**Mesick Return to Athletics Phase 1**

Effective Date: June 15, 2020

With Governor Whitmer’s ending of the Safer-at-Home order effective on June 1, member schools may begin summer activities at school facilities as long as these two conditions are BOTH met:

1. The school or school district has declared school facilities open to students and staff.

2. The academic school year (last day of online instruction/exams) has ended.

If BOTH of these conditions have been met, see the guidance below under this current step that is effective as of June 2, 2020.

**Key Points:**

* Only OUTDOOR activity may take place in groups of 100 or fewer with physical distancing. All INDOOR facilities including gyms, weight rooms, ice arenas, training centers, workout areas, wrestling rooms, fitness centers, bowling alleys, natatoriums and exercise studios remain CLOSED. At the present time, this includes all indoor school facilities.
* Given the Governor’s June 1 order allowing OUTDOOR groups of 100 or fewer with physical distancing, this has moved all OUTDOOR activity to a “Modified Step 2” in the “MHSAA/NFHS Re-Opening of School Sports” guidance document from May 29. This is **modified** because competition may not start yet due to the physical distancing requirement of six feet. **Only outdoor workouts and practices are allowed at this time** following the physical distance guidance and outdoor limits of 100 or fewer **if** school district facilities are open.
* The following four-page document has been modified from the original guidance document as it addresses current conditions as defined by the June 1 Executive Order. It is anticipated that the controlling factor in progressing between the Steps is the number of people allowed in groups as set by the Governor, thus the current allowed outdoor activity is a modification of Step 2. When indoor facilities open in the future, and if the limit of 10 persons exists, that indoor activity would start with Step 1. The MHSAA will continue to communicate on the progression of steps based on future government direction.
* All MHSAA out-of-season summer coaching regulations continue to apply (e.g. voluntary, not part of team selection, etc.).

**Sport Specific Activity and Workouts- Phase 1- Effective June 2**

**ALL SPORTS: Maintain Physical Distancing with OUTDOOR activity only!!**

**Pre- workout Screening:**

* All coaches and students should be screened for signs/symptoms of COVID-19 prior to a workout. Screening includes a temperature check.
* Responses to screening questions for each person should be recorded and stored so that there is a record of everyone present in case a student develops COVID-19 (see Appendix II for sample Monitoring Form).
* Any person with positive symptoms reported should not be allowed to take part in workouts and should contact his or her primary care provider or other appropriate health-care professional.
* Vulnerable individuals should not oversee or participate in any workouts during Phase 1.
* Coaches will coordinate with the Athletic Office on the check-in procedure.  (i.e. building/facility entrances, line-up & check-in procedure, hydration protocols, facility usage and sanitation)

*Implementation at Mesick*

* *The main area will have temperature check/screening stations = Gate located between press box and concession stand (Where band enters for football games).  Parents are to drop their students off at the gravel/dirt path located near the football field.  Students will need to have a mask on when they exit their vehicle.  They will wait in line (applying social distancing practices) to have their temperature checked and to complete the screening sheet.*
* *. A table with all the needed equipment: screening sheets (see appendix in the NFHS/MHSAA document), thermometer, gloves, hand sanitizer, face masks will be in place prior to athletes arriving at sites.*
* *Coach that is leading the session will perform the temperature check/screening questions before the session begins.*
* *Social distancing stations will be established with floor markings, cones and proper signage.*
* *Individuals that are symptomatic after screening will be sent home and it will be documented in our daily log entry and reported to parents/guardians and the athletic director.*

**Limitations on Gatherings:**

* No gathering of more than 100 people at a time (**outside only**).
* Locker rooms/bathrooms will not be utilized during Phase 1. Students should report to workouts in proper gear and immediately return home to shower at the end of the workout.
* Workouts will be conducted in “pods” of students with the same 9 students always working out together. Smaller pods of 4 can be utilized for weight training when the weight room is made available. This ensures more limited exposure if someone develops an infection and is more effective in tracing.
* There must be a minimum distance of 6 feet between each individual at all times. If this is not possible indoors, then the maximum number of individuals in the room must be decreased until proper social distancing can occur.

*Implementation at Mesick*

* *Have pods of athletes established that will work out together throughout Phase 1. Pods are limited to 10 individuals including the coach.* ***Each pod will consist of a coach that will lead sessions, this coach will stay with the same pods throughout Phase 1.*** *Head Coaches will have the ability to access* ***ALL*** *pods to assist with implementation.*
* *Teams* ***CAN*** *have more than 1 pod at each venue (total numbers not to exceed 100 people per site).*
* *Pod assignments for all sports are to be turned in to Coach Duby prior to that sport being eligible to use the facilities.*
* *No use of locker rooms or other facilities will be allowed during phase 1.*
* *Everyone will practice social distancing at least 6 feet at all times.*

**Facilities Cleaning:**

* Adequate cleaning schedules should be created and implemented for all athletic facilities to mitigate any communicable diseases.
* 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.
* Students must be encouraged to shower and wash their workout clothing immediately upon returning to home.

*Implementation at Mesick*

* *Student-athletes will be expected to show up in appropriate attire (cleanly washed) with appropriate footwear.*
* *Student-athletes are required to bring a towel/extra shirt to lay on equipment (weight bench, platform, floor, etc.)*
* *ALL individuals will be required to wear facemasks while indoors (when heavy exertion occurs, the athlete may remove his/her facemask just for the exercise that is prescribed and then return the facemask over their mouth and nose).*
  + *Cloth face masks are recommended.*
  + *Facemasks that are easy to slide on/off (buff, etc.) are recommended.*
* *All individuals are allowed but not required to wear face masks outside (must maintain social distancing of at least 6 feet).*
* *There will be bottles of hand sanitizer for use in between specific areas/at the end of sessions. Student-athletes must use the hand sanitizer while moving/end of sessions.*
* *Student-athletes are encouraged to shower and wash hands/clothing upon returning home.*

**Physical Activity and Athletic Equipment:**

* There should be no shared athletic equipment (towels, clothing or shoes) between students.
* Students should wear their own appropriate workout clothing (do not share clothing) individual clothing/towels should be washed and cleaned after every workout.
* Resistance training should be emphasized as body weight and use of resistance bands.

*Implementation at Mesick*

* *Avoid use of shared items including water bottles, towels, equipment (clean after each use).*
* *Equipment used will be disinfected after use by each student-athlete.*
* *Workouts should be focused on conditioning and injury prevention not just sport/skill specific.  There will be no balls/equipment used from June 15 - June 21.*
* *Practices will be limited to one hour for the first two weeks.*
* *Band resistance training and body weight training should be utilized. General conditioning should also be utilized.*
* *Proper acclimatization of* ***ALL*** *activities will be utilized. Keep in mind our student-athletes have detrained for a long period of inactivity. Acclimatization could take up 4 weeks.*

**Hydration:**

* All students shall bring their own water bottle. Water bottles must not be shared.
* Hydration stations (water cows, water trough, water fountains, etc.) will not be utilized.

*Implementation at Mesick*

* *Mesick will not provide hydration stations or shared water bottles/fountains that student-athletes can use.*
* *Student-athletes are expected to bring their own water bottles and may not share between teammates. Gallon containers are highly recommended.  If a student shows up without a water bottle, they are not allowed to stay and must be sent home.*
* *Each head coach should coordinate and the water bottle process making sure each athlete has plenty of their own water for the session – there will be no sharing between athletes. Any water break will be an automatic 5 minute break to refill* ***EVERY*** *athlete’s water bottle.  We will use the spigot located near the concession stand for water refills.  Only a coach may turn the water on/off.  Students are to simply place their water bottle underneath the running water.  Social distancing practices must be observed while they are waiting in line to refill their water.*

*Tentative conditioning period is set to run from June 15th through July 6th.  Depending upon weekly evaluations and new information from the Health Department, School District and MHSAA.*

*Coaches and staff are expected to know the Athletic Department’s Emergency Action Plan which includes the locations of AEDs. Portable AEDs will be available.*

*Coaches will coordinate with each other and the Athletic Department when scheduling facilities for workouts.  Coaches must also stagger start times in the beginning of Phase 1 to allow the Athletic Director or Athletic Trainer to observe protocols and guidance that are in place.*

*Approved locations for all Mesick Athletics conditioning sessions are as follows:*

* *Football Field*
* *Baseball Field*
* *Softball Field*
* *Practice Field (Located between Track/Baseball/Softball Fields)*
* *Track*

*Before athletes report to their practice site they will need to be cleared with proper screening at the high school. Coaches will be provided and responsible for the daily screening report for their teams to maintain in the team binder.*

***Please keep in mind that we are taking this slow and steady in June so that we are not jeopardizing July and August for our fall athletes.****Also, keep in mind that every school district is its own entity and everyone might not be on the exact same schedule.*

*Also, masks are not required to be worn outside, but are recommended by the MHSAA.  Individuals have the right to wear their masks outside even if they are told they are not necessary.  Parents also reserve the right to hold their children out of these workouts if they feel that their son/daughter may be in harm's way.  This will absolutely not affect their status for fall sports as opportunities at the beginning of the season will allow coaching staffs to evaluate their athletes for team selection.*