



## **Elmore City-Pernell Guidelines for Summer Athletics/Activities**

Oklahoma enters Phase 3 on June 1<sup>st</sup>, 2020. Upon this date, Elmore City-Pernell Public Schools will utilize the following guidelines supplied by the National Federation of High School Sports (NFHS) in conducting summer activities. ECP has also consulted info from the CDC, OSSAA, and the State of Oklahoma in devising this plan. The safety and health of our students and employees is top priority. This plan is subject to change as the COVID-19 situation evolves.

### **Pre- Workout/Contest Screening:**

- Any person who has had a fever or cold symptoms in the previous 24 hours should not be allowed to take part in workouts and should contact his or her primary care provider or other appropriate healthcare professional.
- All athletes will be pre-screened for elevated body temperature on a daily basis. Anyone with a body temperature over 100.3 will be sent home.
- A record should be kept of all individuals present.
- All athletes must have a current, pre-participation physical on file before being allowed to participate

### **Facilities Cleaning:**

- Prior to an individual or groups 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.).
- Individuals should wash their hands for a minimum of 20 seconds with warm water and soap before touching any surfaces or participating in workouts.
- Hand sanitizer should be plentiful and available to individuals as they transfer from place to place.
- Weight equipment should be wiped down thoroughly before and after an individual's use of equipment.
- Appropriate clothing/shoes should be worn at all times in the weight room to minimize sweat from transmitting onto equipment/surfaces.
- Students must be encouraged to shower and wash their workout clothing immediately upon returning to home.

**Physical Activity and Athletic Equipment:**

- Moderate risk sports practices may begin.
- There should be no shared athletic towels, clothing or shoes between students.
- Students should wear their own appropriate workout clothing (do not share clothing), and individual clothing/towels should be washed and cleaned after every workout.
- Hand sanitizer should be plentiful at all practices.
- Athletic equipment such as bats, batting helmets and catchers gear should be cleaned between each use. Other equipment, football helmets/other pads should be worn by only one individual and not shared.
- 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.
- Weight room will be limited to 50% capacity during workouts. Athletes will be rotated in and out.

**Hydration:**

- All students shall bring their own water bottle. Water bottles must not be shared.
- Hydration stations ( water fountains, etc.) may be utilized but must be cleaned after every practice/contest.

Source material: CDC ( <https://www.cdc.gov/coronavirus/2019-ncov/community/schools-childcare/youth-sports.html>);

State of Oklahoma ( <https://www.okcommerce.gov/wp-content/uploads/Open-Up-and-Recover-Safely-Plan.pdf> )

NFHS ( [https://www.nfhs.org/media/3812287/2020-nfhs-guidance-for-opening-up-high-school-athletics-and-activities-nfhs-smac-may-15\\_2020-final.pdf](https://www.nfhs.org/media/3812287/2020-nfhs-guidance-for-opening-up-high-school-athletics-and-activities-nfhs-smac-may-15_2020-final.pdf) )

OSSAA ( [http://www.ossaa.net/docs/2019-20/MiscForms/PHASE\\_IN\\_TEMPLATE\\_FOR\\_COVID\\_2020.pdf](http://www.ossaa.net/docs/2019-20/MiscForms/PHASE_IN_TEMPLATE_FOR_COVID_2020.pdf) )