

## IHSA Stage 1 Return to Play Plan for Westville High School

**Beginning June 15, 2020**

**Spaces Used:** Weight Room, Outside Fields, Track, and Gym

**Days:** Monday through Friday all through Phase 1

**Supervision:** WESTVILLE CUSD #2 Coaching Staff

**Time Slots:** 1 hour and 5 min time slots starting 7:55 am - 12:45 pm (2 coaches)

- This gives us 6 overlapping time slots per day
- Fall sports get priority
- Coaches will determine how many training days athletes will attend each week
- Coaches will determine which athletes are in which groups

**Personnel per group:** Groups of 9 + 1 coach

- Coaches can choose to bring in multiple groups and set up rotation provides there are enough coaches for each group and facilities are available

**# of athletes worked with:** Will vary depending on how coaches use facility space

### **Daily Plan:**

This plan is fluid, which allows coaches to use the facilities for conditioning as they see fit for a specific athlete group... as opposed to being more regimented. This allows us to train more athletes at one time.

1. Students work in groups of 9 with a coach making the 10th.
2. Temp checks & questionnaire done prior to entering facilities. Hand sanitizer will be available.
3. Students will be required to bring and wear a mask during the monitoring check-in process.
4. Students will be required to wear a mask when socially distancing is no possible.
5. During the assigned time slot, coaches can use the entire facility as needed. This includes access to all facilities (Weight room, Gyms, outside fields, etc.)

### **Considerations:**

- In this plan the time breakdown is as follows: 45 min workout, 10 min clean, 5 min clear out/exit.
- Workout sessions must be scheduled with the Administration to prevent too many groups on campus at the same time
- Routes will be created so that incoming and outgoing groups do not cross each other.
- This initial design will be used through all of Phase 1 and will be modified as needed and guided by IHSA standards and guidelines.

### **Entrance/Exits for Facilities:**

- All drivers must park in the WHS Student Parking lot - WHS Weight room entrance is next to the boys locker room on the West side
- Warm ups will be performed before weight lifting on the practice field(s) West of the weight room on campus - Do not let athletes congregate by the entrances

### **Restrooms**

- WHS restrooms will be located by the Science Department - Restrooms should be used on a limited basis. When using restrooms make sure to wipe down the things that you are going to touch and anything that you have touched

### **Locker Room**

- Do not enter the locker rooms at any time for any reason

## IHSA Stage 1 of Return to Play

As a result of the Governor's Restore Illinois Plan, beginning June 6, 2020 IHSA member schools are permitted to open for voluntary strength and conditioning sessions. School districts should work with their local health departments on current restrictions in their area prior to beginning contact. Local school administration determines the permitted activities at their school. Prioritizing the health and safety of all students and staff must remain the focus of each IHSA member school.

Outdoor workouts are highly encouraged over indoor workouts, to reduce transmission.

### **Students are limited to 3 hours of participation per day.**

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

- Maintain social distance by being 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 are encouraged to be grouped, for summer participation, in their fall sport.
- 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](#).
- Coaches must maintain a daily record of what athletes are participating, when, symptoms they may present (see attachment).
  - Athletes should be monitored at 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 a 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.

If available, it is encouraged that an Athletic Trainer or medical personnel be available for workouts. They should be masked for any interactions with athletes and maintain 6-foot distance when feasible.



*Resources:*

<https://dceocovid19resources.com/assets/Restore-Illinois/businessguidelines3/youthsports.pdf>

<https://www.ihrsa.org/improve-your-club/safety-considerations-for-your-health-club-reopening-plan/#>

[https://aiha-assets.sfo2.digitaloceanspaces.com/AIHA/resources/Guidance-Documents/Reopening-Guidance-for-Gyms-and-Workout-Facilities\\_GuidanceDocument.pdf](https://aiha-assets.sfo2.digitaloceanspaces.com/AIHA/resources/Guidance-Documents/Reopening-Guidance-for-Gyms-and-Workout-Facilities_GuidanceDocument.pdf)

<https://nsaahome.org/summer-activities-update/>

[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)