

Santa Rosa County School District

Guidance on Safe Return to Training for Extracurricular Activities

Screening Process (Steps 1 & 2)

- All coaches and students should be screened for signs/symptoms of COVID-19 prior to a workout. Screening includes a temperature check. Responses to screening questions for each person should be recorded and stored so that there is a record of everyone present in case a student develops COVID-19 Student information will be logged daily.
- Pod screening (groups of 10) should be scheduled staggered to prevent large group screenings.
- Students should arrive at the designated screening location no more than 5 min. prior to their scheduled screening time.
- Coach/Sponsor and student will have their temperature taken daily prior to any workout.
- No one with a temperature above 100.3 or symptoms will be allowed to participate.
- Anyone who meets the criteria should immediately be referred to a healthcare professional and will not return until given medical clearance.
- Vulnerable individuals as defined by the CDC including but not limited to heart conditions, asthma and diabetes should not oversee or participate in any workouts during Phase 1.

Coaches/Sponsors / Admin (Steps 1 & 2)

- **Any adult conducting pre-workout health screenings should wear mask and gloves.**
- WASH HANDS or use hand sanitizer upon entering and exiting all activities/workouts.
- Maintain at least 6' distance between yourself and other people.
- CLEAN AND DISINFECT frequently touched surfaces.
- Arrive dressed to train and participate.
- Will be screened upon entry.
- Follow entry and exit procedures to all activities/workouts.
- Only attend your scheduled activity/workout.
- Always adhere to the participant and capacity limitations.
- Conduct a thorough post-session cleaning and disinfecting prior to the start of any new training sessions.

Students (Steps 1 & 2)

- Students are required to let coaches/sponsors know if they themselves, family members, or those they have had contact with are experiencing or have experienced any signs or symptoms of Covid-19. Stress that they should stay home if sick or if they have had contact with those who have Covid-19 or Covid-19 symptoms.
- WASH HANDS or use hand sanitizer upon entering and existing all activities/workouts.
- AVOID CLOSE CONTACT - Maintain at least 6 feet distance between yourself and others.
- COVER coughs and sneezes.
- Bring your own water/ drink. (None will be provided by coaches/sponsor or trainers)
- Bring your own towel- no sharing.
- Remain in vehicle until 5 minutes before scheduled activity/workout /screening.
- Arrive dressed to train and participate.
- Will be screened upon entry.
- Follow entry and exit procedures to all activities/workouts.
- Exit immediately after your activity/workout. No congregating with other people.
- Only attend your scheduled activity/workout.
- Students are encouraged to shower and wash their workout clothing immediately upon returning to home.

Training room is open to one student at a time under supervision by your school's ATC.

Athletes must have the following to participate. If they do not have these items, they are to be sent home:

- 1) Pre-Participation Physical Form**
- 2) Their own personal water bottle**
- 3) Their own personal towel**

Staff or student that tests positive or shows symptoms of COVID-19.

If a positive case is identified among a participant in these summer activities, either staff or student, the group to which that staff or student was assigned and in contact with must be removed from the sessions while all members of the group self-isolate. If the confirmed individual regularly had close contact outside a single group, then all the students and staff with whom the confirmed individual had close contact shall be removed from workouts for two weeks.

- Schools should consider having students remain with a single group or cohort to minimize the number of students and staff that must isolate if a case is confirmed.
 - For example: If a student in one cohort tests positive for COVID, the student and that cohort must isolate. If that student was part of several cohorts, then the student and all the cohorts they were a member of would have to isolate.

Any staff member or student who experiences any of the symptoms of COVID should self-isolate until the below conditions have been met.

- In the case of an individual who was diagnosed with COVID -19, the individual may return when all three of the following criteria are met:
 - at least three days (72 hours) have passed since recovery (resolution of fever without the use of fever-reducing medications);
 - the individual has improvement in respiratory symptoms (e.g., cough, shortness of breath);
 - at least ten days have passed since symptoms first appeared; or
- In the case of an individual who has symptoms that could be COVID-19 and does not get evaluated by a medical professional or tested for COVID-19, the individual is assumed to have COVID -19, and the individual may not return until the individual has completed the same three -step criteria listed above.

Any student or staff member living with someone who experiences any of the symptoms of COVID, whether they have a positive COVID test or not, should self-isolate for two weeks. If they do not experience any COVID symptoms during that period, they can return to summer workouts. If they experience symptoms, they must self-isolate until the conditions outlined above have been met.

Step 1

June 15-June 26

OPEN to students

Outdoor practice areas and Indoor Facilities such as Gyms, Weight Rooms and Training rooms under specific guidelines.

CLOSED to students

Indoor facilities such as locker rooms, shower areas, equipment rooms, and concession areas.

- There must be a minimum distance of 6 feet between each individual at all times.
- Workout/Practice sessions will be limited one session of 60 min. or less per day in weeks 1 and 2.
- Outdoor Workout/Practice sessions are **not** allowed between 11:00 am - 4:00 pm.
- Plan for gradual return to pre-closure training levels.
- Hand sanitizer should be readily available.
- Prior to an individual or groups of individuals entering a facility, hard surfaces within that facility should be wiped down and sanitized.
- Weight equipment/instruments/etc. should be wiped down thoroughly before and after an individual's use of equipment.
- Free weight exercises that require a spotter cannot be conducted with a two-spotter method while honoring social distancing norms. Safety measures in all forms must be strictly enforced in the weight room.
- Avoid high-volume submaximal exercises to fatigue, or performed within a limited time frame.
- No sport specific team drills or tasks may be used in Phase 1.
- Workouts should be conducted in "pods" of no more than 10 students with the same students and coach/director always working together.
- In cases where balls are used for workouts and shared by students, the balls should be rotated out and sanitized regularly. Students may wear some type of gloves if desired. Fabric gloves should be sanitized between workouts.
- There should be no shared equipment (towels, instruments, clothing, shoes, or sports specific equipment) between students in weeks 1 and 2.
- Students should wear their own appropriate workout clothing (do not share clothing) individual clothing/towels should be washed and cleaned after every workout.
- All students shall bring their own water bottle. Water bottles must not be shared.
- Hydration stations (water cows, water trough, water fountains, etc.) use should be eliminated when possible.
- Plan and adjust workouts to match environmental factors, especially in cases of high heat and humidity.
- One clearly identified restroom per gender will be available, no other facility will be provided.
- No use of bleachers or chairs.
- Only coaches and students allowed at workouts. Parents/ guardians may wait in their cars.

Any violations of these procedures may cause suspension of all activities at the violating school. Principals and Athletic Directors are responsible for following these guidelines and for making sure that coaches adhere to them.

**IMPORTANT-Access to indoor space will be available in the event of bad weather/ lightning.
Students are allowed to have water or a sports drink at all times**

Step 2

June 29-July 17

OPEN to students

Outdoor practice areas and Indoor Facilities such as Gyms, Weight Rooms and Training rooms under specific guidelines.

CLOSED to students

Locker Rooms

- There must always be a minimum distance of 6 feet between each individual .
- Workout/Practice sessions will be limited one session of 120 min. or less per day.
- Workouts should be conducted in “pods” of students with the same students and coach/director always working together. The number of students in the pod should match current Health Department guidelines (currently 50).
- Hand sanitizer should be readily available.
- Prior to an individual or groups of individuals entering a facility, hard surfaces within that facility should be wiped down and sanitized.
- Weight equipment/instruments/etc. should be wiped down thoroughly before and after an individual’s use of equipment.
- Free weight exercises that require a spotter cannot be conducted with a two-spotter method while honoring social distancing norms. Safety measures in all forms must be strictly enforced in the weight room.
- Individual drills requiring the use of equipment are permissible. The equipment must be sanitized regularly.
- Safety measures in all forms must be strictly enforced in the classroom and weight room.
- Indoor facilities must meet current CDC limits on occupancy and must allow for social distancing.
- In cases where balls are used for workouts, the balls should be rotated out and sanitized regularly.
- There should be no shared personal equipment (towels, instruments, clothing, shoes, or sports specific equipment) between students unless the equipment can be sanitized between uses.
- Students should wear their own appropriate workout clothing {do not share clothing} individual clothing/towels should be washed and cleaned after every workout.
- All students shall bring their own water bottle. Water bottles must not be shared.
- Hydration stations (water cows, water trough, water fountains, etc.) should be eliminated if possible.
- One clearly identified restroom will be available, no other facility will be provided.
- No use of bleachers or chairs.
- Only coaches/sponsors and students allowed at workouts. Parents/guardians may wait in their cars.

Any violations of these procedures may cause suspension of all activities at the violating school. Principals and Athletic Directors are responsible for following these guidelines and for making sure that coaches adhere to them.

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Step 3

July 17 and beyond

All facilities OPEN in accordance with current Health Department Guidelines.

Screening will take place in accordance with current Health Department Guidelines.

All sports will follow guidance from the FHSAA regarding In Season and Out of Season activities.

All extracurricular activities may begin meeting following Health Department guidelines

**ALL STEPS AND TIMELINES SUBJECT TO
CHANGE BASED ON CDC, STATE AND LOCAL
GUIDANCE**

