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To: St. Paul Parents, Coaches and Students
From: Martin Linder, President
John Livengood, Dean of Students/Athletic Director
Re: St. Paul Athletics and Activities Re-Opening Guidelines

May 26, 2020

Dear Flyer Athletes Families,

We are prepared to begin a responsible return to athletic preparation. Please read the information in this letter for a detailed outline. Please know every effort is being taken to ensure health and safety of everyone. As you are all aware, the situation is fluid and we will continue to monitor and adapt as needed.

Last week Governor DeWine, the Ohio Department of Health, the OHSAA and the NFHS (National Federation of State High School Associations) allowed for the return to physical activity and building of team relationships with peers and coaches for the summer. State officials are allowing for a May 26th start. We are preparing for a June 1st start. This is a measured process that must take place in three phases. The goal is to allow students to safely return to and sustain athletic activity in all schools and communities. Decreasing potential exposure to respiratory droplets is the guiding principle behind social distancing and the use of face coverings. Cloth face covering should be considered appropriate in all phases of this return.

Phase One basic guidelines are as follows (June 1st –June 14th):

Every school/program should start at Phase One of this program and remain there for at least 14 calendar days. If there is a downward/flat trajectory of documented cases within a 14 day period, a school may progress to Phase Two, where a new 14 day period of tracking of cases should begin. If there is another 14 day downward/flat trajectory of documented cases, schools may progress to Phase Three.

Summer participation for St. Paul students in grades 8-12 (*students entering 7th grade and below will not participate in these phases of activity*) will begin on **June 1, 2020**. Workouts and training sessions are considered voluntary and may not be used toward team or program selection. Face coverings are required for all participants (*coaches/advisors and students*). When the student begins conditioning or physical activity they may remove the face covering while maintain a social distance of 6 feet. While not participating in physical activity, such as before or after instructions or any time spent on the "sidelines" students are required to wear a face covering. Coaches are required to wear a face covering during all phases of instruction.

Pre-Workout Screenings: All coaches and students will be screened for signs/symptoms of COVID-19 prior to a workout. Responses to screening questions should be recorded and stored for contact tracing purposes. Any person with a positive response on the screening should not be allowed to take part in the workout and contact their medical provider. Vulnerable individuals should not oversee or participate in any workouts in Phase One.

Limitations of Gatherings: Gatherings should not consist of more than 10 people (*coaches are included in this number*) at a time (*inside or outside*) in one specific location. **Social distancing of 6 feet must be maintained throughout workouts.** Due to the size of the Fitness Center (*10,000 square feet*) it will be separated into two areas (*weight room area and turf area*) with a barrier hanging from the batting cage wire separating the areas making it two locations. The area will be well ventilated with exhaust fans on and doors

open. The Monroe St. Gym will be utilized for gymnasium activities. The Convocation Center Gym is being used for Mass. The use of locker rooms is prohibited during Phase One.

Facilities Cleaning: Facilities will be cleaned daily. Hard surfaces such as weight room equipment, benches, bathrooms and training tables will be sanitized before and after each use. Hand sanitizer will be available in all facilities is recommended before and during workouts. Shirts and shoes must be worn at all times. Cut off shirts, tank tops etc. are not acceptable. Students should shower and wash their workout clothing immediately upon returning home.

Activity and Athletic Equipment: There should be no shared athletic equipment (*towels, clothing etc.*) between students. All equipment including balls should be cleaned after each use. There should be a focus on sub-maximal lifts and body weight resistance training. Spotters for heavy lifting will not be allowed.

Hydration: All students should bring their own water bottle. Water bottles should not be shared. The water fountain is not allowed for use and will be shut off.

Phase Two (June 15th-June 28th) will have some minimal relaxation of the guidelines. Up to 50 may gather outdoors maintaining a social distance of 6 feet. The limitation of 10 remains indoors. Balls may be shared between two people (*playing catch, passing to each other etc. while maintaining a social distance of 6 feet*). All other aspects of Phase One carry over to Phase Two.

Phase Three guidelines must be approved by the Governor, the Ohio Department of Health and the OHSAA. If approved, we will be allowed to start competitions, summer tournaments etc.

Phase Three (June 29th and beyond) allows for gatherings of up to 50 individuals both inside and outside. Pre-workout screenings are still required. Gatherings of up to 50 people both inside and outside are allowed. Masks are no longer required. Facilities cleaning and athletic equipment is still required after before and after use. Full squad practices may begin. Maximal lifting with spotters is allowed. Students must still bring their own water bottles. Water fountains can now be used but cleaned intermittently. All other guidelines from Phase One will carry over focusing on cleaning of equipment and facilities.

Coaching Days: While the OHSAA has allowed for an unlimited amount of coaching days this summer, St. Paul will limit these coaching days to 8 per sport. Please note that actual coaching of a team (plays, defenses etc.) in a team setting cannot occur until Phase Three begins. Coaches may use coaching/instructional days during Phase One and Two must follow the restrictive guidelines. This leaves the month of July for team settings. Many of our students are multi sport athletes and it is not recommended that we try to fit an entire summer of learning into four weeks. Having respect for other programs and coaches, avoiding burnout by the athletes and not putting athletes in a conflicting situation are paramount. Coaches must work with the other coaches in avoiding conflicting situations and be willing to change or sacrifice. In the past, it is our school policy to have a no contact week around the 4th of July. To help alleviate the issue of minimal time for instruction we will allow for practices, lifting etc. the week of Monday, June 29th through Thursday, July 2nd. Beginning Friday, July 3rd and July 4th and 5th will be mandatory no contact days around the holiday.

Specific Phase Guidelines and specific sport restrictions will be attached.

Respectfully,



Martin Linder
President



John Livengood
Dean of Students/Athletic Director