where hand sanitizer will be used to sanitized by all staff and athletes.
12. Proper PPE (mask and/or face shield) must be worn anytime physical activity is not being committed.
13. Social Distancing rules must remain intact when not participating in drills/game or waiting to participate.

Appendix F - Daily Entrance Procedure - Tennis

Screening

1. A combined effort by the coaching staff and athletic training staff will ensure that all athletes are checked in before they participate in any athletic activities.
2. All athletes will report to the tennis courts for screening before participating in tennis activities.
3. Students and staff members will answer COVID-19 symptoms screening questions, they must answer NO to all questions to be cleared. If a student answers yes to any question or has a body temperature greater than 100 Fahrenheit, he/she must report to the athletic trainer for further evaluation.

Locker Room Use

* At this time, athletes will need to use the restrooms located at the tennis courts for changing instead of the locker rooms.

1. Athletes will be limited to no more than 15 minutes of locker room time and be placed in designated groups to allow for proper social distancing.
2. Coaches will be present in order to enforce proper COVID prevention guidelines.
 - Morning Practice:
 - Athletes must come dressed out ready for practice
 - Locker room will be available for use at the conclusion of practice for showers and storing of practice apparel.
 - Athletes will have 30 minutes after the last bell to collect their belongings to be taken home.
 - Afternoon Practice:
 - Athletes must come dressed out ready for practice
 - Athletes will be allowed up to 15 minutes after being prescreened into the locker room to dress out.

Practice/Game Protocols

1. All Athletes must provide their own water bottles; water will be available for replenishment.
2. Practice and games will include individual sanitation breaks where hand sanitizer will be used to sanitized by all staff and athletes.
3. Proper PPE (mask and/or face shield) must be worn anytime physical activity is not being committed.
4. Social Distancing rules must remain intact when not participating in drills/game or waiting to participate.

Appendix G - Daily Entrance Procedure – Golf

Screening

1. A combined effort by the coaching staff and athletic training staff will ensure that all athletes are checked in before they participate in any athletic activities.
2. All athletes will report to the front of their assigned locker room area for screening before entering.
3. Students and staff members will answer COVID-19 symptoms screening questions, they must answer NO to all questions to be cleared. If a student answers yes to any question or has a body temperature greater than 100 Fahrenheit, he/she must report to the athletic trainer for further evaluation.

Locker Room Use

1. Athletes will be limited to no more than 15 minutes of locker room time and be placed in designated groups to allow for proper social distancing.
 - Coaches will be present in order to enforce proper COVID prevention guidelines.
 - Morning Practice:
 - Athletes must come dressed out ready for practice
 - Locker room will be available for use at the conclusion of practice for showers and storing of practice apparel.
 - Athletes will have 30 minutes after the last bell to collect their belongings to be taken home, after the allotted times locker rooms will be locked and entrance will be prohibited until the following morning.
 - Afternoon Practice:
 - Athletes must come dressed out ready for practice
 - Athletes will be allowed up to 15 minutes after being prescreened into the locker room to dress out.
 - All belongings must be brought out of the locker room, locker room use at the conclusion of afternoon practice will be prohibited.

Practice/Game Protocols

1. All Athletes must provide their own water bottles; water will be available for replenishment.
2. Practice and games will include individual sanitation breaks where hand sanitizer will be used to sanitized by all staff and athletes.
3. Proper PPE (mask and/or face shield) must be worn anytime physical activity is not being committed.
4. Social Distancing rules must remain intact when not participating in drills/game or waiting to participate.

Appendix H - Daily Entrance Procedure – Girls' Soccer

Screening

1. A combined effort by the coaching staff and athletic training staff will ensure that all athletes are checked in before they participate in any athletic activities.
2. Athletes are to report to the fieldhouse to dress out in the locker room after school then report to practice location exiting out of the backdoor closest to the indoor.
3. Students and staff members will answer COVID-19 symptoms screening questions, they must answer NO to all questions to be cleared. If a student answers yes to any question or has a body temperature greater than 100 Fahrenheit, he/she must report to the athletic trainer for further evaluation.
4. Locker Room use will be prohibited after practice; Exiting out of the front and/or reentering the fieldhouse is prohibited.

Locker Room Use

1. Athletes must use hand sanitizer prior to entering and exiting the locker room.
2. All PPE material (face shield or mask) must be worn throughout entire duration of time in locker room.
3. Athletes must maintain proper social distancing designated by markers on the ground in walkways as well as in showers.
4. Athletes will be limited to 15 minutes of locker room time and be placed in designated groups with a max occupancy of ____ athletes to allow for proper social distancing.
5. Coaches will be present in order to enforce proper COVID prevention guidelines, *Refer To Page 6*
 - 1st period athletics: Athletes must come dressed out ready for practice
 - Locker room will be available for use at the conclusion of practice for showers and storing of practice apparel
 - Athletes will have 30 minutes after the last bell to collect their belongings to be taken home, after the allotted times locker rooms will be locked and entrance will be prohibited until the following morning
 - 8th period athletics:
 - Athletes will be allowed 15 minutes after being prescreened into the locker room to dress out
 - All belongings must be brought out of the locker room, locker room use at the conclusion of afternoon practice will be prohibited
 - Game Day:
 - Athletes will be allowed into the locker Room 2 hours prior to game starting to change for their game with a 15-minute time limit
 - All PPE (facemask and/or face shield) must be worn at all times until a player is on the court to participate in the game
 - Athletes will be allowed 10 minutes at the conclusion of their game to retrieve their belongings from the locker room
11. During the Duration of Practice and Games Locker Rooms will be available for Restroom use only on a One In and One Out basis for Athletes Only

Practice/Game Protocols

1. All Athletes must provide their own water bottles; water will be available for replenishment.
2. Practice and games will include individual sanitation breaks where hand sanitizer will be used to sanitized by all staff and athletes.
3. Proper PPE (mask and/or face shield) must be worn anytime physical activity is not being committed.
4. Social Distancing rules must remain intact when not participating in drills/game or waiting to participate.

Appendix I - Daily Entrance Procedure – Boys' Soccer

Screening

1. A combined effort by the coaching staff and athletic training staff will ensure that all athletes are checked in before they participate in any athletic activities.
2. All athletes will report to the entrance to the stadium on the visitor side for screening.
3. Students and staff members will answer COVID-19 symptoms screening questions, they must answer NO to all questions to be cleared. If a student answers yes to any question or has a body temperature greater than 100 Fahrenheit, he/she must report to the athletic trainer for further evaluation.

Locker Room Use

1. Athletes must use hand sanitizer prior to entering and exiting the locker room.
2. All PPE material (face shield or mask) must be worn throughout entire duration of time in locker room.
3. Athletes must maintain proper social distancing designated by markers on the ground in walkways as well as in showers.
4. Athletes will be limited to 15 minutes of locker room time and be placed in designated groups with a max occupancy of ____ athletes to allow for proper social distancing.
5. Coaches will be present in order to enforce proper COVID prevention guidelines, *Refer To Page 6*
 - 1st period athletics: Athletes must come dressed out ready for practice
 - Locker room will be available for use at the conclusion of practice for showers and storing of practice apparel
 - Athletes will have 30 minutes after the last bell to collect their belongings to be taken home, after the allotted times locker rooms will be locked and entrance will be prohibited until the following morning
 - 8th period athletics:
 - Athletes will be allowed 15 minutes after being prescreened into the locker room to dress out
 - All belongings must be brought out of the locker room, locker room use at the conclusion of afternoon practice will be prohibited
 - Game Day:
 - Athletes will be allowed into the locker Room 2 hours prior to game starting to change for their game with a 15-minute time limit
 - All PPE (facemask and/or face shield) must be worn at all times until a player is on the court to participate in the game
 - Athletes will be allowed 10 minutes at the conclusion of their game to retrieve their belongings from the locker room
12. During the Duration of Practice and Games Locker Rooms will be available for Restroom use only on a One In and One Out basis for Athletes Only

Practice/Game Protocols

5. All Athletes must provide their own water bottles; water will be available for replenishment.
6. Practice and games will include individual sanitation breaks where hand sanitizer will be used to sanitized by all staff and athletes.
7. Proper PPE (mask and/or face shield) must be worn anytime physical activity is not being committed.
8. Social Distancing rules must remain intact when not participating in drills/game or waiting to participate.

Appendix J - Daily Entrance Procedure - Volleyball

Screening

1. A combined effort by the coaching staff and athletic training staff will ensure that all athletes are checked in before they participate in any athletic activities.
2. Athletes are to report to the fieldhouse to dress out in the locker room after school then report to practice location exiting out of the backdoor closest to the indoor.
3. Students and staff members will answer COVID-19 symptoms screening questions, they must answer NO to all questions to be cleared. If a student answers yes to any question or has a body temperature greater than 100 Fahrenheit, he/she must report to the athletic trainer for further evaluation.
4. Locker Room use will be prohibited after practice; Exiting out of the front and/or reentering the fieldhouse is prohibited.

Locker Room Use

1. Athletes must use hand sanitizer prior to entering and exiting the locker room.
2. All PPE material (face shield or mask) must be worn throughout entire duration of time in locker room.
3. Athletes must maintain proper social distancing designated by markers on the ground in walkways as well as in showers.
4. Athletes will be limited to 15 minutes of locker room time and be placed in designated groups.
5. The locker room cages are organized as Freshman, JV and Varsity. The athletes will be permanently assigned to a specific locker cage according to their placement on the team.
6. Coaches will be present in order to enforce proper COVID prevention guidelines, *Refer To Page 6*
 - 1st period athletics:
 - Athletes must come dressed out ready for practice
 - Locker room will be available for use at the conclusion of practice for showers and storing of practice apparel
 - Athletes will prepare for the day then place equipment in proper locations.
 - Athletes will have 30 minutes after the last bell to collect their belongings to be taken home, after the allotted times locker rooms will be locked and entrance will be prohibited until the following morning
 - 8th period athletics:
 - Athletes will be allowed 15 minutes after being prescreened into the locker room to dress out
 - Athletes will be setting up for practice and then filter into the locker to dress for practice.
 - All belongings must be brought out of the locker room, locker room use at the conclusion of afternoon practice will be prohibited

- Game Day:
 - Athletes will be allowed into the locker Room 2 hours prior to game starting to change for their game with a 15-minute time limit
 - All PPE (facemask and/or face shield) must be worn at all times until a player is on the court to participate in the game
 - Athletes will be allowed 10 minutes at the conclusion of their game to retrieve their belongings from the locker room
- 13. During the Duration of Practice and Games Locker Rooms will be available for Restroom use only on a One In and One Out basis for Athletes Only

Practice/Game Protocols

1. All Athletes must provide their own water bottles; water will be available for replenishment.
2. Practice and games will include individual sanitation breaks where hand sanitizer will be used to sanitized by all staff and athletes.
3. Proper PPE (mask and/or face shield) must be worn anytime physical activity is not being committed.
4. Social Distancing rules must remain intact when not participating in drills/game or waiting to participate.

Appendix K – Daily Entry Procedures – Middle School Athletics

Girls Athletics:

Check-In Locations

Middle School Volleyball/Basketball

- Check-In Location: Main entryway into the big gym. Utilizing downstairs locker room/ Side door by downstairs locker room.

Middle School Cross Country

- Check-In Location: Main entryway into the big gym locker rooms (practice in the afternoon) girls will utilize downstairs locker room.

Middle School Fall Tennis

- Check-In Location: Field house locker room check-ins after school 2 students in per locker room.

Track and Field

- Check-In Location: Entryway into the big gym. Utilizing downstairs locker room/ Side door by downstairs locker room.

All off season athletes must sit in bleachers 6ft apart or outside until all clear from coaches to change and begin off season workouts.

Daily Entrance Procedure

Screening

- A combined effort by the coaching staff and athletic training staff will ensure that all athletes are checked in before they participate in any athletic activities.
- All athletes will line up in front of the gymnasium on the East side of the campus to be scanned. They will maintain 6 ft distance and be in their perspective line for practice. Coaches will be visible with signs and thermometers.
- Students and staff members will answer COVID-19 symptoms screening questions, they must answer NO to all questions to be cleared. If a student answers yes to any question or has a body temperature greater than 100 Fahrenheit, he/she must report to the athletic trainer for further evaluation.

Locker Room Use

14. Athletes will be limited to 15 minutes of locker room time and be placed in designated groups athletes to allow for proper social distancing.
15. Coaches will be present in order to enforce proper COVID prevention guidelines. Refer to
 - Morning Practice:
 - Athletes must come dressed out ready for practice
 - Locker room will be available for use at the conclusion of practice for showers and storing of practice apparel.
 - Athletes will have 30 minutes after the last bell to collect their belongings to be taken home, after the allotted times locker rooms will be locked and entrance will be prohibited until the following morning.

- Afternoon Practice:
 - Athletes will be allowed 15 minutes after being prescreened into the locker room to dress out.
 - All belongings must be brought out of the locker room, locker room use at the conclusion of afternoon practice will be prohibited.

- Game Day:
 - Athletes will be allowed into the locker Room 2 hours prior to game starting to change for their game with a 15-minute time limit.
 - Once their allotted locker room time is over they may report to the home players side of the bleachers.
 - Athletes will be allowed 10 minutes at the conclusion of their game to retrieve their belongings from the locker room.

Practice/Game Protocols

9. All Athletes must provide their own water bottles; water will be available for replenishment.
10. Practice and games will include individual sanitation breaks where hand sanitizer will be used to sanitized by all staff and athletes.
11. Proper PPE (mask and/or face shield) must be worn anytime physical activity is not being committed.
12. Social Distancing rules must remain intact when not participating in drills/game or waiting to participate.

Boys Athletics:

Check-In Locations

Football

- Check-In Location: Practice field in front of football locker room.

Boys Basketball

- Check-In Location: The doors to the big gymnasium on the East side of the campus. Utilizing the locker rooms upstairs in the big gym.

Middle School Cross Country

- Check-In: Entryway to big gym. The boys will utilize the upstairs gym locker rooms (practice in the afternoon).

Middle School Fall Tennis

- Check-In Location: Field house locker room check ins after school 2 students in per locker room.

Track and Field

- Check-In Location: Practice field in front of football locker room.

All off season athletes must sit in bleachers 6ft apart or outside until all clear from coaches to change and begin off season workouts.

Daily Entrance Procedure

Screening

- All athletes will line up in front of the gymnasium on the East side of the campus to be scanned. They will maintain 6 ft distance and be in their perspective line for practice. Coaches will be visible with signs and thermometers.

Locker Room Use

1. Athletes will be limited to 15 minutes of locker room time and be placed in designated groups athletes to allow for proper social distancing.
2. Coaches will be present in order to enforce proper COVID prevention guidelines. Refer to
 - Morning Practice:
 - Athletes must come dressed out ready for practice
 - Locker room will be available for use at the conclusion of practice for showers and storing of practice apparel.
 - Athletes will have 30 minutes after the last bell to collect their belongings to be taken home, after the allotted times locker rooms will be locked and entrance will be prohibited until the following morning.
 - Afternoon Practice:
 - Athletes will be allowed 15 minutes after being prescreened into the locker room to dress out.
 - All belongings must be brought out of the locker room, locker room use at the conclusion of afternoon practice will be prohibited.
 - Game Day:
 - Athletes will be allowed into the locker Room 2 hours prior to game starting to change for their game with a 15-minute time limit.
 - Once their allotted locker room time is over they may report to the home players side of the bleachers.
 - Athletes will be allowed 10 minutes at the conclusion of their game to retrieve their belongings from the locker room.

Practice/Game Protocols

1. All Athletes must provide their own water bottles; water will be available for replenishment.
2. Practice and games will include individual sanitation breaks where hand sanitizer will be used to sanitized by all staff and athletes.
3. Proper PPE (mask and/or face shield) must be worn anytime physical activity is not being committed.
4. Social Distancing rules must remain intact when not participating in drills/game or waiting to participate.