

Abingdon-Avon School District 276 High School Athletic Guidelines and Operations in IHSA Phase 1

June 10, 2020

IHSA Phase 1 (current phase) allows athletics and activities to resume with strict social distancing and health and safety precautions and limitations. The Philosophy of Phase 1 summer camps is to provide students and coaches an opportunity to reconnect. *It is an opportunity to begin to return to normal, however it is not a return to normal.* Some coaches or athletes may choose to continue preparing for their season at home via virtual meetings and personal workouts and that is fine. Some coaches or athletes may choose not to take part at all for a multitude of reasons and that is fine as well. No summer camps can be deemed mandatory and cannot be held against any coach or student-athlete.

Guidelines must be followed. It is the sole responsibility of the coaches to adhere to all safety guidelines and requirements and any deviation of these guidance, depending on severity will result in disciplinary actions.

Below criteria is derived from the [Illinois High School](https://www.ihsa.org/documents/board/2019-20/Stage%201%20RTP.pdf)
[Ahttps://www.ihsa.org/documents/board/2019-20/Stage%201%20RTP.pdf](https://www.ihsa.org/documents/board/2019-20/Stage%201%20RTP.pdf)soci
[ation \(LINK\)](#)

Participation Guidelines

These requirements must be followed when conducting voluntary strength and conditioning sessions:

- Maintain social distance by being at least 6 feet apart.
- Masks shall be worn when social distance cannot be maintained.
- Follow gathering guidelines of groups of 10 or less including the coach and medical personnel.
- Groups of 10 or less must be pre-determined.
- Once groups are determined, students may not switch from one group to another based upon sport.
- Students that participate in multiple sports for the year must workout with one program only during Phase 1.
- Interaction between groups shall be avoided.
- Sessions can only include weightlifting, running, and exercises designed to promote physical fitness. Sport-specific drills are not permitted, and

sport-specific equipment may not be used.

- Implement diligent and effective cleaning and disinfecting of frequently touched objects and surfaces following the guidance of the CDC and IDPH. **See *Daily Regime Below***
- Coaches must maintain a daily record of what athletes are participating, when, symptoms they may present (see IHSA form on link at top of this sheet).
- Athletes should be monitored at the start of practice for temperature >100.4F/37C or symptoms of COVID-19 (fevers, chills, cough, muscle aches, headache, sore throat, runny nose, nausea, vomiting, diarrhea, or loss of taste or smell). If symptoms are present they should not participate in practice and should be referred to Knox County Health Department/Physician for evaluation and testing.
- Free weight exercises that require a spotter cannot be conducted while honoring social distancing norms. Safety measures in all forms must be strictly enforced in the weight room.
- Players shall bring their own water bottle, shoes, towels, and other personal equipment. The use of locker rooms, shared water coolers with cups, and water fountains will be prohibited during this stage.

*It is the responsibility of each IHSA member school to comply with the above requirements. Additionally, **IHSA member school sponsored camps, clinics, and open gyms are prohibited in any sport at this time.***

Any person with positive symptoms reported will not be allowed to take part in workouts and should contact his or her primary care physician/Knox County Health Department. Parents understand that any student who has symptoms cannot participate and will have to be picked up from the school immediately.

During the month of June, FALL sports will be the main focus of Phase 1. Other sports will have opportunity as time and space permits.

All student athletes need to make contact with their Fall coaches to be placed into their designated group ASAP. Their coach's information can be found below.

Daily Regimen

1. Coach sanitizes all equipment before use.
2. Students screened using the IHSA and attendance documented on the sheet provided.
3. Students wash hands or sanitize before workouts begin.
4. Students have to participate in the screening to be allowed to participate. No exceptions will be made.
5. Students and coaches participate in workouts.
6. Students who drive will be required to leave school grounds after their session is completed. Students who don't drive will follow social distancing guidelines while waiting on a ride.
7. Coach sanitizes all shared equipment after use.

Coaches

- **All coaches must be D276 employees and/or coaching staff members.**
- **No Non-staff volunteer coaches will be allowed.**
- Follow the [CDC and IDPH Guidelines](#)
- Do not enter the weight room until the previous group has left.
- Perform temperature checks on all athletes before workout.
- Wear face coverings at all times when a minimum of 6 feet is compromised.
- Follow hand hygiene instructions and/or wear gloves.
- Wipe down personal and shared spaces before leaving.
- Stay with your group the entire time.

Students

- **Maintain a distance of 6 feet from another person at all times**
- **Athletes must bring their own masks for issues that may occur making social distancing impossible.**
- Park in their group's designated area. If your group is on the football field you will park in the main parking lot. The group on the practice field will park next to it.
- Wash/sanitize their hands before and after participation.
- Bring their own water and water bottles, drinking fountains are not permitted unless they are touchless fountains.
- Students are encouraged to bring their own equipment for personal use to the greatest extent possible. (examples include but not limited to their, jump ropes, bottles, towels, etc).
- Students who drive must leave immediately after their group is finished.

Facilities

- During Phase 1 - only outdoor spaces may be used for training.
- A-Town will use the football field and the practice field for all sports workouts in Stage 1.
- Students should come and go with only essentials needed for participation (locker rooms are not to be used).
- Bathrooms are not to be used.

Coaches Information

Athletic Director- Reid Kelso rkelso@atown276.net

Head Football Coach- Rick Quinn rquinn@atown276.net

Head Volleyball Coach- Jessica Travis jtravis@atown276.net

Head Soccer Coach- Sean Foster sfoster@atown276.net

Head Cheer Coach- Maisey Postin mpostin01@gmail.com

Head Boys Basketball Coach- Kent Jones kjones@atown276.net

Head Girls Basketball Coach- Brent Dugan Brent.Dugan@mbwi.com

FAQ for Phase 1

1. Can we do sport specific drills or use a ball? *NO*
2. Can the Fitness Center be used? *NO*

Workout Schedule

Football

| Group number and Location | Monday | Tuesday | Wednesday | Thursday | Friday |
|----------------------------------|---------------|----------------|------------------|-----------------|---------------|
| 1. Football Field | 6:30am-7:15am | | 6:30am-7:15am | | 6:30am-7:15am |
| 1. Practice Field | 6:40am-7:25am | | 6:40am-7:25am | | 6:40am-7:25am |
| 2. Football Field | 7:30am-8:15am | | 7:30am-8:15am | | 7:30am-8:15am |
| 2. Practice Field | 7:40am-8:25am | | 7:40am-8:25am | | 7:40am-8:25am |

Volleyball

| Group number and Location | Monday | Tuesday | Wednesday | Thurs. | Friday |
|----------------------------------|-----------------|----------------|------------------|---------------|-----------------|
| 1. Football Field | 9am-9:45am | | 9am-9:45am | | 9am-9:45am |
| 1. Practice Field | 9:10am-9:55am | | 9:10am-9:55am | | 9:10am-9:55am |
| 2. Football Field | 10am-10:45am | | 10am-10:45am | | 10am-10:45am |
| 2. Practice Field | 10:10am-10:45am | | 10:10am-10:45am | | 10:10am-10:45am |

Soccer

| Grouped by day of the week | Time |
|-----------------------------------|-------------|
| <i>Tuesday</i> | 6pm-7pm |
| <i>Wednesday</i> | 6pm-7pm |
| <i>Thursday</i> | 6pm-7pm |

Cheerleading

| Grouped by day of the week | Tuesday | Thursday |
|-----------------------------------|----------------|-----------------|
| #1 Tuesday | 6pm-7pm | |
| #2 Thursday | | 6pm-7pm |

*Football and Volleyball will practice on both fields. Soccer will be on the practice field and park in the gravel. .Cheer will be on the football field and park in the main lot.

Abingdon-Avon School District 276 High School Athletic Guidelines and Operations in IHSA Phase 1 Participation Agreement: Athlete and Parent/Guardian

As a parent of an A-Town Tornado athlete, I understand the importance of the IDPH approved protocols required for my student-athlete to participate in Phase 1 of the Illinois High School Associations Return to Play Action Plan. Non-compliance with social distancing protocols or other steps in the **Abingdon-Avon School District 276 High School Athletic Guidelines and Operations in IHSA Phase 1** will not be acceptable and my student's participation will be prohibited.

Parent Name

Parent Signature

Date

As an A-Town Tornado athlete, I understand the importance of the IDPH approved protocols required for my student-athlete to participate in Phase 1 of the Illinois High School Associations Return to Play Action Plan. Non-compliance with social distancing protocols or other steps in the **Abingdon-Avon School District 276 High School Athletic Guidelines and Operations in IHSA Phase 1** will not be acceptable and my participation will be prohibited.

Athlete Name

Athlete Signature

Date

