



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.

Phase Two Progression (14 Days with no documented cases)

- ❖ Phase Two gatherings continue with no more than 10 people at a time inside but increase to 50 when outdoors for workouts, including coaches, if physical distancing remain in place. Sharing of equipment not recommended still.

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.

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.
- ❖ Repetitive handling of a shared object or equipment should be avoided.

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, shoes, or sport specific equipment) 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 10 people at a time inside but increase to 50 when outdoors for workouts, including coaches, if 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).

Weight Room Recommendations

- ❖ Adhere to social gathering and distancing policies.
- ❖ Group size counts should include both athletes, staff, and account for transition periods between sessions.
- ❖ Schedule mid- and post-workout cleaning periods, allowing a 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.

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.

Athletes and Coaches (Very Important)

- ❖ Download a QR Code scanner for your mobile device
- ❖ 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
- ❖ Save QR Code for quick access later!
- ❖ Link for questionnaire <https://forms.gle/mCMNmLCKuN1VLwGZ8>
- ❖ If you have any questions, please contact Amy Anders, MS, AT, ATC, CSCS at aanders@fenwickfalcons.org or 513-423-0723 x8330

