

# Clarke Community School District



Office of the Activities Director: Randy Bolton



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## COVID-19 General Guidance – Fall Sports 2020

**The central message of our plan to coaches/sponsors and students is this: If you do not feel well – Do Not Attend Practices and/or Events. Practice Social Distancing as much as possible.**

### What are the symptoms of COVID-19?

- ✓ Fever or chills
- ✓ Cough
- ✓ Shortness of breath or difficult breathing
- ✓ Fatigue
- ✓ Muscle or body aches
- ✓ Headache
- ✓ New loss of taste or smell
- ✓ Sore throat
- ✓ Congestion or runny nose
- ✓ Nausea or vomiting
- ✓ Diarrhea

**Younger people may only have one or a few of these symptoms and are likely to have mild illness.**

Please use the following link for guidance this fall.

[Sports COVID19 guidance PDF.pdf](#)

### Pre-Participation Registration/Physicals

- As per the amendment issued by Governor Reynolds on June 25, all physicals signed on or after July 1, 2019 are good through December of 2020.
- Any student participating in an activity must have a physical on file. This includes all in-coming 7<sup>th</sup> graders participating in an activity.
- All students must be registered through FamilyID before being allowed to practice/play.
- We strongly encourage you to upload the physical yourself into FamilyID.

### Possible or Positive COVID-19 Cases

- Clarke's point of contact for athletes, coaches, and other personnel to report to when he/she experiences COVID-19 symptoms, a positive COVID-19 test result or contact with a person with a positive COVID-19 test result is the coach/sponsor of the activity and/or the Activities Director (Randy Bolton). This identified person will be responsible to report such situations to local public health.

### Transportation

- All people on the bus will be required to wear a mask (school will provide) on the bus and seats will be assigned for each trip.
- Buses will be filled within their capacity.
- The bus will be loaded from the back to the front and then while departing the bus, from the front to the back.
- Riding home with your parent will be allowed. Our coaches/sponsors will use the FamilyID app to keep track of who's riding and not riding. This way we are reducing exposure between staff and parents.
- Students MUST go home with their parent/guardian and NOT other parents/guardians.

### Health Screening

- Any individual reporting symptoms and/or a temperature of 100.4F or higher should be isolated until they can safely transport home.
- Coaches/sponsors MUST keep daily attendance in FamilyID/Band. Ask students of possible symptoms prior to practice/boarding bus.
- The above is a MUST when public health begins contact tracing within an investigation.

### Social Distancing

- The overarching safety principal in all areas of athletic activities (meetings, practices, travel, instruction, drills, benches, spectators, locker rooms, training rooms, concessions, restrooms, etc.) is that individuals should maintain 6 feet of social distancing
- Make sure that NO drill lasts more than 14 minutes and 30 seconds. They can go take a quick break, run to different groups, but just make sure we are getting kids separated even if it's for a short period of time. The blocks of time MUST be in your written practice plans.

### Hand Sanitizing

- Student-athletes should be encouraged to frequently sanitize their hands before, during and after practice and competition. Non-touch hand sanitizers may be used. Student-athletes should have their own personal hand sanitizer.
- Individuals should especially sanitize before touching “common” equipment or other items.

### Equipment Sanitizing

- Any equipment that is shared by student-athletes should be sanitized before and after practice as well as before and after competition.

### Towels

- Individuals should never share towels. Each individual should bring his/her own clean towel at the beginning of practice or competition. Towels should be laundered after each practice and game.

### Locker Rooms

- Locker rooms may be used and should be sanitized every day. This could change throughout the year.
- All school-issued and personal clothing, equipment and other items should be taken home following practices and/or contests. **Locker rooms should not be used as a storage area for clothing and/or equipment.**
- Players, coaches and others using locker rooms should maintain 6 feet of social distancing. This may require a rotating schedule for use of locker rooms to avoid congestion. A record of individuals in each rotation should be kept to facilitate contact-tracing if necessary.

### Water

- Each individual student-athlete should have their own water container.
- While at practice, water bottles should not all be in one location. Spread out into groups based on grades/positions/levels.
- It's recommended that not all players take their break at the same time when possible.

### Participation Levels

- This guidance is intended for high school varsity, sub varsity, and junior high school activities as overseen by the IHSAA/IGHSAU.
- Sub varsity and junior high sports are approved to resume for the 2020-21 school year.

### Masks

- The school has purchased masks to be worn while on the bus and while in the locker rooms.
- Masks are required to be worn by all when on the bus.
- Masks are required to be worn by all when in the locker room.
- Masks are required to be worn by coaches/sponsors during practice when social distancing cannot occur.
- It's highly recommended that players wear masks when not competing.
- Wearing a shield does NOT replace wearing a mask.

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## Fall 2020 Return to Competition: Volleyball

**COACHES MUST COMMUNICATE THESE GUIDELINES IN A CLEAR MANNER TO ATHLETES AND PARENTS.**

### General Guidelines

- Players, coaches, officials, spectators, etc. feeling sick or that have been exposed to someone sick, should not attend or participate in competitions or practices.
- The IGHSAU strongly encourages all participants and spectators to practice social distancing and to wear face coverings whenever possible.

### Pre-Match Procedures

- Teams are required to bring their own volleyballs to use for warm-ups for away matches.
- Teams are not allowed to warm-up outside of the court near their opponents while their opponent has the court for the 6-minute portion of the 5-6-6 warm-up protocol.
- It is permissible for teams to share the court for the 5-minute portion of warm-up as teams will be socially distanced by the net.

### During Matches

- Pre and postgame handshakes between teams are prohibited. Teams should acknowledge their opponent with a wave, bow, etc. after introductions and/or after the match.
- Teams are not to switch benches between sets.
- Coaches and players are strongly encouraged to wear face coverings while on the bench.
- All players are allowed to stand near the bench area to help with social distancing.
- All players must sanitize their hands before and after warm-ups, at all time-outs, between sets and anytime they leave the playing court.
- Coaches are strongly encouraged to sanitize their hands as often as possible.
- The host school will be responsible for sanitization of the in-game volleyballs in the rotation. Volleyballs should be removed from play and sanitized frequently and any time a volleyball is touched by a spectator.
- Players and coaches should practice social distancing of 3 to 6 feet when addressing the second official and during substitutions.
- One coach and one captain from each team are the only members allowed during the deciding coin toss.
- Face coverings are strongly encouraged to be worn by all during the deciding set coin toss.

### Player Equipment & Uniform

- Locker rooms should not be used as a storage area for clothing and/or equipment.
- Cloth face coverings are allowed and encouraged.
- Gloves, long sleeves and long pants are allowed
- Under garments are allowed, but must be of a single, solid color similar to the predominant color of the uniform.

### Considerations for Student-Athletes

- Each athlete is responsible for their own supplies (water bottle, hand sanitizer, face coverings, towel, etc.)
- Athletes should wear their own workout clothing (do not share clothing), and clothing/towels should be washed and cleaned after every workout or game immediately upon returning home.
- Athletes should tell coaches immediately when they are not feeling well.

### Considerations for Parents

- Provide personal items for your child and clearly label them.
- The use of face coverings is strongly encouraged. In addition, social distancing is strongly encouraged as much as possible for non-participants.

# Clarke Community School District

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## Fall 2020 Return to Competition: Football

**COACHES MUST COMMUNICATE THESE GUIDELINES IN A CLEAR MANNER TO ATHLETES AND PARENTS.**

**This document should be considered as providing recommendations from the IHSAA for member schools and may be updated before and during the fall 2020 season.**

**Social Distancing** Coaches are responsible for ensuring social distancing is maintained between players as much as possible. Recommendations include:

- Spacing between players while stretching and performing drills so that players remain 6 feet apart.
- Avoid close congregating of players while receiving coaching instruction.
- Workouts should be conducted in “pods” of students, with the same 5-10 students always working out together. Coaches should keep a record of who is in each pod to facilitate contact-tracing if necessary.
- Ball attendants, managers, video people, media photographers, etc. are considered non-essential personnel and are to be on the sideline, maintaining social distance of 6 feet apart.
- For the mock coin toss, the referee, umpire and one designated representative from each team will meet at the center of the field.
- Teams shall NOT exchange handshakes following the contest – teams can acknowledge opponent with other appropriate non-contact measures.

### **Practice/Game Protocols**

- **Sanitizing:** Hand sanitizing should be used as much as possible. The NFHS Sports Medicine Advisory Committee recommends using hand sanitizer when going to and from the field. Players are encouraged to provide their own hand sanitizer and/or sanitizing wipes.
- **Mandatory Timeouts:** An officials’ timeout will be taken every 4 minutes of game clock time in order for teams to properly sanitize and hydrate during the contest. This timeout is to be two minutes in length.
- **Masks:** Masks will be required to be worn by all when on the bus. Masks will be required to be worn by all when in the locker room. Masks will be required to be worn by coaches during practices when social distancing cannot occur.
- **Mouth Protector:** It is recommended that players keep their tooth and mouth protector in their mouths at all times. Each time they touch their tooth and mouth protector, they should sanitize their hands.
- **Skin Coverage:** Players are encouraged to cover up as much of their bare skin as possible. Using long sleeved dry weave shirts and tights can cover bare skin.
- **Spitting:** Spitting is to be prohibited.
- **Use of Water:** Water is to be consumed only. Players should not rinse their mouth, rinsing their mouth piece, or pour water on their faces or necks. If a hydration station (e.g. cooler) is provided, individuals must sanitize their hands prior to using the hydration station.
- **Game Balls:** The ball should be cleaned and sanitized throughout the contest. During games, it is recommended that each time there is a fourth down, a new football be brought into play. It is recommended that each team provide at least two reliable, knowledgeable ball attendants for each contest and that they maintain the appropriate social distancing guidelines throughout the contest.
- **Facility Sanitizing:** At the conclusion of each game, it is necessary to sanitize both the home and visiting team benches and any other areas that may have been used by either team. Spectator areas, locker rooms, training rooms, restrooms, concession stands and press box should also be cleaned and sanitized.

### **Considerations for Parents**

- Provide personal items for your child and clearly label them.
- The use of face coverings is strongly encouraged. In addition, social distancing is strongly encouraged as much as possible for non-participants.
- Spectators should use six feet social distancing. Families may sit or stand together but should social distance from others.

### **Locker Rooms**

- **Masks are required to be worn by all when in the locker rooms.**
- **All school-issued and personal clothing, equipment and other items should be taken home following practices and/or contests. Locker rooms should not be used as a storage area for clothing and/or equipment. \*\* This is under review and will be communicated ASAP.**

# Clarke Community School District

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## Fall 2020 Return to Competition: Cross Country

**COACHES MUST COMMUNICATE THESE GUIDELINES IN A CLEAR MANNER TO ATHLETES AND PARENTS.**

**This document should be considered as providing recommendations from the IGHSAAU & IHSAA for member schools and may be updated before and during the fall 2020 season.**

### General Considerations

- No hugging, shaking hands, or fist bumps.
- Consider widening the course to at least 6 feet at its narrowest point.
- Consider widening the starting grids including skipping boxes at the starting line.
- Clean and disinfect frequently touched surfaces and exercise equipment.
- **Pre- and Post-Event Ceremony:** Establish cross country specific social distancing meet protocols including the elimination of handshakes before and after the meet.

### Considerations for Coaches:

- Consider conducting workouts in “pods” of same students always training and rotating together in practice to ensure more limited exposure if someone develops an infection.
- Keep accurate records of those athletes and staff who attend each practice in case contact tracing is needed.
- Team Camp Considerations – Social distancing from other teams as much as possible is strongly recommended. Coaches should consider the number of individuals within the camp. Also, the size of the tents including whether to include the sides of the tent should also be considered.

### Considerations for Students:

- Each student is responsible for their own supplies.
- Students should wear their own appropriate workout clothing. Individual clothing/towels should be washed and cleaned after every workout immediately upon returning home.
- Hand sanitizer should be plentiful at all contests and practices.
- Athletes should tell coaches immediately when they are not feeling well.
- Cloth face coverings are permitted.
- Bring your own water bottle.
- **Start Protocols:** Student-athletes should have individual bags and locations for sweats – no mass piling of team clothing.
- **Finish Protocols:** Student-athletes should remain upright and walk through the chute with the understanding that there will be times that a participant may need medical attention.

### Considerations for Parents

- Provide personal items for your child and clearly label them.
- The use of face coverings is strongly encouraged. In addition, social distancing is strongly encouraged as much as possible for non-participants.
- Spectators should use six feet social distancing. Families may sit or stand together but should social distance from others.

### Practice Protocols

- We will have a designated spot for athletes to congregate before practices or runs.
- Clothing must be placed in personal bags after changing.