

ATHLETE RETURN TO CAMPUS PLAN
FOR
SUMMER STRENGTH CONDITIONING AND
SKILLS TRAINING



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Guidelines and Response Strategies

SANITIZATION

A. Disinfection and Sanitation

- Facilities Cleaning – athletic facilities will be disinfected and sanitized per industry guidelines, before, during, and after workouts. Emphasis will be given to ensuring disinfecting high touch surfaces and surfaces that are used by multiple student-athletes, disinfecting between users.
- Equipment like barbells will be sanitized after each student use.
- Balls will be sanitized after use during all skill sessions. Balls will be assigned to small groups and not be interchangeable among athletes during skill sessions.
- Enhanced Cleaning – specific athletic facilities in which an individual with a confirmed COVID-19 positive has been identified will undergo enhanced disinfection per CDC and industry guidelines.

B. Athletes and Staff

- Athletes and staff will sanitize their hands before, during, and after workouts. There will be multiple hand sanitizing stations for all conditioning and skill development areas.
- 6 foot social distancing will be utilized when not actively exercising (per UIL).
- 10 foot social distancing will be utilized when actively exercising (per UIL).
- There will be no “high fives, “chest bumps”, or any other type of physical touching used for encouragement/recognition.

STUDENT-ATHLETE REQUIREMENTS

- A.** Upon arrival, athletes will park or be dropped off at predesignated areas.
- B.** Athletes will check in and be screened each day before they are allowed to participate. Check in lines will utilize social distancing guidelines.
- C.** Athletes who are not feeling well or have any symptoms of any sickness should stay home.
- D.** Physical contact with others will be limited. Do not shake hands, hug, high five, fist bump, etc.
- E.** Athletes will sanitize their hands before, during, and after workouts.
- F.** Restrooms – Athletes are required to utilize a “one in one out” model when using a restroom. Locker rooms cannot be used for any other reason other than using the restroom. AISD personnel will ensure that only one athlete is in a restroom at any given time.

- G.** Locker rooms cannot be utilized for dressing or showering.
- H.** Hydration – Water will not be provided for athletes. Athletes will be required to bring their own individually labeled water jug, water bottle, or sports drink. These jugs/bottles cannot be refilled at school water fountains or outlets. During the check in process, athletes who do not have a water jug, water bottle, or sports drink will fail the screening process and be sent home.

AISD STAFF REQUIREMENTS

- A.** Staff will check in and be screened by members of the Sports Medicine Team prior to the arrival of the athletes.
- B.** Any staff member who is not feeling well or has any symptoms of any sickness should stay home.
- C.** Physical contact with others will be limited. Do not shake hands, hug, high five, fist bump, etc.
- D.** Staff members will sanitize their hands before, during, and after workouts.
- E.** Staff members will bring their own individually labeled water bottle.
- F.** Staff members will ensure that all social distancing guidelines are consistently maintained for athletes and staff.

DAILY SCREENING PROCESS

Athletes will report to their designated screening area each day. The screening process will consist of:

- A.** Temperature check – this will be administered by an AISD staff member.
- B.** Questionnaire checklist – this will include, but is not limited to: contact with anyone with a confirmed case of COVID-19, new or worsening cough, shortness of breath, recent fever, other symptoms of illness.
- C.** Approved water jug or bottle
- D.** Utilize hand sanitizer station

ENTRY AND EXIT PROCEDURES

ENTRY

- Upon arrival, athletes will park or be dropped off at their group's predesignated areas.
- Athletes will proceed to the designated check in screening areas. 6 foot social distancing indicators will be marked.
- There will be only one entrance into each identified workout area. All other entry points will be inaccessible.

EXIT

- Athletes will sanitize their hands as they exit the facility.
- Athletes must exit at the predetermined route in order to avoid contact with another group that may be arriving.
- Athlete pick up areas will be designated and an AISD staff member will monitor these pick up areas to ensure that the social distancing guidelines are maintained.
- Parents and/or family members are strongly encouraged to stay in their cars during the pick up process.

INDOOR REGULATIONS

- Groups cannot exceed 10 athletes. Each group must maintain a social distance of 10 feet between other groups.
- Capacity cannot exceed 25% of the facility. The capacity formula for respective facilities is determined by dividing the facility square footage by 50. Multiply that number by .25.
- EXAMPLE: 7,200 SF divided by 50 = 144. $144 \times .25 = 36$. **36** is the capacity for **athletes and coaches** allowed during an indoor workout session.

OUTDOOR REGULATIONS

- Groups cannot exceed 15 athletes. Each group must maintain a social distance of 10 feet between other groups.
- Balls will be sanitized after use during all skill sessions. Balls will be assigned to small groups and not be interchangeable among other athlete groups during skill sessions.

WORKOUT PROCEDURES

- Athletes and staff will sanitize their hands before, during, and after workouts.
- Bars and other equipment will be sanitized after each use.
- No competitive drills involving one or more students in skills sessions. Examples: No 1-on-1, 3-on-3, 7-on-7, etc.

COVID-19 SYMPTOMS & MANAGEMENT

- Management of COVID-19 Positives – confirmed cases of COVID-19 among athletes or AISD staff will be managed by the AISD Director of Health Services and the AISD Coordinator of Sports Medicine. Management will include testing, isolation, and symptom management, as well as, return to activity clearance.
- Students who begin to show symptoms after the daily screening process will be immediately separated from other athletes and staff and instructed to return home. Direction will be provided from the Sports Medicine Team regarding symptom monitoring, quarantine, and testing.
- A symptomatic athlete or staff member will be managed as a presumptive COVID-19 positive and all precautions will remain in place until testing confirmation is received.

PARENT/GUARDIAN COMMUNICATION PLAN

- Parents/guardians will receive communication concerning the return to campus plan and safety measures from members of the athletic staff.
- Coaches will educate the athletes via zoom meetings prior to the first day of summer workouts. This information will include procedures for: entry and exit, check in/screening procedures, workout procedures, social distancing requirements, hand sanitizing, and hydration requirements.