

IHSA/IESA STAGE 4 of RETURN TO PLAY PLAN

Kansas CUSD #3, Oakland CUSD #5, Shiloh CUSD #1

Below are the following requirements for Stage 4 Return to Play. The requirements are intended for the safety of our athletes, coaches and sports personnel, and families in our communities. Following the IHSA guidance set forth as a result of the Governor's Restore Illinois Plan, Tri-County coaches and athletes will adhere to the following guidelines for Stage 4 Return to Play.

- Athletes are limited to 5 hours of sport participation a day.
- Gatherings will consist of groups of 50 or less, including coach(es) and medical personnel.
 - Interactions between groups are to be avoided.
- There cannot be any contact drills/physical contact among athletes.
- Coaches must maintain a daily record of which athletes are participating, when, and symptoms that may be present.
 - Coach must take temperature of each athlete at the beginning of the conditioning gathering, and athletes must have a temperature of less than 100.4F or exhibit no symptoms of COVID-19 (fever, chills, cough, muscle aches, headache, sore throat, runny nose, nausea, vomiting, diarrhea, or loss of taste/smell).
 - If symptoms are present, the athlete will not attend practice and will notify the coach immediately.
- Athletes shall maintain social distance by remaining 6 feet apart when on the sidelines, and a mask shall be properly worn if unable to properly distance until further guidance has been provided. Athletes must bring their own masks. If an athlete does not have a mask, he/she will not be allowed to remain at practice.
- A coach or other designated adult must oversee athletes washing of hands or sanitizing upon arrival to practice. Athletes must wash hands or sanitize frequently during practice. Athletes must wash hands or sanitizer at the end of practice before leaving. Handwashing and/or sanitizing will minimize transmission of the virus.
 - All individuals should sanitize or wash their hands for a minimum of 20 seconds with warm water and soap, or use alcohol-based hand sanitizer and rub until dry before touching any surfaces, participating in workouts, or handling any balls or equipment.
- Athletes must bring their own mask, water bottle, shoes, towels, and other personal equipment. The use of locker rooms is prohibited until further notice.
- Coaches/participants/volunteers must wear a mask at all times.
- All practices are to remain closed practices (no spectators).
- Additional responsibilities and restrictions are to be maintained if a weight room or indoor school space (ie gym) is used, and safety measures in all forms must be strictly enforced in the weight room and other indoor spaces.
 - Effective cleaning and disinfecting of weights and weight room equipment of frequently touched objects and surfaces will be conducted by coaches/athletes per CDC and ISPH guidelines.
 - Hard surfaces of indoor spaces, frequently touched items or handles, and bathrooms will be cleaned and disinfected by coaching staff after practice concludes.
 - Spotters for weightlifting are allowed while masked. Maximum lifts should be done only with power cages for squats and bench presses. Spotters should stand at each end of the bar.
- Athletic equipment such as bats and batting helmets should be cleaned between each use. Other equipment such as catcher's gear, football helmets/other pads, gloves and eyewear should be worn by only one individual and not shared. Shared equipment such as athletic balls, thud pads, and sled should be cleaned frequently during practice.

Failure to follow the guidelines set forth jeopardizes the safety of the athletes and coaches and the sports program overall.

I have read and understand the expectations of the IHSA Stage 4 of Return to Play Plan, and I further agree to follow the expectations above.

Athlete Signature

Date

I have read and understand the expectations of the IHSA Stage 4 of Return to Play Plan.

Parent/Guardian Signature

Date