

Richmond Spartans R-XVI School District Summer Plan for Sports/Activities

Phase 1 summer conditioning may resume effective Monday, June 15th, barring any significant changes in guidance from the state or county level.

Parents/Guardians - We want your students to participate only if you feel it is safe to do so. If you do not want them to attend these voluntary workouts, please let the coaches know. We are providing these plans to begin the process of getting back to some kind of normalcy and activities for our students.

Incident Command - The Athletic Director will serve as the sports program staff person responsible for responding to COVID-19 athletic concerns. All coaches, staff, officials, students and families can contact the Athletic Director for questions, suggestions, or concerns.

We are going to implement this plan in two phases:

Phase 1 (June 15 - June 26) - During this phase we will be implementing outdoor conditioning and cross-training workouts for all student athletes. These workouts will be done with proper distancing outside with no more than 20 athletes in a session. If weather keeps us from being outside, the students will be brought inside and broken up into small groups for different station workouts.

Phase 2A (July 6 - August 7) - Phase 2A will be weights, agility and conditioning for all student athletes. During this phase we will introduce weight equipment in the weightroom as part of a 3-Station Rotation. We will have sessions of 30 athletes, split into 3 groups of 10. We will have a group in the weight room, a group in the gym and a group outside that will rotate through stations. Cleaning of equipment and balls will be done after each session for the next student athletes that will be using them. Mandatory hand-washing prior to all stations will be expected.

Phase 2B (July 6 - July 31) - Phase 2B will be sport or team specific. During this phase we will be implementing full-time activities for each sport including sharing of equipment and scrimmaging without contact. This phase will be done once we have had an ample amount of time to monitor how the first phase has gone.

**** PLEASE NOTE THAT YOUR STUDENTS SHOULD TAKE THEIR OWN TEMPERATURE EACH DAY BEFORE ARRIVING FOR WORKOUTS **IF A STUDENT'S TEMP IS 100 OR HIGHER, HE OR SHE SHOULD REMAIN HOME FOR THE DAY **STUDENTS WILL NOT BE ABLE TO RETURN FOR 24 HOURS AND MUST BE SYMPTOM FREE **STUDENTS NEED A WATER BOTTLE TO PARTICIPATE****

Student athletes will be assigned time slots that the coaches will be sending out after students have signed up to participate. The student will be committed to that time slot and that slot only.

Please do not arrive earlier than 5 minutes before your time slot. If a student is late, they will not be allowed to participate.

EXPECTATIONS OF FACILITIES & SPORTS/ACTIVITIES

* If students are to enter the building they will do so through the players entrance (west gym entrance) every time. We are trying to limit areas that have to be cleaned daily.

* Locker rooms will be closed until further notice so student athletes should come dressed and ready.

* Restrooms will be provided only as needed, if outside we will use the multi-purpose restrooms. If inside, one restroom will be designated to be used.

Weight Room - Groups of 10 or less will be allowed to train at any one time. One person per rack; all equipment will be wiped down before another group can enter.

Outdoor Workouts - Groups of 20 or less per session for stations will be allowed in various areas for outdoor workouts, focusing on speed, agility, and conditioning.

Gym - No more than 20 athletes in the gym at one time.

Football - Groups of 30 or less will be allowed in areas of the field, focusing on non-contact (individual) drills, general skill development, pass & running patterns, working on footwork, walkthroughs, etc. If activities are forced inside due to weather, groups only 15 will be allowed.

Volleyball - Groups of 15 or less will be allowed in the gyms for individual skills training, focusing on passing, setting, hitting, serving, etc. Drills that allow for proper distancing will be allowed. Volleyballs will be wiped down with disinfectant frequently.

Basketball - Groups of 3 or less will be allowed per basket (8 baskets total), focusing on dribbling, passing, shooting, defense, agility, etc. Only non-contact drills will be allowed. Basketballs, when used, should be wiped down with disinfectant frequently.

Band - Resume practice after July 6, with instruments stored in designated areas. Band members should follow social distancing guidelines when outside. No more than 10 students in a room if forced inside due to weather. Any shared instruments should be disinfected before changing users.

Cheer- Groups of 15. All practice should be non-contact and no stunting.

Golf - Free to resume regular outdoor activities with proper distancing.

Tennis - Free to resume regular outdoor activities with proper distancing.

Track/Field/Cross Country - Free to resume regular outdoor activities with proper distancing.

Wrestling - Groups of 15 or less with non-contact footwork and skill drills.

Softball/Baseball - Free to resume regular outdoor activities with proper distancing. Dugouts should not be used by athletes, player equipment should be distanced along the baselines inside or outside of the fence. Balls should be frequently changed and disinfected.

General Requirements:

****No water fountain use inside the school except for the no touch bottle filling station.****

*Special care should be given to ensuring that towels, workout mats, bars, etc. are not shared without thoroughly sanitizing these between uses. **Each athlete should bring his/her own towel and any other personal equipment deemed necessary.**

*Coaches must maintain a log of daily attendees with contact information so that in the event contact tracing must be conducted, we have an accurate log of participants.

Players who choose not to attend team workouts should have an individual improvement plan (prepared by a coach, if requested) to give them their best chance of success.

Coaches will immediately inform the administration of any illness reports on the team. Parents will be notified if an illness has happened.

Resources:

<https://www.cdc.gov/coronavirus/2019-ncov/community/schools-childcare/youth-sports.html>

<https://www.cdc.gov/coronavirus/2019-ncov/community/reopen-guidance.html>