



Department of Athletics

Strength and Conditioning & Skills Information Summer 2020

Parents and Athletes,

As McAllen ISD prepares to begin the UIL Strength and Conditioning and Skills Instruction program on June 8, we would like to inform you of safety precautions and guidelines that will be followed. The UIL Strength & Conditioning program allows students to weight train and condition for up to two hours a day Monday - Friday. Students may also receive sports specific instruction for one and a half hours a day Monday - Friday. The week of June 8 will be for incoming 9th - 12th graders only. Middle School Athletes are tentatively scheduled to report at a later date. All participants must have a physical on file and completed the Rank One online forms. Please see details below for specific rules and requirements. We want to assure you that the safety of our athletes and coaches is our top priority as we transition into our athletic training and programs.

- ❑ Only students with a 2019-2020 or 2020-2021 physical and Rank One online forms on file may participate in Summer Strength and Conditioning and Skills Instruction programs. McAllen ISD will only be offering physicals on June 12, 19, 26, July 10, 17, 24, and 31. Physicals will only be provided for incoming 7th graders, those who do not have a 2019-2020 physical on file, or those who are referred by their campus Athletic Trainers. Details are provided on the attached flyer.
- ❑ Any participant in athletics or marching band, in any grade level, who has not previously completed a preparticipation physical examination (PPE) in 2019-2020 and been cleared for participation, will be required to complete the UIL Medical History Form as noted in current rule, as well as a PPE prior to participation in any UIL practices, games, performances, or matches.
- ❑ Any student who is referred by their campus Athletic Trainer will be required to receive further medical evaluation, which may include a physical exam, and receive written clearance from a physician, physician assistant, chiropractor, or nurse practitioner before any participation. Only those students who have been referred by their campus Athletic Trainers are required to receive written clearance through further medical evaluation.

The virus that causes COVID-19 can infect people of all ages. Research from the Centers for Disease Control, among others, has found that while children do get infected by COVID-19, relatively few children with COVID-19 are hospitalized. However, severe outcomes have been reported in children, and a child with a mild or even asymptomatic case of COVID-19 can spread the infection to others.

While it is impossible to eliminate all risks of furthering the spread of COVID-19, the current science suggests there are many steps schools can take to reduce the risks significantly.

The virus that causes COVID-19 can be spread to others by infected persons who have few or no symptoms. Even if an infected person is only mildly ill, the people they spread it to may become seriously ill or even die, especially if that person is 65 or older with pre-existing health conditions. Because of the hidden nature of this threat, everyone should rigorously follow the practices specified in these protocols. We will continue to observe practices that protect everyone. Decreasing potential exposure to respiratory droplets is the guiding principle behind social distancing and the use of face coverings will be required to decrease the spread of respiratory droplets.

The decision to begin these programs is based on the following criteria:

- Reopening will be consistent with UIL, state and local orders.
- Students and employees will be screened upon arrival for symptoms and history of exposure.
- Recommended health and safety actions are in place.
- Cleaning, disinfection, and ventilation is intensified.
- The coaching staff will be trained and instructed on health and safety protocols which will be followed.
- Procedures to check for signs and symptoms of students and employees daily upon arrival have been developed and will be implemented.
- Anyone who is sick will be expected to stay home.
- MISD will consult with the local health authorities if there are cases in the facility or an increase in cases in the local area.

Prior to Arriving

Prior to arriving for workouts, athletes and staff should self-screen for COVID-19 symptoms before coming onto campus. Any individual (staff or student) who experiences any symptom listed below will not be allowed to take part in workouts and should contact his or her primary care provider. Any athlete, coach, or staff member living with someone who experiences any of the symptoms of COVID-19, whether they have a positive COVID-19 test or not, should self-isolate for two weeks. If they do not experience any COVID-19 symptoms during that period, they can return to the program. If they experience symptoms, they must self-isolate until the conditions outlined above have been met.

Self-screen Symptoms:

Cough, chills, muscle pain, shortness, Shortness of breath or difficulty breathing, Repeated shaking with chills, Headache, Sore throat, Loss of taste or smell, Diarrhea, Feeling feverish or a measured temperature greater than or equal to 100.0 degrees Fahrenheit, Known close contact with a person who is lab confirmed to have COVID-19.

Furthermore, underlying medical conditions may increase the risk of severe illness from COVID-19 for individuals of any age. Please make sure that underlying conditions are reported on the medical history form and self-screen form.

Campus Guidelines

- Students and coaches must always practice social distancing and remain at least 6 feet apart.
- All coaches and students will be screened for signs/symptoms of COVID-19 prior to a workout. Screening includes a symptom questionnaire and temperature check.
- Any person with positive symptoms reported will not be allowed to take part in workouts and should contact his or her primary care provider.
- Any person who has had a fever or cold symptoms in the previous 24 hours will not be allowed to take part in workouts and should contact his or her primary.
- Hand sanitizer will be available at each entrance and students, coaches, and staff will be required to use it whenever they enter the building.
- Individuals should wash their hands for a minimum of 20 seconds with warm water and soap before touching any surfaces or participating in workouts.

Sport Participation

- Attendance in Strength & Conditioning and Skills Instruction is not mandatory - MISD will continue to provide virtual training.
- Workouts will be planned with a minimum distance of 10ft between each individual at all times.
- Hand sanitizer will be plentiful and available.
- Students will arrive in appropriate workout attire. Coaches will not be allowed to launder the student's workout clothes.
- There will be no sharing of athletic towels, clothing, shoes, water, or food between students.
- Students will not be allowed to use or enter into the locker room and shower areas.
- Students and coaches must provide their own face masks. Students will not be allowed to attend workouts without a face mask. Non-medical grade face masks are allowed.
- All students must bring their own water bottle. Water bottles must not be shared and should be labeled. There will be no water source available to refill water bottles.
- Hydration stations (water cows, etc.) will not be utilized.

Post Workout Procedures

- When students are leaving workouts, they must continue to practice social distancing and wait ten feet apart.
- It is recommended that students shower and wash their workout clothing immediately upon returning to home.
- Facilities will be cleaned after each workout.

At MISD we are excited about transitioning into our athletic programs and will work hard in continuing to keep everyone safe. Information and updates will be provided. Please feel free to contact your campus athletic coordinator if you have any questions. Contact information may be found at the Athletic Department website.

https://www.mcallenisd.org/apps/pages/index.jsp?uREC_ID=1078699&type=d&pREC_ID=1384628



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Strength and Conditioning & Skills Acknowledgment Form Summer 2020

I, _____ (Parent's Name) have been informed and have read information regarding the McAllen Independent School District UIL Strength and Conditioning & Skills Instruction program beginning June 8, 2020. I am aware of all guidelines and protocols which are in place for the safety of all athletes and coaches. I am aware my son/daughter is to abide by all safety guidelines and that it is our responsibility to keep coaches and Athletic Trainers informed of any health issues, concerns, and changes.

I give consent for _____ (Athlete's Name) to attend the program.

Parent Signature _____

Athlete's Signature _____

Date _____