

## REVISED 7.29.20

**Lawrenceburg Community School Corporation**

**2020-2021 Athletic Participation Guidelines**

**General Guidelines for All Sports**

1. **ALL SUMMER ACTIVITIES ARE VOLUNTARY.** Any parent/guardian or student-athlete who does not feel that it is in their best interest to participate is free to exclude themselves from any and all practices, rehearsals, work-outs, team activities or competitions. 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. All parents/guardians and student-athletes will be required to sign:
   1. LCSC Assurance/Waiver Forms
   2. IHSSA 2020-21 Health History Update Questionnaire and Consent and Release Certificate

stating that they will self monitor the student-athlete's health each day prior to sending the athlete to a school/team activity. This self-monitoring will include checking for fever and symptoms of illness. If the student-athlete has any of the symptoms listed below under Symptoms Impacting Consideration for Exclusion (A-H), the parents/guardian and student-athlete agrees that the students-athlete will not attend activities that day and will not return until they have met the three requirements listed in #3(b.).

1. Staff, parents/guardians and student-athletes are expected to self-screen for any symptoms prior to arriving at an athletic event (practice, rehearsal, work-out, team activity or competition).
   1. Self Screening with Symptoms:
      1. Students and staff should be excluded from activity/school if they test positive for COVID-19 or exhibit one or more of the symptoms of COVID-19 based on CDC Guidance that is not otherwise explained.
         1. Symptoms Impacting Consideration for Exclusion:
2. Fever (100.4 Degrees Fahrenheit or Greater)
3. Chills
4. Cough
5. Shortness of Breath or Difficulty Breathing
6. Fatigue
7. Muscle or Body Aches
8. Headache
9. New Loss of Taste or Smell
10. Sore Throat
11. Congestion or Runny Nose
12. Nausea or Vomiting
13. Diarrhea
    1. Return to School After Exclusion: Once a student or employee is excluded from the school environment, they may return if they satisfy the recommendations of the CDC. Currently those guidelines are:
       1. **Untested**: Persons who have not received a test proving or disproving the presence of COVID-19 but experience symptoms may return if the following three conditions are met:
          1. They have not had a fever for at least 72 hours (that is three full days of no fever without the use of medicine that reduces fevers); and
          2. Other symptoms have improved (for example, when your cough or shortness of breath have improved); and
          3. At least 10 calendar days have passed since your symptoms first appeared.
          4. The state website has a list of over 200 testing facilities, their location, and hours of operation. This list is updated frequently.
       2. **Tested Positive- Symptomatic**: Persons who experienced symptoms and have been tested for COVID-19 may return to school if the following conditions are met:
          1. The individual no longer has a fever (without the use medicine that reduce fevers); and
          2. Other symptoms have improved (for example, when your cough or shortness of breath have improved); and
          3. At least 10 calendar days have passed since symptoms first appeared; ~~or~~
          4. ~~The individual has received a negative test.~~
       3. **Tested Positive- Asymptomatic**: Persons who have not had symptoms but test positive for COVID-19 may return when they have gone ten calendar days without symptoms and have been released by a healthcare provider. Students may also return if they are approved to do so in writing by the student’s health care provider.
       4. **Individual in Direct Contact with a Person Having a Positive Result**:
          1. Stay home for **fourteen** (14) days after your last contact with the person who has COVID-19 (regardless of negative testing results).
          2. Watch for fever and other symptoms of COVID-19.
       5. Definition of close or direct contact may include the following, but understand final identification/decision is made through the Indiana State Department of Health contact tracing program:
          1. You were within 6 feet of someone who has COVID19 for at least 15 minutes.
          2. You provided care at home to someone who is sick with COVID-19.
          3. You had direct physical contact with the person (touched, hugged, or kissed them).
          4. You shared eating or drinking utensils.
          5. The infected person sneezed, coughed or somehow provided respiratory droplets.
14. 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 physicians before returning to any activity with the team.
15. Each student-athlete shall bring their own water bottle and towel, clearly marked with their name, for use. Bottles may be refilled at designated locations as assigned by the team coaches and/or athletic trainers.
16. Per Executive Order 20-37 effective July 27-August 26, 2020, face coverings (include face masks that cover the mouth and nose and are secured in a manner where the mask is close to the face and face shields which are clear plastic and covers the nose and the mouth) are required:
    1. inside a business, public building, or other indoor places open to the public; an outdoor public space when it is not possible to maintain six feet of social distancing from another person; or when using public transportation or in a taxi, private car service, or ride-sharing vehicle.

The Executive Order 20-37 includes requirements for school corporations as follows:

1. All students in Grades 3 through 12, all teachers, all staff members, all vendors, all contractors, all volunteers, and all visitors must be required to wear face coverings while physically present in school buildings and facilities and on school grounds. This directive continues until it is rescinded or modified by the Governor.
   1. Exemptions to this requirement include persons with certain medical conditions, are deaf, and the person who is less than 2 years old.
2. All students, all teachers, all staff members, all vendors, all contractors, all volunteers, and all visitors are required to wear face coverings while on a school bus or other school-sponsored mode of transportation. Exemptions for this requirement are:
   1. Food Consumption: while eating and drinking
   2. Faculty/Staff Areas: Faculty and staff while working together in a room, office, or place where social distancing of 6 feet or more from each other may be maintained. This does not apply to when staff is preparing food or meals.
   3. Children Between the Ages of 2 and 8: Face coverings are not required UNLESS on a school bus or other school-sponsored transportation. Otherwise, strongly encouraged for students in this age group to wear a face covering.
   4. Classroom Settings: When classrooms are arranged for students to be six feet or more apart at all times. When the teacher can be six feet or more away from students, the teacher does not have to wear a face covering, when students cannot be arranged six feet apart.
   5. Recess: When social distancing of six feet or more can be maintained, face coverings are not required.
   6. Extracurricular Activities/Co-Curricular Activities: Students, teachers, instructors, directors, coaches, trainers, volunteers, and any other personnel when engaged in strenuous physical activity or can maintain social distancing of six feet or more.
3. Coaches or designee will be responsible for sanitizing any/all equipment used during a given activity, especially equipment that is shared such as balls, handheld pads, etc.
4. Coaches or designee will be responsible for cleaning of any facility that requires it after it is used for an activity (i.e. - weight room, wrestling mats, gym floor, etc.).
5. All facility usage by individuals and/or teams, both indoor and outdoor, must be approved and scheduled in advance with school administration. All facility usage by outside individuals or organizations will not be allowed until further notice.
6. Transportation to Competitions
   1. Parents will have the option to elect to use alternative transportation and will be responsible in getting them to and from activities.
      1. Student athlete self transportation is not an option.
   2. Transportation will be available to those **who can not be transported by their parents.**
      1. Please note transportation on the bus will look similar to pre-COVID-19 except the following:
         1. Student athletes will be asked to sit with siblings if possible.
         2. Student athletes will be ~~allowed~~ required to wear masks.
   3. A form will be required to designate transportation at the start of the season. If changes occur, they must be submitted via written notification to the coach.
7. Coaches and student athletes are not to engage in any social activities before or after any practices, rehearsals, work-outs, team activities or competitions while on campus.

**Phase I: July 6-July 19**

* Student athletes should be limited to 15 hours per week on campus.
* Individual student athletes are limited to 15 total hours of school contact activity per calendar week. (The Sunday Rule will be enforced).
* School contact activity includes conditioning and sport-specific activities.
* No sport may have more than two activity days per calendar week. Each sport must register their activity days in the office of the Athletic Director at least 10 days in advance. Sport-specific activity days may not occur on consecutive calendar days.
* Activity days are limited to three hours per day. (Six hours per calendar week.)
* Conditioning is limited to four days per week. Conditioning sessions may be held multiple times each day, each session limited to two hours. Student athletes may attend only one conditioning session per day.
* All State and local guidelines for group limitations must be followed and social distancing is encouraged.
* ~~Any students who prefer to wear a face covering for activities should be allowed, if doing so will not cause a health risk.~~
* Students, when not engaging in vigorous activity and when practical, ~~should~~ are required to wear face coverings.
* Non-students, including coaches, medical-related staff, directors, security staff, supervisors, etc. ~~should~~ are required to wear face coverings at all times unless under rigorous activity or pose a health risk.
* **Only essential student athletes, student participants, coaches, medical staff, related supervisors, directors, and security should be in attendance.**
* Consideration should be given to vulnerable individuals and it is encouraged for those individuals to seek medical guidance regarding his/her individual level of participation.
* An alternate command structure for coaching staff should be established in case of illness.
* 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 IHSAA pre-participation physical, but should provide a 2020-21 IHSAA Health History Update Questionnaire and Consent & Release Certificate prior to participation.
* All students and staff should be trained and screened for signs/symptoms of COVID-19 prior to participating in workouts, rehearsals, or practices.
  + Any person with COVID-19-related symptoms should not be allowed to take part in workouts, rehearsals, or practices and should contact his or her primary care provider or other appropriate healthcare professional.
  + The State website has a list of over 200 testing facilities, their location and hours of operation. This list is updated frequently.
  + Any person with a positive COVID-19 test shall trigger the established predetermined thresholds for mitigation strategies by following ISDH’s recommendation to work with your local health department in following the CDC guidance which can be found here. Reference page 3, “When a confirmed case has entered a school, regardless of community transmission.”
    - Coaches must track COVID-19 impacted attendance and report to district/school administration.
    - Follow specific return to school protocol.
    - Districts/schools are encouraged to post signs displaying symptoms to educate students.
* Individuals should wash their hands for a minimum of 20 seconds with warm water and soap before touching any surfaces or participating. If this is not possible, hand sanitizer should be plentiful and available to individuals as they transfer from place to place.
* **Locker rooms should not be utilized.** Students should report to their activity in proper gear and immediately return home to shower at the conclusion. Restrooms should remain available for student athletes and athletic staff, however social distancing is encouraged.
* Gathering sizes should be decreased as much as possible to reduce risk. Workouts should be conducted in defined, smaller groups of students with the same students always together. Reduce gathering size by half capacity in large areas (weight room, band rooms, wrestling rooms, etc.).
* The goal of social distancing is defined by the CDC. If it is not possible to follow these guidelines indoors or outdoors, then create as much distance as possible. It is ~~recommended~~ required that participants and coaches wear face coverings when distancing is limited and the individual is not participating in rigorous activity. For sidelines, benches, or other holding areas, consider establishing protocol as a guide for students and coaches. The goal and expectation is no contact.
* Consider scheduling adjustments to reduce the number of events, duration, and/or participants present.
* Cleaning schedules should be created and implemented for all facilities and equipment to mitigate any communicable diseases. Review the plan and supply inventory to thoroughly clean and disinfect prior to and after usage following CDC, EPA, and OSHA guidelines. The plan should be clear on who cleans and appropriate training and PPE is provided for such.
  + Coaches or designee will be responsible for sanitizing any/all equipment used during a given activity, especially equipment that is shared such as balls, handheld pads, etc.
  + Coaches or designee will be responsible for cleaning of any facility that requires it after it is used for an activity (i.e. - weight room, wrestling mats, gym floor, etc.).
* School activities using off-site, non-school owned facilities and equipment for related activities should work with the off-site facility provider to ensure the associated and relevant safety measures are in place. If transporting to-and-from workouts, rehearsals, or practices, transportation safety measures and cleaning regarding team or group transportation must be followed.
* Appropriate clothing/shoes should be worn at all times to minimize transmission.
* No sharing of clothing, shoes, towels, or water bottles.
* Hand sanitizer should be plentiful and available at all times.
* If equipment must be shared, including sports balls, weight room facilities, non-wind instruments, etc., this equipment should be cleaned immediately following usage. Responsibility for cleaning should be clear and appropriate training and PPE should be provided.
* Equipment such as weight benches, athletic pads, etc. having holes with exposed foam should be covered or discarded.
* Students must be expected to shower at home and wash workout clothing immediately upon returning to their home. If a student does not have a laundered uniform, he/she may not be allowed to participate in practice or competition.
* If schools launder student gear or uniforms, PPE must be available for the person in charge of laundering.
* Free weight exercises requiring a spotter cannot be conducted. Safety measures in all forms must be strictly enforced in the weight room.
* For contact sports, no contact is allowed.
* Shared hydration stations (water trough, water fountains, water hose, etc.) should not be utilized except for filing individual, labeled water bottles.
* No formal competition is allowed.
* Pool usage is acceptable. Schools should take necessary steps to promote health and safety both in the water and out by social distancing and using good hygiene.
  + State and local guidelines that may determine when and how recreational water facilities may operate should be followed.

**Phase II: July 20-August 14**

All guidelines from Phase I as well as the following modifications/adaptations:

* Student contact hours will not be applicable outside of the Sunday rule.
* If locker rooms or meeting rooms are used, 50 percent capacity is recommended.
* Contact is allowed as defined by Indiana High School Athletic Association (IHSAA).
* Free weight exercises requiring a spotter can be conducted. Safety measures in all forms must be strictly enforced in the weight room.
* Celebratory and sportsmanship acts that involve contact should be prohibited.
* No formal competition is allowed with the exception of girls golf.

**Phase III: August 15**

All guidelines from Phases I and II as well as the following modifications/adaptations:

* If locker rooms or meeting rooms are used, 50 percent capacity is recommended. \*If the restriction to 50 percent capacity at competitive events creates a hardship and impacts the hygiene or safety of students, a 50 percent or greater capacity is allowed.
* The goal of social distancing is defined by the CDC. If it is not possible to follow these guidelines indoors or outdoors, then create as much distance as possible. It is ~~recommended~~ required that participants and coaches wear face coverings when distancing is limited and the individual is not participating in rigorous activity. **Officials should be required ~~given the option~~ to wear face coverings.** For sidelines, benches, or other holding areas, consider establishing protocol as a guide for students and coaches.
* Hospitality rooms for officials should not include shared food service and should allow space for social distancing. Individual waters and pre-packaged snacks may be made available.
* Cleaning regarding team or group transportation must be followed.
* Contact should be limited to only contact necessary to compete as defined by IHSAA. Modified sportsmanship practices should be observed.
* Competition may begin.
* Spectators, media, and vendors can be present but should implement social distancing and follow established mass gathering guidelines.
* Concessions may be sold if food handlers and cashiers use appropriate PPE and only prepared, prepackaged food is available.



**2020-21 LAWRENCEBURG COMMUNITY SCHOOL CORPORATION**

**EXTRACURRICULAR AND CO-CURRICULAR PARTICIPATION WAIVER**

This waiver and parental agreement is based upon the COVID-19 epidemic and health emergency as it relates to extracurricular and co-curricular activities for students of Lawrenceburg Community School Corporation (“LCSC”) for the 2020-21 school year. All such activities are strictly VOLUNTARY, and by participating you are assuming the risk related to COVID-19, spelled out below. As parent or legal guardian of the LCSC student named below, you are accepting all of the contents of this document on their behalf, and averring that you have the legal authority to do so.

**WAIVER**

By signing this document, I acknowledge the contagious nature of COVID-19 and voluntarily assume the risk that my child may be exposed to or infected by COVID-19 while participating in LCSC activities, and that such exposure or infection may result in personal injury, illness, permanent disability, and death to my child and/or others. I understand that the risk of becoming exposed to or infected by COVID-19 may result from the actions, omissions, or negligence of myself and others, including, but not limited to, LCSC, its agents, officers, employees, volunteers, and representatives. I voluntarily agree on my behalf, and on behalf of my child, to assume all of the foregoing risks and accept sole responsibility for any injury to my child or myself including, but not limited to, personal injury, disability, and death, illness, damage, loss, claim, liability, or expense, of any kind, that I, my family and my child may experience or incur in connection with my child’s presence on LCSC property or participation in LCSC activities. On my behalf, and on behalf of my child, I hereby release, covenant not to sue, discharge, and hold harmless LCSC, its agents, officers, employees, volunteers, and representatives, of and from the claims, including all liabilities, claims, actions, damages, costs or expenses of any kind arising out of or relating thereto. I understand and agree that this release includes any claims based on the actions, omissions, or negligence of LCSC, its agents, officers, employees, volunteers, and representatives, whether a COVID-19 infection occurs before, during, or after participation in LCSC activities.

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**Student Name Date**

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**Parent or Legal Guardian**



**PARENT/GUARDIAN’S SELF-MONITORING AND SAFETY AGREEMENT**

I further agree to monitor my child for symptoms of COVID-19 as established by the United States Centers for Disease Control and Prevention (“CDC”) on a daily and ongoing basis. If my child exhibits such symptoms, has had contact with someone exhibiting these symptoms, or has had direct contact with someone who has tested positive for COVID-19, I agree to report this to LCSC immediately and not allow my child to return to LCSC property or participate in LCSC activities until my child is 1.) They have not had a fever for at least 72 hours (that is three full days of no fever without the use of medicine that reduces fevers); and other symptoms have improved (for example, when your cough or shortness of breath have improved); and at least 10 calendar days have passed since your symptoms first appeared, or 2.) ~~Has obtained a negative COVID-19 test from a licensed medical provider~~ Has quarantined (stayed home for fourteen (14) days) after a direct contact.

According to the CDC, COVID-19 has a wide range of symptoms, ranging from mild to severe. Symptoms may appear 2-14 days after exposure to the virus. People with the following symptoms may have COVID-19:

* Fever (100.4 Degrees Fahrenheit or Greater)
* Chills
* Cough
* Shortness of Breath or Difficulty Breathing
* Fatigue
* Muscle or Body Aches
* Headache
* New Loss of Taste or Smell
* Sore Throat
* Congestion or Runny Nose
* Nausea or Vomiting
* Diarrhea

This list does NOT include all possible symptoms.

By signing this document, you are freely and voluntarily acknowledging and accepting all of the above on behalf of the child listed below, and averring that you have the legal authority to do so.

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**Student Name Date**

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**Parent or Legal Guardian**



**TRANSPORTATION WAIVER**

**LAWRENCEBURG COMMUNITY SCHOOL CORPORATION (LCSC)**

I, as parent or legal guardian for the LCSC student named below, elect to decline to use LCSC transportation and instead allow my child or ward to be transported by alternate means to and from LCSC property and any other location for the purposes of LCSC events, or extra/co curricular activities (students are not allowed to self transport). I understand that I am solely responsible for ensuring the safe transportation of my child or ward, and ensuring that LCSC staff is immediately notified of any change to this arrangement.

I voluntarily agree on my behalf, and on behalf of my child/ward, to assume all of the foregoing risks and accept sole responsibility for any injury to my child/ward or myself including, but not limited to, personal injury, disability, and death, illness, damage, loss, claim, liability, or expense, of any kind, that I, my family and my child/ward may experience or incur in connection with my child/ward’s transportation related to LCSC events, or extra/co curricular activities (students are not allowed to self transport). On my behalf, and on behalf of my child/ward, I hereby release, covenant not to sue, discharge, and hold harmless LCSC, its agents, officers, employees, volunteers, and representatives, of and from the claims, including all liabilities, claims, actions, damages, costs or expenses of any kind arising out of or relating thereto.

**\_\_\_\_\_\_ I accept transportation by the school corporation.**

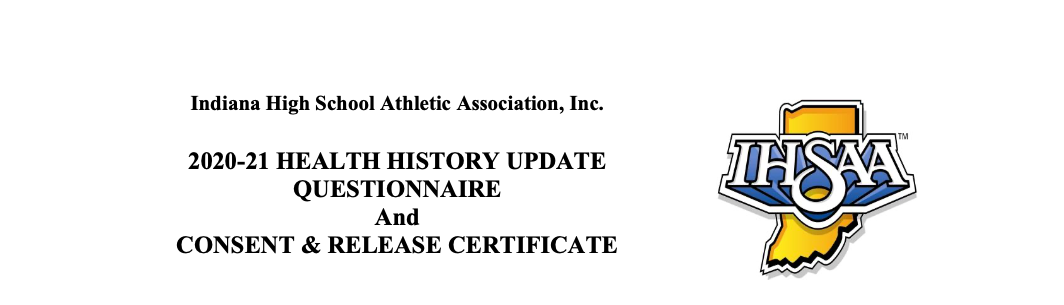
**\_\_\_\_\_\_ I decline transportation by the school corporation.**

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**Student Name Date**

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**Parent or Legal Guardian**

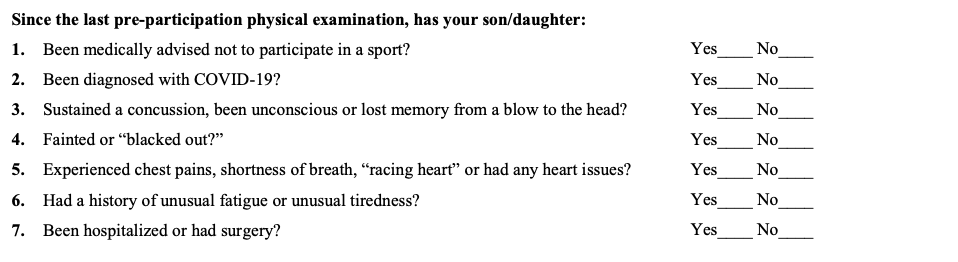
**HEALTH HISTORY UPDATE QUESTIONNAIRE**

**Name of School: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**To participate in Practices and Contests in IHSAA Recognized Sports during the 2020-21 school year on a school- sponsored team, a student who had a prior pre-participation physical examination completed and such examination was completed more than 90 days prior to the first day of official Practice for the student’s sport, may, in lieu of having a 2020- 21 Pre-Participation Physical Examination form completed, provide this Health History Update Questionnaire, completed and signed by the student’s parent or guardian, or by the emancipated student. Provided, should any question on this Questionnaire be answered in the affirmative (‘Yes’), then the student must have a 2020-21 Pre-Participation Physical Examination form completed.**

**Student \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Age\_\_\_\_\_\_ Grade \_\_\_\_\_\_\_\_**

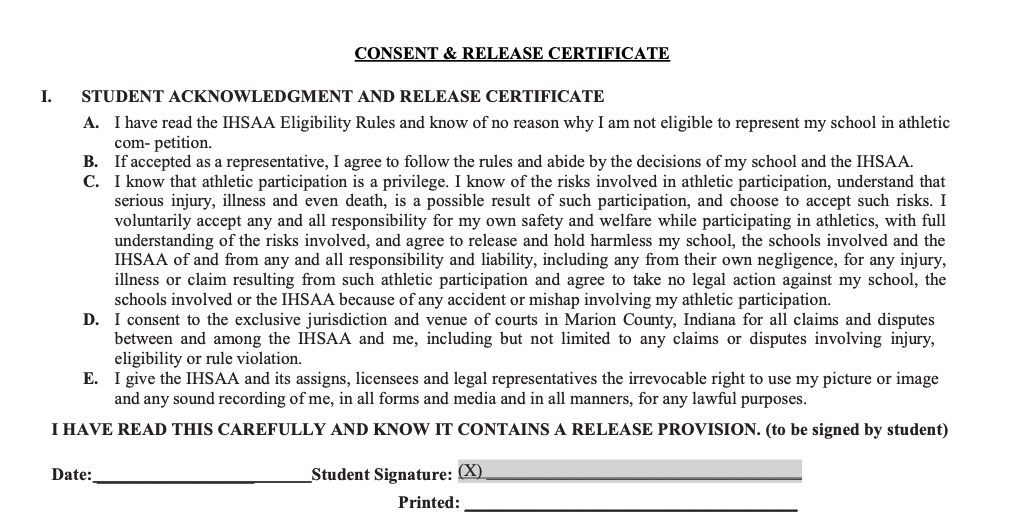
**Date of Last IHSAA Pre-Participation Physical Examination\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

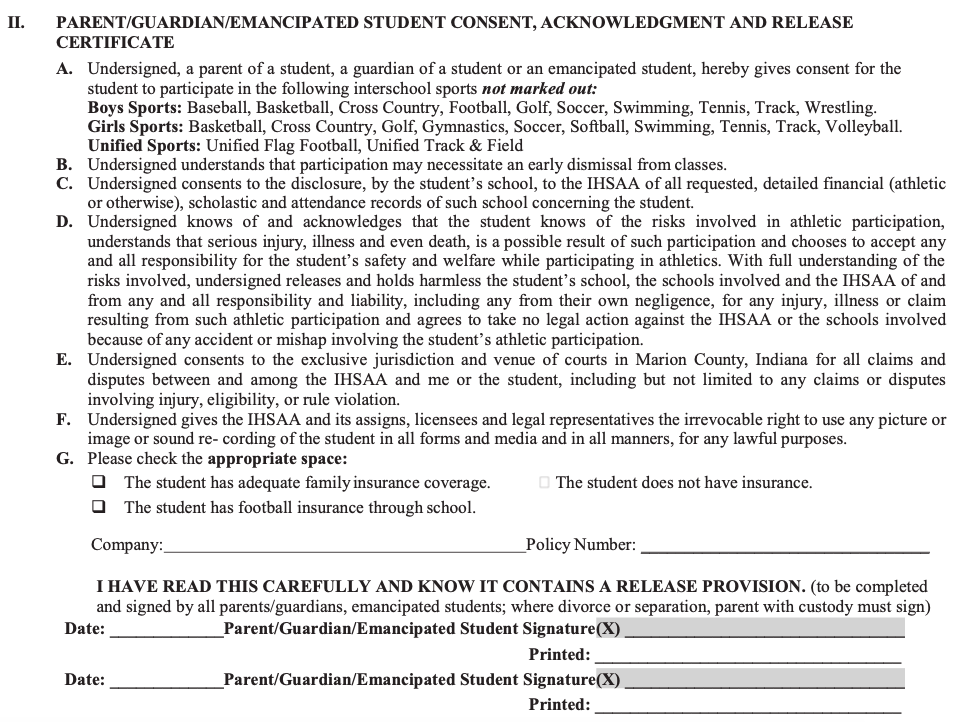
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**Undersigned, a parent of a student, a guardian of a student or an emancipated student, verifies the information in this Questionnaire, acknowledges that a 2020-21 pre-participation physical examination (rule 3-10) is not required for a student who had a 2019-2020 Pre-Participation Physical Examination form completed, and with such knowledge, has elected not to have the student undergo a pre-participation physical examination and has assumed all responsibility for student’s participation in Practices for and in Contests in IHSAA Recognized Sports during the 2020-21 school year without having a pre-participation physical examination.**

**Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_Parent/Guardian/Emancipated Student (X)\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

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