

## TRADERS POINT ATHLETIC DEPARTMENT - 3 PHASE PLAN FOR RETURNING TO ATHLETICS



**TRADERS POINT ATHLETICS:** We believe education based athletics is essential to the physical and mental well-being of students across Indiana to return to physical activity and athletic competition. The TPCS Athletic Department recognizes that it is likely that ALL students will not be able to return to – and sustain – athletic activity at the same time across the state of Indiana and internally within the athletic department. Traders Point Athletics endorses the idea of returning students to school-based athletics and activities in any and all situations where it can be done safely.

## TRADERS POINT 3 PHASE PLAN FOR RETURNING TO ATHLETICS

The following document was created by the Traders Point Christian Athletic Return to Athletics Committee utilizing the following resources:

- Indiana Department of Education (IDOE) “Consideration for Learning and Safe-Schools Re-Entry” guidance document.
- The National Federation of State High School Associations (NFHS) “Guidance for Opening Up Athletics Activities” guidance document.
- Indiana High School Athletic Association (IHSAA)
- Boone County Department of Health
- Witham Health Services Sports Medicine Director

<b>Traders Point Athletics</b>	<b>Phase I: (July 6 - July 19)</b>	<b>Phase II: (July 20-August 15)</b>	<b>Phase III: (August 15)</b>
<b><i>Pre-workout Screening</i></b>	<ul style="list-style-type: none"> <li>● All coaches and students will be screened for signs/symptoms of COVID-19 prior to a workout. TPCS coaches will record results before each workout or practice.</li> <li>● All students and staff will be trained and screened for signs/symptoms of COVID-19 prior to participating in workouts, rehearsals, or practices. .</li> <li>● Any person with COVID-19-related symptoms will 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. Athletics Testing Process and Procedures (Witham Health Services) will be implemented.</li> <li>● Responses to screening questions for each person will be recorded and stored</li> </ul>	<ul style="list-style-type: none"> <li>● All coaches and students will be screened for signs/symptoms of COVID-19 prior to a workout. TPCS coaches will record results before each workout or practice.</li> <li>● All students and staff will be trained and screened for signs/symptoms of COVID-19 prior to participating in workouts, rehearsals, or practices.</li> <li>● Any person with COVID-19-related symptoms will 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. Athletics Testing Process and Procedures (Witham Health Services) will be implemented.</li> <li>● Responses to screening questions for each person will be recorded and stored</li> </ul>	<ul style="list-style-type: none"> <li>● All coaches and students should be screened for signs/symptoms of COVID-19 prior to a workout. TPCS coaches will record results before each workout or practice.</li> <li>● All students and staff will be trained and screened for signs/symptoms of COVID-19 prior to participating in workouts, rehearsals, or practices.</li> <li>● Any person with COVID-19-related symptoms will not be allowed to take part in workouts, or practices and recommend contacting his or her primary care provider or other appropriate healthcare professional. Athletics Testing Process and Procedures (Witham Health Services) will be implemented.</li> <li>● Responses to screening questions for each person will be recorded and stored</li> </ul>

	<p>so that there is a record of everyone present in case a student develops COVID-19.</p> <ul style="list-style-type: none"> <li>• Medically verified vulnerable individuals will not oversee or participate in any workouts during Phase 1.</li> </ul>	<p>so that there is a record of everyone present in case a student develops COVID-19.</p>	<p>so that there is a record of everyone present in case a student develops COVID-19.</p>
<b>Facilities Cleaning</b>	<ul style="list-style-type: none"> <li>• Prior to an individual or groups of individuals entering a facility, hard surfaces within that facility will be wiped down and sanitized.</li> <li>• Hand sanitizer stations will be placed in Reed Athletic Center, Witham Field and Gymnasium.</li> <li>• Cleaning schedules will be created and implemented for all facilities and equipment to mitigate communicable diseases.</li> </ul>	<ul style="list-style-type: none"> <li>• Prior to an individual or groups of individuals entering a facility, hard surfaces within that facility will be wiped down and sanitized.</li> <li>• Hand sanitizer stations will be placed in Reed Athletic Center, Witham Field and Gymnasium.</li> <li>• Cleaning schedules will be created and implemented for all facilities and equipment to mitigate communicable diseases.</li> </ul>	<ul style="list-style-type: none"> <li>• Prior to an individual or groups of individuals entering a facility, hard surfaces within that facility will be wiped down and sanitized.</li> <li>• Hand sanitizer stations will be placed in Reed Athletic Center, Witham Field and Gymnasium.</li> <li>• Cleaning schedules will be created and implemented for all facilities and equipment to mitigate communicable diseases.</li> </ul>
<b>Physical Contact and Competition</b>	<ul style="list-style-type: none"> <li>• No formal competition with other schools is allowed.</li> <li>• No contact is allowed for contact sports and no physical contact between student athletes will occur with any conditioning activities or drills.</li> <li>• Celebratory and sportsmanship acts that involve contact will be discouraged ex. (high fives, fist bumps).</li> </ul>	<ul style="list-style-type: none"> <li>• No formal competition is allowed with the exception of girls golf.</li> <li>• Contact is allowed as defined by <a href="#">Indiana High School Athletic Association (IHSAA)</a>.</li> <li>• Celebratory and sportsmanship acts that involve contact will be discouraged ex. (high fives, fist bumps).</li> </ul>	<ul style="list-style-type: none"> <li>• Contact will be limited to only contact necessary to compete as defined by IHSAA.</li> <li>• Celebratory and sportsmanship acts that involve contact will be discouraged ex. (high fives, fist bumps).</li> <li>• Competition may begin.</li> </ul>
<b>Athletic Equipment</b>	<ul style="list-style-type: none"> <li>• There will be no shared athletic equipment (towels, clothing, shoes, or sports specific equipment) between students.</li> <li>• All athletic equipment, including balls, will be cleaned after each use and prior to the next workout.</li> <li>• Weight equipment will be wiped down thoroughly before and after an individual's use of equipment.</li> </ul>	<ul style="list-style-type: none"> <li>• There will be no shared athletic equipment (towels, clothing, shoes, or sports specific equipment) between students.</li> <li>• All athletic equipment, including balls, will be cleaned after each use and prior to the next workout.</li> <li>• Weight equipment will be wiped down thoroughly before and after an individual's use of equipment.</li> </ul>	<ul style="list-style-type: none"> <li>• There will be no shared athletic equipment (towels, clothing, shoes, or sports specific equipment) between students.</li> <li>• All athletic equipment, including balls, will be cleaned after each use and prior to the next workout.</li> <li>• Weight equipment will be wiped down thoroughly before and after an individual's use of equipment.</li> </ul>

	<ul style="list-style-type: none"> <li>• If equipment must be shared, including sports balls, weight room facilities, non-wind instruments, etc., will be cleaned prior to use and immediately following usage.</li> <li>• Any equipment such as weight benches, athletic pads, etc. having holes with exposed foam will be covered.</li> </ul>	<ul style="list-style-type: none"> <li>• If equipment must be shared, including sports balls, weight room facilities, non-wind instruments, etc., will be cleaned prior to use and immediately following usage.</li> <li>• Any equipment such as weight benches, athletic pads, etc. having holes with exposed foam will be covered.</li> </ul>	<ul style="list-style-type: none"> <li>• If equipment must be shared, including sports balls, weight room facilities, non-wind instruments, etc., will be cleaned prior to use and immediately following usage.</li> <li>• Any equipment such as weight benches, athletic pads, etc. having holes with exposed foam will be covered.</li> </ul>
<b>Physical Activity</b>	<ul style="list-style-type: none"> <li>• Resistance training will be emphasized as body weight, sub-maximal lifts and use of resistance bands.</li> <li>• Free weight exercises that require a spotter cannot be conducted while honoring social distancing norms. Safety measures in all forms must be strictly enforced in the weight room.</li> </ul>	<ul style="list-style-type: none"> <li>• Free weight exercises requiring a spotter can be conducted. Safety measures in all forms must be strictly enforced in the weight room.</li> </ul>	<ul style="list-style-type: none"> <li>• Free weight exercises requiring a spotter can be conducted. Safety measures in all forms must be strictly enforced in the weight room.</li> </ul>
<b>Participation</b>	<ul style="list-style-type: none"> <li>• ALL PHASE ONE ACTIVITIES ARE VOLUNTARY</li> <li>• Consideration will be given to vulnerable individuals and it is recommended for those individuals to seek medical guidance regarding his/her individual level of participation.</li> <li>• Prior to participation, all first-time student athletes are required to have an <a href="#">IHSAA pre-participation physical</a> for the upcoming school year. Returning student athletes are not required to obtain a new <a href="#">IHSAA pre-participation physical</a>, but should provide a <a href="#">2020-21 IHSAA Health History Update Questionnaire and Consent &amp; Release Certificate</a> prior to participation.</li> <li>• The IHSAA no Contact Sunday Rule will be enforced.</li> <li>• School contact activity includes conditioning and sport-specific activities.</li> </ul>	<ul style="list-style-type: none"> <li>• Consideration will be given to vulnerable individuals and it is recommended for those individuals to seek medical guidance regarding his/her individual level of participation.</li> <li>• Prior to participation, all first-time student athletes are required to have an <a href="#">IHSAA pre-participation physical</a> for the upcoming school year. Returning student athletes are not required to obtain a new <a href="#">IHSAA pre-participation physical</a>, but should provide a <a href="#">2020-21 IHSAA Health History Update Questionnaire and Consent &amp; Release Certificate</a> prior to participation.</li> <li>• Workouts are recommended to be based on small groups within each team. Teams may use position and grade to help determine smaller groups. Small group activities within the team are recommended as much as possible.</li> </ul>	<ul style="list-style-type: none"> <li>• Consideration will be given to vulnerable individuals and it is recommended for those individuals to seek medical guidance regarding his/her individual level of participation.</li> <li>• Prior to participation, all first-time student athletes are required to have an <a href="#">IHSAA pre-participation physical</a> for the upcoming school year. Returning student athletes are not required to obtain a new <a href="#">IHSAA pre-participation physical</a>, but should <a href="#">provide a 2020-21 IHSAA Health History Update Questionnaire and Consent &amp; Release Certificate</a> prior to participation.</li> <li>• Teams may return to full team practices. Small group activities within the team should still be used as much as possible.</li> </ul>

	<ul style="list-style-type: none"> <li>● No sport may have more than two activity days per calendar week. Each sport must register their activity days in the office of Paul Leaf - TPCS Athletic Director. Sport-specific activity days may not occur on consecutive calendar days.</li> <li>● Individual student athletes are limited to 15 total hours of school contact activity per calendar week on and off campus.</li> <li>● Activity days are limited to three hours per day. (Six hours per calendar week.)</li> <li>● Conditioning is limited to four days per week. Conditioning sessions may be held multiple times each day, each session limited hours. Student athletes may attend only one conditioning session per day.</li> <li>● Workouts should be individually focused initially and move to small group focused. Athletes will maintain physical distance whenever possible. Focus will be on conditioning and allowing student athletes to become comfortable in the current sports environment.</li> </ul>		
<p><b><i>Personal Protective Equipment</i></b></p>	<ul style="list-style-type: none"> <li>● Any student who prefers to wear a face covering for activities will be allowed, if doing so will not cause a health risk.</li> <li>● Students, when not engaging in vigorous activity and when practical, are recommended to wear face coverings.</li> <li>● Non-students, including coaches, medical-related staff, directors, security staff, supervisors, etc. are recommended to wear face coverings at all times unless under rigorous activity or poses a health risk.</li> <li>● Students are required to wear their own appropriate workout clothing (do not share clothing) individual clothing/towels will be</li> </ul>	<ul style="list-style-type: none"> <li>● Any student who prefers to wear a face covering for activities will be allowed, if doing so will not cause a health risk.</li> <li>● Students, when not engaging in vigorous activity and when practical, are recommended to wear face coverings.</li> <li>● Non-students, including coaches, medical-related staff, directors, security staff, supervisors, etc. are recommended to wear face coverings at all times unless under rigorous activity or poses a health risk.</li> </ul>	<ul style="list-style-type: none"> <li>● Any student who prefers to wear a face covering for activities will be allowed, if doing so will not cause a health risk.</li> <li>● Students, when not engaging in vigorous activity and when practical, are recommended to wear face coverings.</li> <li>● Non-students, including coaches, medical-related staff, directors, security staff, supervisors, etc. are recommended to wear face coverings at all times unless under rigorous activity or poses a health risk.</li> </ul>

	<p>washed and cleaned after every workout at the student athlete's home.</p> <ul style="list-style-type: none"> <li>• Appropriate clothing/shoes will be worn at all times to minimize transmission.</li> <li>• No sharing of clothing, shoes, towels, water bottles, jerseys, or practice pennies.</li> </ul>		
<p><b>Confirmed Cases Procedures</b></p>	<ul style="list-style-type: none"> <li>• Coaches must track COVID-19 student athletes impacted attendance and report to athletic trainers, athletic department physicians and school nurses.</li> <li>• Follow specific return to school protocol in reference to participation for student athletes or staff members who no longer test positive and/or no longer display symptoms of COVID-19. See Traders Point Return to School plan and Witham Health Services Athletics Testing Process and Procedures.</li> <li>• An alternate command structure for coaching staff should be established in case of illness.</li> </ul>	<ul style="list-style-type: none"> <li>• Coaches must track COVID-19 student athletes impacted attendance and report to athletic trainers, athletic department physicians and school nurses.</li> <li>• Follow specific return to school protocol in reference to participation for student athletes or staff members who no longer test positive and/or no longer display symptoms of COVID-19. See Traders Point Return to School plan Witham Health Services Athletics Testing Process and Procedures..</li> <li>• An alternate command structure for coaching staff should be established in case of illness.</li> </ul>	<ul style="list-style-type: none"> <li>• Coaches must track COVID-19 student athletes impacted attendance and report to athletic trainers, athletic department physicians and school nurses.</li> <li>• Follow specific return to school protocol in reference to participation for student athletes or staff members who no longer test positive and/or no longer display symptoms of COVID-19. See Traders Point Return to School plan .Witham Health Services Athletics Testing Process and Procedures.</li> <li>• An alternate command structure for coaching staff should be established in case of illness.</li> </ul>
<p><b>Personal Protection Procedures</b></p>	<ul style="list-style-type: none"> <li>• Individuals will 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.</li> <li>• Appropriate clothing/shoes will be worn at all times in the weight room to minimize sweat from transmitting onto equipment/surfaces.</li> <li>• No sharing of clothing, shoes, towels, or water bottles.</li> <li>• Hand sanitizer will be made available.</li> <li>• Students will be expected to shower at home and wash workout clothing</li> </ul>	<ul style="list-style-type: none"> <li>• Individuals will 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.</li> <li>• Appropriate clothing/shoes should be worn at all times to minimize transmission.</li> <li>• No sharing of clothing, shoes, towels, or water bottles.</li> <li>• Hand sanitizer will be made available.</li> <li>• Students will be expected to shower at school or at home and wash workout clothing immediately upon returning to their home. If a student does not have a</li> </ul>	<ul style="list-style-type: none"> <li>• 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.</li> <li>• Appropriate clothing/shoes will be worn at all times to minimize transmission.</li> <li>• No sharing of clothing, shoes, towels, or water bottles.</li> <li>• Hand sanitizer will be made available.</li> <li>• Students will be expected to shower at school or at home and wash workout clothing immediately upon returning to their home. If a student does not have a</li> </ul>

	<p>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.</p>	<p>laundered uniform, he/she may not be allowed to participate in practice or competition.</p>	<p>laundered uniform, he/she may not be allowed to participate in practice or competition.</p>
<p><b>Facility/Group Restrictions</b></p>	<ul style="list-style-type: none"> <li>● Locker rooms will not be utilized. Students will report to their activity in proper gear and immediately return home to shower at the conclusion. Restrooms will remain available for student athletes and athletic staff, however physical distancing is encouraged.</li> <li>● During all three entry phases and the school year, student athletes will be required to take home all practice clothes and shoes each night for cleaning. Only sport specific equipment will be allowed in lockers overnight.</li> <li>● Gathering sizes will be determined by the IHSAA, state and local board of health, and will be decreased as much as possible to reduce risk. Workouts will be conducted in defined, smaller groups of students with the same students always together. Reduce gathering size by half capacity in large areas.</li> <li>● Groups for sport-specific workouts will be limited to no more than 20 athletes at a time in one location/facility for outdoor and indoor activities based on available space to allow appropriate physical distancing principles.</li> <li>● The goal of physical 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 that participants and coaches wear face coverings when distancing is limited and</li> </ul>	<ul style="list-style-type: none"> <li>● Locker rooms will not be utilized. Students will report to their activity in proper gear and immediately return home to shower at the conclusion. Restrooms will remain available for student athletes and athletic staff, however physical distancing is encouraged.</li> <li>● If locker rooms or meeting rooms are used, 50 percent capacity is recommended. (Allowed 8/3/2020)</li> <li>● During all three entry phases and the school year, student athletes will be required to take home all practice clothes and shoes each night for cleaning. Only sport specific equipment will be allowed in lockers overnight.</li> <li>● Gathering sizes will be determined by the IHSAA, state and local board of health, and will be decreased as much as possible to reduce risk. Workouts will be conducted in defined, smaller groups of students with the same students always together. Reduce gathering size by half capacity in large areas.</li> <li>● Indoor groups may be restricted to a smaller group size due to limited space available.</li> <li>● All State and local guidelines for group limitations must be followed and physical distancing is recommended.</li> <li>● The goal of physical distancing is defined by the CDC. If it is not possible to follow these guidelines indoors or outdoors, then create as much distance as</li> </ul>	<ul style="list-style-type: none"> <li>● If locker rooms or meeting rooms are used, 50 percent capacity is recommended.</li> </ul> <p>*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</p> <ul style="list-style-type: none"> <li>● During all three entry phases and the school year, student athletes will be required to take home all practice clothes and shoes each night for cleaning. Only sport specific equipment will be allowed in lockers overnight.</li> <li>● Gathering sizes will be determined by the IHSAA, state and local board of health, and will be decreased as much as possible to reduce risk. Workouts will be conducted in defined, smaller groups of students with the same students always together. Reduce gathering size by half capacity in large areas.</li> <li>● All State and local guidelines for group limitations must be followed and physical distancing is recommended. .</li> <li>● The goal of physical 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 that participants and coaches wear face coverings when distancing is limited and the individual is not participating in rigorous activity.</li> </ul>

	<p>the individual is not participating in rigorous activity. For sidelines, benches, or other holding areas, protocols will be recommended as a guide for students and coaches. The goal and expectation is no contact.</p>	<p>possible. It is recommended 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, protocols will be recommended as a guide for students and coaches. The goal and expectation is no contact.</p>	
<p><b>Hydration</b></p>	<ul style="list-style-type: none"> <li>● Shared hydration stations (water trough, water fountains, water hose, etc.) will not be utilized except for filling individual, labeled personal water bottles.</li> <li>● All students shall bring their own water bottle. Water bottles must not be shared.</li> <li>● Athletes will be responsible for keeping their own water bottle. Managers will not transport individual water bottles for athletes. Carrying racks for multiple water bottles will not be used.</li> <li>● Manager or Assistant Coach will be responsible for dispensing water/hydration from coolers. Managers will use gloves at all times and will frequently use hand sanitizer on gloves for hygiene. Athletes will be responsible for removing their own water bottle's lid when refilling.</li> </ul>	<ul style="list-style-type: none"> <li>● Shared hydration stations (water trough, water fountains, water hose, etc.) will not be utilized except for filling individual, labeled personal water bottles.</li> <li>● All students shall bring their own water bottle. Water bottles must not be shared.</li> <li>● Athletes will be responsible for keeping their own water bottle. Managers will not transport individual water bottles for athletes. Carrying racks for multiple water bottles will not be used.</li> <li>● Manager or Assistant Coach will be responsible for dispensing water/hydration from coolers. Managers will use gloves at all times and will frequently use hand sanitizer on gloves for hygiene. Athletes will be responsible for removing their own water bottle's lid when refilling.</li> </ul>	<ul style="list-style-type: none"> <li>● Shared hydration stations (water trough, water fountains, water hose, etc.) will not be utilized except for filling individual, labeled personal water bottles.</li> <li>● All students shall bring their own water bottle. Water bottles must not be shared.</li> <li>● Athletes will be responsible for keeping their own water bottle. Managers will not transport individual water bottles for athletes. Carrying racks for multiple water bottles will not be used.</li> <li>● Manager or Assistant Coach will be dispensing water/hydration from coolers. Managers will use gloves at all times and will frequently use hand sanitizer on gloves for hygiene. Athletes will be responsible for removing their own water bottle's lid when refilling.</li> </ul>



<p><b><i>Transportation</i></b></p>	<ul style="list-style-type: none"> <li>• Traders Point Christian will not provide any transportation to and from activities.</li> </ul>	<ul style="list-style-type: none"> <li>• Traders Point Christian will not provide any transportation to and from activities until August 3rd. All trips must be approved by school administration.</li> <li>• Provide hand sanitizer for athletes and bus drivers</li> <li>• Provide face masks for bus drivers; allow athletes to wear face masks/coverings</li> <li>• Clean and disinfect frequently touched surfaces on the bus after use</li> <li>• Implementation of TPCS Transportation guidelines based on Level of Community Spread (as determined by state and local health officials)</li> </ul>	<ul style="list-style-type: none"> <li>• Implementation of TPCS Transportation guidelines based on Level of Community Spread (as determined by state and local health officials)</li> <li>• Implement standard operating procedures while taking preventative measures such as: <ul style="list-style-type: none"> <li>• Providing hand sanitizer for athletes and bus drivers</li> <li>• Allowing bus drivers and athletes to wear face masks/coverings</li> <li>• Inspecting buses before athletes returning and as part of a regular rotation</li> <li>• Cleaning and disinfecting frequently touched surfaces on the bus after use</li> <li>• Airing out buses when not in use</li> </ul> </li> <li>• Cross Country student athletes will be transported by parents/legal guardians.</li> </ul>
<p><b><i>Fans &amp; Spectator Guidelines</i></b></p>	<ul style="list-style-type: none"> <li>• Only essential student athletes, student participants, coaches, medical staff, related supervisors, directors, and security will be in attendance.</li> </ul>	<ul style="list-style-type: none"> <li>• Only essential student athletes, student participants, coaches, medical staff, related supervisors, directors, and security will be in attendance.</li> </ul>	<ul style="list-style-type: none"> <li>• Concessions may be sold if food handlers and cashiers use appropriate PPE and only prepared, prepackaged food is available.</li> <li>• Spectators, media, and vendors can be present but the athletic department will implement social distancing and follow established mass gathering guidelines.</li> </ul>

### ***Athletic Training Room and Trainer (Witham Health Services)***

- All student athletes and student trainers are recommended to use hand sanitizer before entering the training room.
- Only students seeking treatment will be allowed into the training room.
- Athletic Trainer will use and demonstrate appropriate hand hygiene, by thorough hand washing or the use of approved hand sanitizer, before and after contact with each athlete.
- Athletic Trainer will use gloves for contact with all athletes in the training room, except when performing tasks which are made difficult or ineffectual by glove use.
- Athletic Trainer will use a face mask (cloth or medical grade) at all times when student athletes or athletic training student aides are present in the athletic training facility.
- Witham Health Services will provide personal protective equipment including gloves, masks (surgical and N95), gowns, and protective eyewear which will be available for use by Athletic Trainer at their discretion. Athletic training student aides will have cloth face masks and gloves available for their use.
- Athletic Trainer and athletic training student aides will use gloves when possible for contacts with students, while recognizing that some athletic training activities such as taping can be done without gloves.
- All student athletes, athletic training student aides, coaches, and team physicians will wear face mask at all times while in the athletic training facility.
- All exposed surfaces (desks, counter tops, treatment tables, and chairs) will be cleaned with CDC approved antiviral and anti-bacterial cleaner at the start and end of each day.
- All treatment surfaces will be cleaned with CDC approved antiviral and anti-bacterial cleaner after any athlete has been treated on that surface.
- All student athletes and athletic training student aides should use hand sanitizer before entering athletic training facility.
- All access to ice machines should be limited to Athletic Trainer or athletic training student aides if possible. Ice bags will be made ready and available for use by athletes in order to limit athlete access to ice machines and time in the athletic training facility.
- Athletic training facility will be limited for student athletes and athletic training student aides at any one time

secondary to size of athletic training facility and use of social distancing principles. Athletic Trainer will create floor spots both inside the training room and in the adjacent hallway where athletes will stand while waiting to be treated. No athlete will touch treatment surfaces unless instructed by Athletic Trainer or athletic training student aides.

- Before practice: Athletic training facility will be used by only one athletic team at a time. Athletic Trainer and Athletic Director will develop a schedule for each team to use the athletic training facility for pre-practice treatments. Once a team has finished their pre-practice activities, all treatment surfaces will be cleaned prior to the next team entering the athletic training facility.
- Injuries: If possible, athletes from only 1 team should be allowed in the athletic training facility at any one time.
- Athletic training facilities should be closed to student athletes when Athletic Trainer or athletic training student aides are not present in the training room.
- Athletic training facility floor will be cleaned at end of each day with CDC approved antiviral cleaner by school custodial staff.
- No student who is not seeking treatment from Athletic Trainer will be allowed into the training room.
- Each team should be thought of as a cohort group in regards to the training room. Larger teams should be divided into smaller cohort groups based on position or grade or other appropriate means. Cohort groups should remain approximately 10-20 students in size. Athletes from only the same team should be allowed in the training room at any one time. Athletes from different teams will not mix in the training room. If the cohort idea is followed, possible covid-19 outbreaks will have a better chance of being contained to one group.

### **Athletics Testing Process and Procedures (*Witham Health Services*)**

- Any student athlete or coach with positive findings on daily screening will be immediately sent home by Athletic Trainer. Athlete's guardians will be directly contacted by Athletic Trainer. Appropriate coach, AD, school nurse, and team physician will also be notified by the Athletic Trainer. Student athletes or coaches with symptoms will be held out of all athletic practices or competition until cleared by their primary care physician (PCP). The student athlete or coach must provide a written form signed by PCP indicating that the student athlete or coach has been cleared to return to play after evaluation for COVID-19. The student athlete or coach must also be cleared by the school Athletic Trainer or team physician prior to return to practice or competition.

- Any student athlete or coach with positive screening findings for covid-19 is recommended to have COVID-19 testing. If no testing or PCP clearance is completed, then the student athlete or coach will be assumed to be positive for COVID-19 and will undergo management as noted below. Team physician or school Athletic Trainer can hold student athletes from returning to sports, even with PCP clearance, if medical staff believes the athlete or coach warrants further COVID-19 testing.
- If student athlete or coach tests positive for COVID-19 through any testing, that athlete or coach will be held out of all practices and competition until at least 10 days from start of symptoms and must have improvement of symptoms and must have at least 3 days of no fever without fever-reducing medicine. The student athlete or coach must provide a copy of original positive test results for documentation by school. In addition, the athlete must have written clearance from PCP stating the athlete or coach can return to athletics from COVID-19. Finally, the student athlete or coach must also be cleared by the Athletic Trainer or team physician prior to return to practice or competition.
- If a student athlete or coach tests positive for COVID-19 and has NO symptoms during the entire quarantine, the student athlete or coach will be held out of all practices and competition until 10 days from the day of positive COVID-19 test. The student athlete or coach must provide a copy of original positive test results for documentation by school. In addition, the student athlete must have written clearance from PCP stating that the athlete or coach can return from COVID-19. Finally, the student athlete or coach must also be cleared by the Athletic Trainer or team physician prior to return to practice or competition.
- If the student athlete or coach is considered to be at high risk of COVID-19 exposure based on team physician or contact tracing recommendation, the student athlete or coach must quarantine for 14 days with no symptoms or have negative COVID-19 testing. COVID-19 PCR testing cannot occur prior to 5 days after last exposure. COVID-19 antigen testing cannot occur prior to 7 days from last exposure. The student athlete or coach will not be allowed to practice or compete during waiting time for COVID-19 testing and are recommended to quarantine during that time. If a student athlete chooses to test, a copy of the test report of the negative test must be provided to the team physician before the athlete or coach can return to team activities. Student athlete or coach must be cleared by school AT or team physician prior to return to practice or competition.
- All positive COVID-19 test results will be reported to the county health department. All positive COVID-19 test results will be reported to the Athletic Director, Head of School and school nurse. Guardians/family of all student athletes or coaches who are deemed to be high risk for positive exposure to COVID-19 will be directly contacted by the county health

department and Indiana State Department of Health as per contact tracing protocols. Names of student athletes or coaches deemed at high risk of documented COVID-19 exposure will be reported to the county health department/state health department by team physician or appropriate health care system representative.

- Athletic Trainer will follow appropriate use of PPE when interacting with student athletes. By following appropriate use of PPE, Athletic Trainer should have less risk for significant exposure to covid-19 from student athletes. Athletic Trainer will follow current CDC guidelines for health care professionals with possible COVID-19 exposure. The current guidelines indicate that Athletic Trainer will only be quarantined if they present with symptoms consistent with COVID-19.

## **WHERE WE ARE: IHSAA OFFICIAL NEWS RELEASES**

April 2, 2020

### ***IHSAA Spring Sports Officially Cancelled***

The Indiana High School Athletic Association staunchly supports our Governor, our State Commissioner of Health and our State Superintendent of Public Instruction in their herculean efforts during the COVID-19 pandemic. We are extremely fortunate in Indiana to have these exemplary leaders providing guidance and care to all Hoosiers. With the announcement today of the closure of K-12 schools throughout Indiana for the remainder of the school year, the IHSAA announces the cancellation of all spring sports tournament series events for the 2019- 20 school year. It is imperative that our students, coaches, officials, administrators and parents be encouraged in every manner to adhere to the guidance provided by our leadership. The Association understands the extreme seriousness of this pandemic and joins in support of current measures being implemented as well as future considerations. In unwavering support yet with extreme sadness, we must cancel our spring sports programming. We join all Hoosiers in anticipation of a triumphant homecoming back to our schools in the fall of 2020 complete with a full complement of IHSAA sports. The Association continues to remind its member schools and the general public to follow the guidance of the governor and the Indiana State Department of Health via [IN.gov/coronavirus](http://IN.gov/coronavirus).

May 4, 2020

### **IHSAA Guidance Regarding Pre-Participation Physical Examinations and Consent Forms for the 2020-21 School Year**

Due to the COVID-19 pandemic during the 2019-20 school year and the continued stress on the medical community, the Indiana High School Athletic Association, Inc. will waive the provisions of Rule 3-10 for the 2020-21 school year. Effective immediately, valid physical and consent forms presented to member schools on behalf of eligible students during the 2019-20 school year shall be valid during the upcoming 2020-21 school year. Transfer students moving from one member school to another member school must provide a copy of their valid 2019-2020 Pre-Participation Physical and Consent Form to the Receiving School in order to be eligible under Rule 3-8. Incoming ninth grade students with a valid IHSAA Pre-Participation Physical and Consent Form completed and signed after April 1, 2019 will also be eligible to compete during the 2020-2021 athletic season. Any athlete not having a valid IHSAA pre-participation examination physical form on file from the 2019-2020 scholastic year is required to have a valid Pre-Participation Physical and Consent Form completed prior to eligibility and competition. This includes any student-athlete coming from an out-of-state school to an IHSAA member school or any student who did not participate in sports during the 2019-2020 school year. The student must have a valid Pre-Participation Physical and Consent Form completed on the official IHSAA form prior to eligibility. Finally, if available and desired by the student, parent or member school, a new Pre-Participation Physical and Consent Form on the most current IHSAA document dated after April 1, 2020 is most acceptable and welcomed. If you have questions concerning this guidance, please contact our office at your convenience.

May 6, 2020

### ***IHSAA Statement on Remainder of During the School Year Out of Season Activities and the Beginning of Summer***

Recently, Dr. Jennifer McCormick, State Superintendent of Public Instruction clarified the school closure order which ends on June 30, 2020. June 30th is the end of the traditionally defined school year in our state; therefore, school buildings are to remain closed through June 30, 2020. In light of this directive, the Indiana High School Athletic Association is hereby suspending any school sponsored athletic activities through June 30, 2020. School sponsored activities are any school authorized activities directed, observed or instructed by the school's coaching staff regardless of the location. This includes any conditioning, skills development and associated activities through the end of June. Conditioning and During

the School Year activities may only occur in or on school property, subsequently, these activities are hereby suspended. Question 15-56 of the IHSAA by-laws provides the following: Q. 15-56 Can a School have a Summer Open Facility session “off-campus”, or at a location which is not owned by or officially controlled by the School? A. No, like a Limited Contact Program, a Summer Open Facility Program must be conducted on campus or at a site where home Contests are regularly held. For example, a School cannot conduct a Summer Open Facility session at the local batting cage for its students wishing to work on their baseball skills but could hold Summer Open Facility session at a municipal field if that is where the School regularly held its home Contests. Provided there are no adjustments to Governor Eric Holcomb’s announced plans to re-open the State of Indiana, school sponsored summer activities may resume on July 1, 2020. Rule 15-3.4 of the IHSAA by-laws provides that a moratorium week shall be observed on the Monday through Sunday which includes July 4th. July 1, 2020 would normally fall during the prescribed moratorium week. In light of the amount of time students have been restricted from school and contact with their teammates and coaches, the Association is hereby waiving Rule 15-3.4 for the year 2020. Therefore; contact with students under the provisions of Rule 15-3 may occur beginning on Wednesday, July 1, 2020 and continue through Saturday of Week 4 of the IHSAA calendar which is August 1, 2020.

June 5, 2020

### **IHSAA Statement on Return-to-School Guidelines**

The Indiana High School Athletic Association, Inc. (IHSAA) is pleased that the COVID-19 Health and Safety Re-Entry Guidance has been provided to Indiana schools today by the Governor’s Office and the Indiana Department of Education (IDOE). This guidance also includes a three-phased pathway for the return of education-based athletics which coincide with the previously scheduled first practice date for girls golf (July 31) and practice for all other fall sports (August 3). Girls golf contests are set to begin August 3 with all other sports contests to begin August 15. Over the next several weeks, the IHSAA will continue to serve our member schools in providing clarifications and further guidance for the safe return of athletic activities in our state.