

ORVC Summer 2020

Athletic Participation Guidelines

GENERAL GUIDELINES FOR ALL SPORTS

- ✓ 1. All summer activity is completely VOLUNTARY. Any student-athlete, or parent of a student-athlete, who does not feel that it is in their best interest to participate is free to exclude themselves from any and all workouts, practices, etc. Voluntary participation will serve as assumption of risk and agreement that the school will not be held responsible for any illnesses that may occur.
2. Any coach or student-athlete experiencing any symptoms related to COVID-19 will not be allowed to return to participation until he/she is completely symptom free for 72 hours without medication, or can show proof of a negative COVID-19 test, or a medical release from a medical provider. We are consulting CDC guidelines and are aware that these are changing as this virus evolves and will continue to monitor and update as needed.
3. Prior to participation, all first-time student athletes are required to have an **IHSAA Pre-Participation Physical** for the upcoming school year. Returning student-athletes are not required to obtain a new physical, but must provide the **2020-21 IHSAA Health History Questionnaire and Consent & Release**.
4. All athletes and parents will be required to sign the **ORVC Summer 2020 Athletics Assurance Form** stating that they will self monitor the athlete's health each day prior to sending the athlete to the school for workouts. This self monitoring will include checking for fever and any symptoms of illness. If the athlete has a fever higher than 100.3 or is experiencing any symptoms of illness, the parent agrees that the athlete will not attend workouts that day and will not return until they have met the requirements of #2 above.
5. Any student-athlete noticing a rash on any body surface needs to report it immediately to their coach and seek medical attention either from the athletic trainer and/or physician before returning to practice/play.

6. According to IDOE guidelines, between July 6 and July 19, student-athletes are limited to 15 total hours per week on campus including conditioning and sport-specific activities.
7. Between July 6 and July 19, no sport may have more than two activity days per calendar week and those activities may not occur on consecutive days. Contact sports may have NO CONTACT activities during phase 1.
8. The use of locker rooms will be strictly prohibited. Student-athletes should come dressed in the necessary attire for their practice or workout, and take all clothing items and personal equipment home with them to be washed before returning.
9. Bathroom usage will be restricted to specific locations on each school's campus and they will be thoroughly cleaned each day that usage occurs.
10. Each student-athlete shall bring their own water bottle and towel, clearly marked with their name, for use. Bottles may be refilled at designated fountains on campus that will be cleaned daily.
11. Coaches will be responsible for sanitizing any/all equipment used during a given practice or workout, especially equipment that is shared such as footballs, volleyballs, basketballs, handheld pads, etc.
12. Coaches will be responsible for the cleaning of any facility that requires it before and after a practice or workout occurs (i.e. weight room, wrestling mats, gym floor, etc.).
13. ORVC schools will follow all IHSAA guidelines regarding hosting or traveling to other schools for informal scrimmages and competitions during Phase 2.
14. All facility usage, both indoor and outdoor, must be approved and scheduled in advance with school administration.
15. Only essential student athletes, student participants, coaches, medical staff, related supervisors, directors, and security should be in attendance.

SPORT SPECIFIC GUIDELINES

CROSS COUNTRY

All Phases: July 6th - Start of Season

- Practice times determined by the Athletic Director.
- Signed **ORVC Assurance Forms** and **IHSAA Pre-Participation Physical or IHSAA Health History Update Questionnaire** will be mandatory for all student-athletes prior to participation.
- Coaches and student-athletes shall attempt to maintain a minimum of six feet of separation from each other at all times.
- All practices and workouts shall be completed outside. In the event of inclement weather, practices and workouts may be conducted in the gym as long as proper social distancing and all other general guidelines for indoor activity are met. There will be no running or entry into the school/classroom hallways.
- Coaches and student-athletes are to not engage in any other social activities before or after each practice.

GOLF

All Phases: July 6th - Start of Season

- Practice times to be determined by the Athletic Director.
- Signed **ORVC Assurance Forms** and **IHSAA Pre-Participation Physical or IHSAA Health History Update Questionnaire** will be mandatory for all student-athletes prior to participation.
- Coaches and student-athletes will adhere to all CDC guidelines for golf courses including social distancing practices, the use of one's own golf balls and equipment, and not touching pin flags.
- All practices and workouts shall be completed outside. In the event of inclement weather, practices and workouts may be conducted in the gym as long as proper social distancing and all other general guidelines for indoor activity are met.
- Coaches and student-athletes are to not engage in any other social activities before or after each practice or workout.

TENNIS

All Phases: July 6th - Start of Season

- Practice times to be determined by the Athletic Director.
- Signed **ORVC Assurance Forms** and **IHSAA Pre-Participation Physical** or **IHSAA Health History Update Questionnaire** will be mandatory for all student-athletes prior to participation.
- Coaches and student-athletes shall attempt to maintain a minimum of six feet of separation from each other at all times.
- Normal gameplay may occur as long as there is no sharing of rackets.
- All practices and workouts shall be completed outside. In the event of inclement weather, practices and workouts may be conducted in a gym as long as proper social distancing and all other general guidelines for indoor activity are met.
- Coaches and student-athletes are to not engage in any other social activities before or after each practice or workout.

SWIMMING

All Phases: July 6th - Start of Season

- Practice times to be determined by the Athletic Director.
- Signed **ORVC Assurance Forms** and **IHSAA Pre-Participation Physical** or **IHSAA Health History Update Questionnaire** will be mandatory for all student-athletes prior to participation.
- Coaches and student-athletes shall attempt to maintain a minimum of six feet of separation from each other at all times.
- All practices and workouts will be completed at the pool. Coaches and athletes will follow all guidance provided by the pool operators.

VOLLEYBALL

Phase 1: July 6th - July 18th

- Practice times to be determined by the Athletic Director.
- Signed **ORVC Assurance Forms** and **IHSAA Pre-Participation Physical or IHSAA Health History Update Questionnaire** will be mandatory for all student-athletes prior to participation.
- Coaches and student-athletes shall attempt to maintain a minimum of six feet of separation from each other at all times.
- Scrimmaging should be used sparingly. Drills should be conducted individually or in smaller groups.
- Breaks from drills or practice will be taken frequently, and shared equipment or volleyballs will be sanitized. Student-athletes should wash/sanitize hands and arms at each break.
- Emphasis will be placed on physical conditioning as well as individual skill development.
- Coaches and student-athletes are to not engage in any other social activities before or after each practice or workout.

Phase 2: July 20th - Start of Season

- Practice times to be determined by the Athletic Director.
- Signed **ORVC Assurance Forms** and **IHSAA Pre-Participation Physical or IHSAA Health History Update Questionnaire** will be mandatory for all student-athletes prior to participation.
- Coaches and student-athletes shall attempt to maintain a minimum of six feet of separation from each other when not engaged in drills and gameplay.
- Scrimmaging and game play will be allowed, but emphasis should be placed on stopping gameplay and disinfecting volleyballs that have been touched by multiple student-athletes as often as possible. Student-athletes should also take measures to wash/sanitize hands and arms at those times.
- Coaches and student-athletes are to not engage in any other social activities before or after each practice or workout.

SOCCER

Phase 1: July 6th - July 18th

- Practice times to be determined by the Athletic Director.
- Signed **ORVC Assurance Forms** and **IHSAA Pre-Participation Physical or IHSAA Health History Update Questionnaire** will be mandatory for all student-athletes prior to participation.
- Coaches and student-athletes shall attempt to maintain a minimum of six feet of separation from each other at all times.
- Scrimmaging should be used sparingly. Drills shall be conducted individually or in smaller groups to avoid multiple athletes making contact with the same soccer ball using hands or heads.
- Breaks from drills or practice will be taken frequently, and shared equipment or soccer balls will be sanitized. Student-athletes should wash/sanitize hands at each break.
- Emphasis will be placed on physical conditioning as well as individual skill development.
- All practices and workouts shall be completed outside. In the event of inclement weather, practices and workouts may be conducted in a gym as long as proper social distancing and all other guidelines for indoor activity are met.
- Coaches and student-athletes are to not engage in any other social activities before or after each practice or workout.

Phase 2: July 20th - Start of Season

- Practice times to be determined by the Athletic Director.
- Signed **ORVC Assurance Forms** and **IHSAA Pre-Participation Physical or IHSAA Health History Update Questionnaire** will be mandatory for all student-athletes prior to participation.
- Coaches and student-athletes shall attempt to maintain a minimum of six feet of separation from each other when not engaged in drills and gameplay
- Scrimmaging and game play is allowed, but emphasis should be placed on stopping gameplay and disinfecting soccer balls that have been touched by the hand or head of student-athletes as often as possible. Student-athletes should also take measures to wash/sanitize hands at those times.
- All practices and workouts shall be completed outside. In the event of inclement weather, practices and workouts may be conducted in a gym as long as proper social distancing and all other guidelines for indoor activity are met.
- Coaches and student-athletes are to not engage in any other social activities before or after each practice or workout.

BASKETBALL

Phase 1: July 6th - July 18th

- Practice times to be determined by the Athletic Director.
- Signed **ORVC Assurance Forms** and **IHSAA Pre-Participation Physical or IHSAA Health History Update Questionnaire** will be mandatory for all student-athletes prior to participation.
- Coaches and student-athletes shall attempt to maintain a minimum of six feet of separation from each other at all times.
- Scrimmaging should be used sparingly. Drills should be conducted individually or in smaller groups.
- Breaks from drills or practice will be taken frequently, and shared equipment or basketballs will be sanitized. Student-athletes should wash/sanitize hands at each break.
- Emphasis will be placed on physical conditioning as well as individual skill development.
- Coaches and student-athletes are to not engage in any other social activities before or after each practice or workout.

Phase 2: July 20th - July 31st

- Practice times to be determined by Athletic Director
- Signed **ORVC Assurance Forms** and **IHSAA Pre-Participation Physical or IHSAA Health History Update Questionnaire** will be mandatory for all student-athletes prior to participation.
- Coaches and student-athletes shall attempt to maintain a minimum of six feet of separation from each other when not engaged in drills and gameplay.
- Scrimmaging and game play will be allowed, but emphasis should be placed on stopping gameplay and disinfecting basketballs and equipment that have been touched by multiple student-athletes as often as possible. Athletes should also take measures to wash/sanitize hands at those times.
- Coaches and student-athletes are to not engage in any other social activities before or after each practice or workout.

BASEBALL/SOFTBALL

Phase 1: July 6th - July 18th

- Practice times to be determined by the Athletic Director.
- Signed **ORVC Assurance Forms** and **IHSAA Pre-Participation Physical or IHSAA Health History Update Questionnaire** will be mandatory for all student-athletes prior to participation.
- Coaches and student-athletes shall attempt to maintain a minimum of six feet of separation from each other at all times.
- Emphasis will be placed on physical conditioning as well as individual skill development.
- Scrimmaging should be used sparingly. Drills should be conducted individually or in smaller groups.
- All practices and workouts shall be completed outside. In the event of inclement weather, practices and workouts may be conducted in a gym as long as proper social distancing and all other general guidelines for indoor activity are met.
- Coaches and student-athletes are to not engage in any other social activities before or after each practice or workout.

Phase 2: July 20th - July 31st

- Practice times to be determined by the Athletic Director.
- Signed **ORVC Assurance Forms** and **IHSAA Pre-Participation Physical or IHSAA Health History Update Questionnaire** will be mandatory for all student-athletes prior to participation.
- Coaches and student-athletes shall attempt to maintain a minimum of six feet of separation from each other when not engaged in drills and gameplay.
- Scrimmaging and game play will be allowed, but emphasis should be placed on stopping gameplay and disinfecting baseballs/softballs that have been touched by multiple student-athletes as often as possible. Student-athletes should also take measures to wash/sanitize hands at those times.
- All practices and workouts shall be completed outside. In the event of inclement weather, practices and workouts may be conducted in the gym as long as proper social distancing and all other general guidelines for indoor activity are met.
- Coaches and student-athletes are to not engage in any other social activities before or after each practice or workout.

TRACK & FIELD

Phase 1: July 6th - July 18th

- Practice times to be determined by the Athletic Director.
- Signed **ORVC Assurance Forms** and **IHSAA Pre-Participation Physical or IHSAA Health History Update Questionnaire** will be mandatory for all student-athletes prior to participation.
- Coaches and student-athletes shall attempt to maintain a minimum of six feet of separation from each other at all times.
- Student-athletes shall not share equipment (i.e. shot puts or discs) and may not use landing pads (i.e. high jump and pole vault)
- Emphasis will be placed on physical conditioning as well as individual skills.
- All practices and workouts shall be completed outside. In the event of inclement weather, practices and workouts may be conducted on the indoor track as long as proper social distancing and all other general guidelines for indoor activity are met.
- Coaches and student-athletes are to not engage in any other social activities before or after each practice or workout.

Phase 2: July 20th - July 31st

- Practice times to be determined by the Athletic Director.
- Signed **ORVC Assurance Forms** and **IHSAA Pre-Participation Physical or IHSAA Health History Update Questionnaire** will be mandatory for all student-athletes prior to participation.
- Coaches and student-athletes shall attempt to maintain a minimum of six feet of separation from each other at all times.
- Any shared equipment or padding used must be sanitized after each use. Student-athletes should also take measures to wash hands, arms, and any other body part that came in contact with equipment or padding at this time.
- All practices and workouts shall be completed outside. In the event of inclement weather, practices and workouts may be conducted on the indoor track as long as proper social distancing and all other general guidelines for indoor activity are met.
- Coaches and student-athletes are to not engage in any other social activities before or after each practice or workout.

CHEERLEADING

Phase 1: July 6th - July 18th

- Practice times to be determined by the Athletic Director.
- Signed **ORVC Assurance Forms and IHSAA Pre-Participation Physical or IHSAA Health History Update Questionnaire** will be mandatory for all student-athletes prior to participation.
- Coaches and student-athletes shall attempt to maintain a minimum of six feet of separation from each other at all times.
- Emphasis will be placed on physical conditioning as well as individual skill.
- No builds or stunting that requires physical touching and no sharing of equipment.
- Practices and workouts may be conducted inside or outside. In the event of inclement weather, practices and workouts may be conducted in a gym as long as proper social distancing and all other general guidelines for indoor activity are met.
- Coaches and student-athletes are to not engage in any other social activities before or after each practice or workout.

Phase 2: July 20th- Start of Season

- Practice times to be determined by the Athletic Director.
- Signed **ORVC Assurance Forms and IHSAA Pre-Participation Physical or IHSAA Health History Update Questionnaire** will be mandatory for all student-athletes prior to participation.
- Coaches and student-athletes shall attempt to maintain a minimum of six feet of separation from each other at all times when not engaged in builds or stunting.
- After builds and stunting, student-athletes should take measures to wash hands, arms, and any other body part that came in contact with another student-athlete.
- Any equipment used will need to be disinfected immediately after its use.
- Coaches and student-athletes are to not engage in any other social activities before or after each practice or workout.

FOOTBALL

Phase 1: July 6th - July 18th

- Practice times to be determined by the Athletic Director.
- Signed **ORVC Assurance Forms** and **IHSAA Pre-Participation Physical or IHSAA Health History Update Questionnaire** will be mandatory for all student-athletes prior to participation.
- Per IHSAA guidelines, no contact activities are allowed in Phase 1.
- Coaches and student-athletes shall attempt to maintain a minimum of six feet of separation from each other at all times.
- Scrimmaging should be used sparingly. Drills should be conducted individually or in smaller groups.
- Emphasis will be placed on physical conditioning as well as individual skill that does not require the use of footballs or equipment.
- All practices and workouts shall be completed outside. In the event of inclement weather, practices and workouts may be conducted in a gym as long as proper social distancing and all other guidelines for indoor activity are met.
- Coaches and student-athletes are to not engage in any other social activities before or after each practice or workout.

Phase 2: July 20th- Start of Season

- Practice times to be determined by the Athletic Director.
- Signed **ORVC Assurance Forms** and **IHSAA Pre-Participation Physical or IHSAA Health History Update Questionnaire** will be mandatory for all student-athletes prior to participation.
- Coaches and student-athletes shall attempt to maintain a minimum of six feet of separation from each other at all times when not engaged in gameplay or group drills.
- Emphasis should be placed on stopping gameplay/group drills and disinfecting footballs and equipment that have been touched by multiple student-athletes as often as possible. Student-athletes should also take measures to wash hands and arms at those times.
- All practices and workouts shall be completed outside. In the event of inclement weather, practices and workouts may be conducted in a gym as long as proper social distancing and all other guidelines for indoor activity are met.
- Coaches and student-athletes are to not engage in any other social activities before or after each practice or workout.

WRESTLING

Phase 1: July 6th - July 18th

- Practice times to be determined by the Athletic Director.
- Signed **ORVC Assurance Forms** and **IHSAA Pre-Participation Physical or IHSAA Health History Update Questionnaire** will be mandatory for all student-athletes prior to participation.
- Coaches and student-athletes shall attempt to maintain a minimum of six feet of separation from each other at all times.
- Emphasis will be placed on physical conditioning as well as individual skills that do not include contact with other student-athletes.
- Coaches and student-athletes are to not engage in any other social activities before or after each practice or workout.

Phase 2: July 20th - July 31st

- Practice times to be determined by the Athletic Director.
- Signed **ORVC Assurance Forms** and **IHSAA Pre-Participation Physical or IHSAA Health History Update Questionnaire** will be mandatory for all student-athletes prior to participation.
- Coaches and student-athletes shall attempt to maintain a minimum of six feet of separation from each other when not engaged in competitive drills.
- Student-athletes must take extreme measures to wash and sanitize any exposed skin that comes in contact with another student-athlete immediately after the contact has concluded.
- Coaches and student-athletes are to not engage in any other social activities before or after each practice or workout.