

Coronavirus Disease

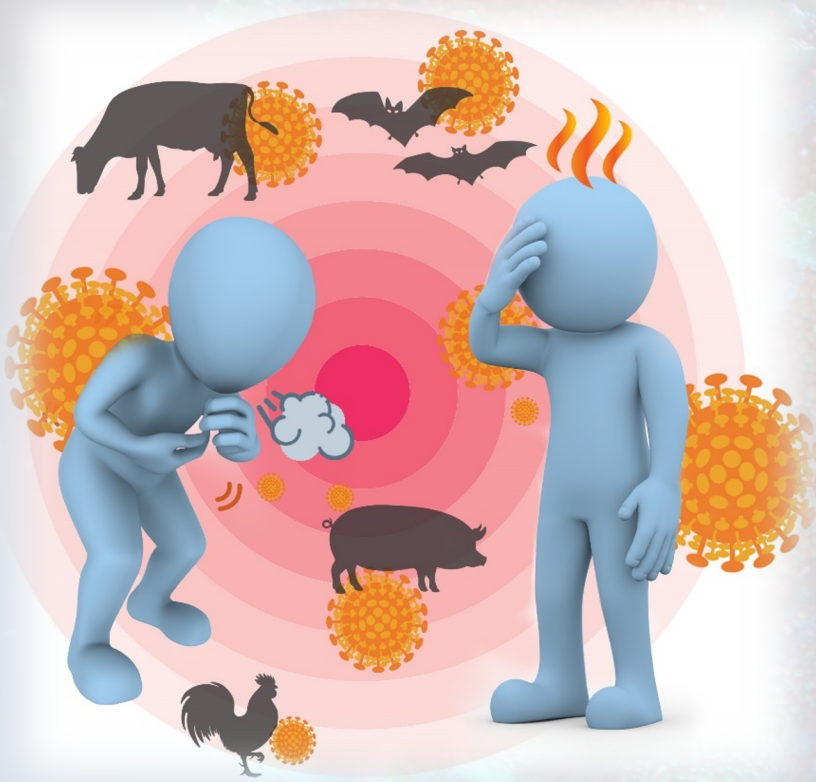
(COVID-19)

What You Need to Know & Do

As a Football Player at Allendale-Fairfax High School



Severe acute respiratory syndrome coronavirus 2 (SARS-CoV-2) causes COVID-19



- [SARS-CoV-2 is a new virus.](#)
- The first cases were identified in people with pneumonia in Wuhan, China, in late December 2019.
- It probably started in animals but is now spreading between people as well as mutating into different forms of the virus.
- As this virus is new, there is NO vaccine available at this moment in time

How is COVID-19 spread?

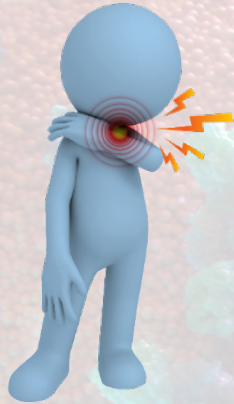
- Most people are being infected from other people.
- It probably spreads the same way as colds and flu – through droplets which are created when we talk, cough and sneeze. People can get infected when these droplets enter the nose, eyes or mouth.
- Touching contaminated objects puts the droplets onto your hands. If you touch your face the droplets can enter your nose / eyes / mouth.
- Some people have been infected following contact with an infected person with minimal or no symptoms (asymptomatic carrier).



Symptoms start like many other illnesses



Fever



Sore throat



Shortness of
breath



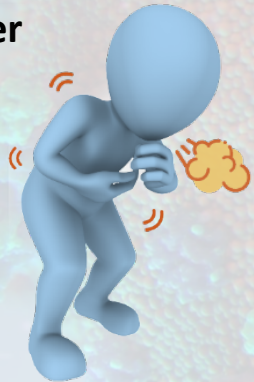
Sudden loss
of smell and
taste



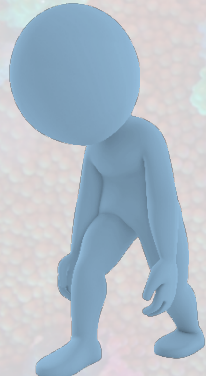
Headache



Diarrhea



Cough



Fatigue



Muscle
aches

Symptoms start about one day after exposure, but can be as long as 14 days.

Some people have no symptoms, most have a mild illness. It can be severe and sometimes fatal.

Diagnosis and treatment



Because symptoms are similar to many other illnesses, tests are needed to make the diagnosis (swab, blood test, etc.).

There is no specific treatment.

Mild symptoms can be treated with medicine to lower the fever, or relieve pain.

If symptoms are more severe, treatment in hospital is required.



To prevent COVID-19

Maintain good personal hygiene

- Wash your hands frequently with soap and water.
- Use alcohol-based hand sanitiser when soap and water are not readily available.
- Cover your coughs and sneezes. Use a tissue or your upper sleeve. Immediately throw the tissue in a bin and wash your hands.
- Do not share food, drinks and personal items including mobile phones.

If you have any symptoms even if only mild, stay home and seek medical advice.

Follow local guidelines.



Avoid exposure

- [Keep 6 feet away from others](#), even if they appear well, and avoid direct contact with them. When vigorously exercising, keep 12 feet from others.
- Avoid touching your face (eyes, nose and mouth) – especially if you have touched objects handled by many people (such as handrails, door handles).
- Avoid shaking hands, kissing or hugging; instead wave, bow, nod or use any other culturally appropriate gesture to greet visitors; maintaining a distance of 6 feet
- Clean and disinfect frequently touched surfaces each day, more often if you think they've been contaminated. Use normal cleaning supplies.
- Keep away from people who are sick – don't let them cough or sneeze on you.
- Avoid visiting hospitals and other medical facilities unless you need medical care.
- Avoid activities which expose you to large groups or gatherings of people.
- Work from and stay at home, when and where possible.
- Avoid non-essential travel – stay home as much as you can!

Screening and contact tracing

Is important to stop the spread of the virus



- “Screening” may be done at entry points to detect sick people. You may be asked where you have been, and your temperature may be taken.
- Health authorities may perform “contact tracing” – identifying people who have been in contact with someone with COVID-19.
- You don’t just affect you - Your actions impact others - These ‘contacts’ you have may be asked:
 - to stay at home for 14 days so they don’t infect other people.
 - to monitor their health for 14 days in case they develop symptoms.
- Follow the advice of health authorities.

When to wear masks

- Follow local guidelines
- Wear masks if you are:
 - In a location with widespread transmission of COVID-19.
 - In public places, confined or crowded environments.
 - You are coughing or sneezing.
 - You are caring for a sick person at home or in healthcare setting.
- Masks alone don't protect – they should be used along with other hygiene measures.
- Follow manufacturer's advice for [using the mask.](#)



Questions



What are we doing about COVID-19?

Revised Season Plan

- First Practice: August 17th
- Scrimmage: Sept 4th @ Military Magnet (Game-Type) - 6 pm
- First Game: Sept. 11th
- Region games played at the start of the season
- 7 Regular Season Games
 - 3 Home
 - (Branchville, Edisto, & Estill)
 - 4 Away
 - (Bowman, Bamberg, Scott's Branch, & Wade Hampton)
- Playoffs Start on Oct. 30th
- State Finals held on Nov. 20th

Revised Schedule



<u>Date</u>	<u>Opponent</u>	<u>Location</u>	<u>Time</u>
September 11th	*Branchville	HOME	7:30
September 18 th	*Bethune-Bowman	Bowman, SC	7:30
September 25th	Edisto	HOME	7:30
October 2 nd	*Bamberg-Ehrhardt	Bamberg, SC	7:30
October 9th	*Estill	HOME	7:30
October 16 th	Scott's Branch	Summerton, SC	7:30
October 23 rd	Wade Hampton	<u>Varnville, SC</u>	7:30

Pre-Season Workouts:

When & Where:

- Mondays through Thursdays
- Report between 8:30 and 8:45 am
- Workouts 9:00 until 10:45 am
- Must leave campus by 11:00 am
- Dates (16 days):
 - July 20, 21, 22, 23
 - July 27, 28, 29, 30
 - Aug. 3, 4, 5, 6
 - Aug. 10, 11, 12, 13

Purpose:

- The purpose(s) of the Phase 1 return to play protocol and conditioning program is to:
- Lessen the spread of the COVID-19 virus by using appropriate precautions while training for the upcoming 2020 football season
- Safely return athletes to the routine of strength training and cardiovascular conditioning for football
- Increase muscle mass and durability for improved performance while playing football
- Increase explosiveness – ability to create power in all aspects of playing football
- Reduce the overall injury risk of playing football
- Reduce heat related illnesses and risks associated with training for and playing football
- Development of strong team chemistry and bonding through collective hard work experiences.

Position Group & Coach Assignments:

- Athletes and coaches are **REQUIRED** to work with the same group of individuals throughout
- No one will be allowed to switch groups at any point unless we have extenuating circumstances beyond our immediate control, i.e. a coach is sick and not present, that requires athletes to be moved for supervision and safety.

Coach Shuman: Rotate between areas and groups to assist as needed and ensure all guidelines are being properly enforced

Coach Keyes: Full-Time Supervisor in the Weight Room for all groups – responsible for ensuring athletes have proper and safe weights for lifting; sanitizing between groups

Maximum of 9 athletes per each coach’s workout group			
Group A Coach Jeffries	Group B Coach Brown	Group C Coach Haynes	Group D Coach Elmore
Quarterbacks	Running Backs	All Linemen	Wide Receivers
All rising 9 th graders	Linebackers		Defensive Backs
Any middle school athlete (7 th or 8 th grade) will be assigned to groups where space is available			

Essential Guidelines from SCHSL that must be followed during ALL WORKOUT sessions during Phase 1 – No Exceptions:

Daily health screening of athletes, coaches, and staff by a health care professional (athletic trainer) or designated fulltime district/school employee. Temperature screening will be done on each athlete, coach and staff member along with the administration of the following health related questions.

- ***If temperature is equal to or greater than 100.2 degrees Fahrenheit, or an individual answers YES to any of the following questions, then they cannot participate on that day and will not be allowed to stay on site. They must leave immediately.***
- Have you had:
 - Fever at 100.2 or higher in the past 72 hours?
 - Cough, difficulty breathing, sore throat or new loss of taste or smell, vomiting or diarrhea?
 - Contact with a person known to be infected with COVID-19 with the previous 14 days?
 - Compromised immune system or chronic diseases?
- Face coverings that completely cover the nose and mouth **are required** for everyone and should be worn as follows:

Athletes:

- Must wear a face covering when not actively participating in the sports activity.
- Face covering or masks should be worn in sports where the covering is not inhibitory
- Face coverings should not be shared.
- Non-disposable face coverings should be cleaned and disinfected daily.

Coaches and Staff:

- Must wear a face covering at all times while on site and during the entire workout/practice sessions.
- Everyone must maintain 6ft. social distancing when inactive or actively participating in non-vigorous exercise and activities.
- When using weight rooms, practicing calisthenics, running, or other conditioning training where **vigorous exercise** occurs, proper spacing from others must be maintained by working out with **12 feet minimum** between each person.
- The number of participants allowed to attend depends on the amount of space available. Maximum 1 group per facility. Maximum 10 persons in each group.
- **Athletes, coaches and staff should come dressed for participation as the use of locker rooms and/or offices is prohibited during Phase 1.**
- Athletes must remain with their assigned groups during each workout and during daily workouts to limit the number of people they come in contact with.
- **Personal contact should be avoided at all times. This includes, but is not limited to: huddles, high- fives, handshaking, fist-bumping, and chest-bumping.**
- Team competition is prohibited. Contact with other players is not allowed, and when permitted, there should be no sharing of sports equipment.

Essential Guidelines from SCHSL (continued)

- Spotters are not allowed during weight lifting sessions due to social distancing. Athletes must remove, lift and rerack without any assistance.
- No balls or sports equipment for first 10 days of workouts or 14 calendar days to minimize common contact points. Beginning with 11th day of workouts or 15th calendar day, properly cleaned and sanitized balls and sports equipment may be used. All equipment must be sanitized between each use.
- A player should not participate in drills with a single ball that will be handed off or passed to other teammates.
- Handheld dummies are not permitted during football practices due to 6ft social distancing mandate. Agility/Ground dummies are permissible.
- Helmets and other protective equipment are not allowed during phase 1 implementation.
- Individuals should bring a personal water bottle to each workout and not share this bottle with anyone.
- Disposable cups should be used for those that do not have access to their own water bottle. Use of communal water fountains is not recommended.
- All athletes, coaches and staff members must enter and exit through the same door each day – we will use the backdoor. Athletes are not permitted in ANY part of the school building other than the weight room and gym.

Time	Group	Location	MONDAY
9:00 am	All	Gym	Flex / Stretch / Dynamic Warm-Up
9:15 am	Transition to First Activity / Water		
9:20 am	A	Field	Jog 2 laps around field, 10 x pole-to-pole (100 yards) accelerators with 5 cones in between poles (every 20 yards)
	B	Gym	V-Ups 3 x 12, Crunches 3 x 20, Flipper Kicks 3 x 30 sec, Bicycle Kicks 3 x 30 sec, Front & Side Planks x 1 min, Repeat
	C	Weights	Bench Press 3 x 6, Incline Bench 3 x 6, Rev. Grip Bench 4 x 30 sec, Str. Bar Curls 2 x 21, 2-way shoulder 3 x 30 sec
	D	Gym	Box Jumps x 5, Agility Bag Drills, Ladder Drills, Line Jumps or Jump Rope (if available), Repeat
9:40 am	Transition to Second Activity / Water		
9:45 am	A	Gym	Box Jumps x 5, Agility Bag Drills, Ladder Drills, Line Jumps or Jump Rope (if available), Repeat
	B	Field	Jog 2 laps around field, 10 x pole-to-pole (100 yards) accelerators with 5 cones in between poles (every 20 yards)
	C	Gym	V-Ups 3 x 12, Crunches 3 x 20, Flipper Kicks 3 x 30 sec, Bicycle Kicks 3 x 30 sec, Front & Side Planks x 1 min, Repeat
	D	Weights	Bench Press 3 x 6, Incline Bench 3 x 6, Rev. Grip Bench 4 x 30 sec, Str. Bar Curls 2 x 21, 2-way shoulder 3 x 30 sec
10:05 am	Transition to Third Activity / Water		
10:10 am	A	Weights	Bench Press 3 x 6, Incline Bench 3 x 6, Rev. Grip Bench 4 x 30 sec, Str. Bar Curls 2 x 21, 2-way shoulder 3 x 30 sec
	B	Gym	Box Jumps x 5, Agility Bag Drills, Ladder Drills, Line Jumps or Jump Rope (if available), Repeat
	C	Field	Jog 2 laps around field, 10 x pole-to-pole (100 yards) accelerators with 5 cones in between poles (every 20 yards)
	D	Gym	V-Ups 3 x 12, Crunches 3 x 20, Flipper Kicks 3 x 30 sec, Bicycle Kicks 3 x 30 sec, Front & Side Planks x 1 min, Repeat
10:30 am	Transition to Fourth Activity / Water		
10:35 am	A	Gym	V-Ups 3 x 12, Crunches 3 x 20, Flipper Kicks 3 x 30 sec, Bicycle Kicks 3 x 30 sec, Front & Side Planks x 1 min, Repeat
	B	Weights	Bench Press 3 x 6, Incline Bench 3 x 6, Rev. Grip Bench 4 x 30 sec, Str. Bar Curls 2 x 21, 2-way shoulder 3 x 30 sec
	C	Gym	Box Jumps x 5, Agility Bag Drills, Ladder Drills, Line Jumps or Jump Rope (if available), Repeat
	D	Field	Jog 2 laps around field, 10 x pole-to-pole (100 yards) accelerators with 5 cones in between poles (every 20 yards)
10:55 am	Work Out Ends → Players Dismissed to Immediately Leave for Home (All players must be gone by 11:00 am)		

Any Questions

