



# BFHS ATHLETICS RETURN TO ACTIVITY GUIDELINES AND PROTOCOL

This information is intended to be a guide and to assist in returning athletic staff and student-athletes to training and practice sessions safely while limiting any potential exposure or spread of the CV-19.

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## Phase Three Progression (Phase One and Two were successfully implemented)

- ❖ During Phase Three repetitive handling of common objects such as game balls and other shared equipment can occur and contact activities can begin. Because of the increase in contact among individuals, it remains important to be aware of the possibility of new infections, and the important role that contact tracing will play in those scenarios.

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## Protocols for All Athletic Activities

- ❖ Stay home if feeling ill.
- ❖ If you have a pre-existing condition that is susceptible to COVID-19 (e.g., moderate to severe asthma, obesity, heart conditions, diabetes, obesity, or chronic immune deficiencies) please consider staying home.
- ❖ No signs or symptoms of COVID-19 in the past 14 days. Symptoms include fever over 100.3° F, fatigue, muscle aches, cough, chest tightness, other flu-like symptoms, loss of taste or smell, nausea, and diarrhea.
- ❖ If any signs or symptoms of COVID-19 are present, will immediately be sent home and instructed to contact healthcare provider.
- ❖ If had a case of documented COVID-19 infection, a doctor's note is needed for clearance to coach/train.
- ❖ Face coverings while inside the facility.
- ❖ Daily screening for signs or symptoms for all involved; temperature taken with an infrared thermometer. Appropriate PPE must be worn when taking temperatures, such as gloves and goggles.
- ❖ Contact tracing recorded by coach or assigned administration.
- ❖ Maintain social distancing of six feet (no handshakes, hugging, high fives, or other physical contact).
- ❖ Wash hands often with soap and water; use hand sanitizing station if soap and water is not available.
- ❖ Cover your mouth and nose with a tissue or your sleeve (not your hands) when coughing or sneezing.
- ❖ Follow safety precaution signage.

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## Facility Recommended Protocol

- ❖ No locker rooms or showering at school.
- ❖ Athletes should bring their own pre-filled water jug or water bottle to practice (clean daily).
- ❖ No access to any ice machine or water fountain.
- ❖ No coolers should be filled or used by any staff or athlete during workouts.
- ❖ No sharing of food or drinks.
- ❖ No admittance to the training room unless given permission by athletic trainer.

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## Practice Recommended Protocol

- ❖ Strongly recommend athletes travel to facility alone or with member of immediate household.
- ❖ Athletes should cooperate with the screening protocols set in place upon arrival.
- ❖ Athletes should wear masks when inside the facility, except during period of physical activity or training.
- ❖ Maintain social distancing of six feet (no handshakes, hugging, high fives or other physical contact).
- ❖ Athletes should bring their own hand sanitizer and wash hands regularly during workouts.
- ❖ No shared equipment (towels, personal hygiene products, clothing, or shoes) between athletes.
- ❖ No congregation should occur before or after the training or practice session.

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## Staff Recommended Protocol

- ❖ Coaches should cooperate with the school's screening protocol before entering the building.
- ❖ Coaches should clean their hands upon entry and routinely until the activity is completed.
- ❖ Upon arrival, the coaching staff should ask each athlete, coach, volunteer, intern, or any other personnel if they are experiencing any signs or symptoms of COVID-19 and take their temperature.
- ❖ Maintain social distance (6 feet) and wear masks while inside the building working with athletes.
- ❖ Workout groups/pods no more than 50 people at a time inside and outside for workouts, including coaches, as long as physical distancing remain in place.
- ❖ Stagger multiple sessions to minimize contact between athletes and staff; plan on groups size that will allow for appropriate social distancing.
- ❖ Coaches need to keep in mind that athletes may not have been keeping up with physical activity during the quarantine and rapid increased activity place them at risk for injury; dynamic warm up is recommended; keep workouts at a modest intensity and duration; plan and adjust works to match conditions.
- ❖ Cleaning of building spaces and any shared equipment (see below for ball cleaning) to be sanitized with a disinfectant before and after use.
- ❖ Cheer (chants, jumps, dances without contact are permissible).

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## Weight Room Recommendations

- ❖ Adhere to social gathering and distancing policies.
- ❖ Weight room workout groups will limit to 45 people at a time (breaking into 3 groups of 15) including both athletes and staff.
- ❖ Schedule mid- and post-workout cleaning periods, allowing 10 – 15 min. buffer between teams or groups.
- ❖ Limit or stagger training groups throughout workout blocks and/or alternate training days.
- ❖ Favor efficient training methods, limiting workouts to 2 – 3 non-consecutive days per week.
- ❖ Avoid person-to-person contact while spotting with use of bar catches and the two-spotter technique.
- ❖ For programming purposes, consider grouping athletes based on conditioning status.
- ❖ Create exercise pairings to limit weight room traffic; or one-way traffic flow based on entrances and exits.
- ❖ Maximize fresh air flow in the weight room, and a relative humidity  $\leq 60\%$ .
- ❖ Use outdoor training spaces whenever possible.
- ❖ Keep doors propped open and lights on throughout the day.

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## Cleaning Recommendations for Athletic Balls

- ❖ Basketballs/Footballs/Volleyballs/Soccer balls: With a clean cloth, towel or sponge, wipe down balls with a dish detergent and water mix; once dry, spray/wipe with an EPA-approved disinfectant.
- ❖ To remove build up from soccer balls or volleyballs, use a Brillo-type scrubbing pad to gently scrub away debris and stains if needed.

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## Athletes and Coaches (Very Important)

- ❖ Download a QR Code scanner for your mobile device or use the camera for link
- ❖ Scan the QR Code below to access the screening form questionnaire.
- ❖ Complete all questions except your temperature.
- ❖ Have coach take your temp, record temperature and complete form.
- ❖ Link for questionnaire <https://forms.gle/mCMNmLCKuN1VLwGZ8>
- ❖ If you have any questions, please contact Amy Anders, MS, AT, ATC, CSCS at [aanders@fenwickfalcons.org](mailto:aanders@fenwickfalcons.org) or 513-423-0723 x8330

