

Homestead High School Return to Play Woodside / Summit Return to Play

Prior to participation: All must have physical on file with the additional 2020-2021 Health Update Questionnaire & Consent & Release Certificate, Concussion/Sudden Cardiac Arrest (see attached example). Coaches will be responsible to check the spreadsheet (Google Sheet) for those currently in compliance and will have to collect all the paperwork from those who are not. Return the forms to the Summit or Woodside office. Please return the forms in alphabetical order.

Athletes, Coaches & Trainers who are experiencing symptoms are excluded from practice/events and should remain at home. It is strongly encouraged that individuals 65 years of age and older or those in high-risk categories do not attend during these phases.

- Symptoms: Fever, cough, shortness of breath, trouble breathing, persistent pain or pressure in the chest, fatigue, body aches, headache, new loss of taste or smell, sore throat, congestion or runny nose, nausea or vomiting, diarrhea, new confusion or not able to be woken, bluish lips or face.

Athletes, coaches & trainers who arrive ill, display symptoms of COVID-19 or answer “yes” to the screening questions will be sent home. Communication with parents, school administration and school nurse will be done immediately. FERPA laws always apply. You cannot share illness or injury with others.

- Athletes, coaches & trainers who are sent home will need to be cleared by a family physician, in writing, before being allowed to return.

Athletes & coaches will be trained by OPS Trainers on how to socially distance appropriately, how to use the cleaners/disinfectants and how to wash hands appropriately. In addition, athletes and coaches will be trained on what touchpoints are and how they can possibly transmit the virus. This will be done at all first day meetings. If this training is not completed by OPS Trainers, it is to be done by a Woodside or Summit coach.

Phase 1 - July 6 - July 19

No formal competition allowed during the acclimation period.

No Non-essential personnel allowed.

Practical social distance as much as possible.

Preparation & Cleaning:

- Post signs of symptoms in restrooms and classrooms.
- Cleaning protocol spelled out to custodians/coaches/parents/athletes
- Athletes and coaches are expected to wipe down all equipment used.
- Clothes must be washed at home
- Multiple hand sanitizer stations available.
- Cleaning bottles/supplies provided at each weight station
- Balls/equipment sanitized before/after use or used every other day
- Restrooms/Touchpoints/Surfaces will be disinfected by the SMS/WMS Custodial staff.

Athlete/Camper Intake:

- Screening/mandatory attendance prior to workouts upon entrance
- Wash hands prior to entering weight room or gym area (handsanitizer)
 - “Stop Feeling Sick” (attached) give to every athlete

Group/Team/Facility:

- 50% of people in weight room. Smaller groups. Groups stay together. No spotters.
- Use of every other machine in the weight room 6 feet from each other to maintain social distancing in the weight room.
 - Only essential personnel (Athletes, Coaches, Admin, Athletic Trainers).
 - 2 activity days (with equipment, balls, etc.) per week for each sport (non-consecutive days). 6 hours' maximum.
 - Conditioning/Strength 4x per week.
 - No contact permitted.
 - No locker room during that period
 - Cleaning bottles/rags provided at each station
 - No shared water Stations.
 - Student Athletes should bring their own water bottle with their name clearly printed on it.
 - Hours are limited to 15 hours per week per athlete
- Athletes are to leave the facility immediately after their session and not congregate on school property.
- Athletes are not allowed to share equipment. (Examples but not limited to: helmets, gloves, shirts, shorts, shoes, water bottles, towels, etc.)
- Athletes & Coaches should socially distance as much as possible. Areas such as benches, sidelines and other holding areas should be monitored and spread out when in use.
- Shirts must remain on.
- Masks are recommended but not mandated.

Phase 2 - July 20 - Aug 14

Scrimmages allowed – no spectators –this effects Volleyball and Football

No Non-essential personnel

“Normal” Summer IHSAA rules starting July 20

Practical social distance as much as possible.

Preparation & Cleaning

- Continue as in Phase 1

Intake:

- Continue as in Phase 1
- School begins, athletes should wash hands prior to entering locker room.

Group/Team/Facility:

- Continue as in Phase 1
- Spotters allowed in the weight room.
- 50% locker room usage. Use is discouraged.
- Contact is allowed according to IHSAA rules.
- No competition is allowed except girl’s golf.
- Anyone who prefers to wear a mask is allowed, if doing so will not cause a healthrisk.

Phase 3 - Aug 15 – Beyond

(more to come on this as it evolves)

Transportation considerations/restrictions TBD and will follow SACS guidelines.

Full competition with spectators according to local/State guidelines TBD.

Preparation & Cleaning

- Continue as in Phase 1 & 2.

Intake:

- Students who are in school can participate unless symptoms develop. At that time parents, school administration and school nurse should be contacted, and the student removed from participation.

Group/Team/Facility:

- Full locker room usage monitored (rotate large team groups in/out).
- Contact is allowed according to IHSAA rules
- Concessions – pre-packaged snacks allowed.