



Return to Activities Plan (Phase 2 - August 17th, 2020) Parkway School District

Parkway Community

Below you will find the Phase 2- August 10, 2020 Re-entry Plan regulations that we must follow in order to have contact with our athletes in this Phase 2. *New information about COVID-19 continues to be available daily, with that in mind the St. Louis Sports Medicine COVID-19 task force continues to evaluate the safest options for returning to sports. The task force continues to review local COVID-19 data weekly, based on the latest data the following updates have been made (Yellow Highlights). The task force will continue to monitor the COVID-19 data and make updates weekly. It is imperative organizations strictly follow these guidelines and those set by their local health department in order to continue to progress towards full sport participation. We can only proceed to Phase 3 if the gating criteria set forth by the St. Louis Sports Medicine Covid 19 Task Force is met.

General Practice Guidelines

1. We are asking all families to keep athletes at home if they are feeling any symptoms or have been in direct contact with someone else that has symptoms or tested positive for COVID-19. Please email your coach to let them know the details of your particular circumstance. Direct Contact is defined as...within the last 14 days you have been in close/direct contact (Less than 6 feet apart, No mask, and for longer than 15 Minutes) with a person who has been confirmed positive for COVID-19.
2. Prior to being allowed to participate in any High School MSHSAA Sanctioned activities, students must have a completed PRIVIT profile before being allowed to participate
3. Athletes, coaches, officials, referees, and umpires MUST undergo a healthcare screening prior to starting any activity (practice, scrimmage, or games). Upon arriving for your workout, each coach and athlete/participant will complete screening questions (presence of flu like symptoms, exposure to anyone who has had symptoms or tested positive, etc.- these will be provided and recorded). Refer to your schools screening procedures for more detailed information. A list of names of all participants should be kept for each practice, scrimmages, and games. If a participant is absent, the reason for this absence should be determined.
4. Masks or face coverings MUST be worn for athletes, coaches, officials, referees and umpires any time they are not doing strenuous physical activity.
5. Practice or game times should be spaced out to limit the number of individuals coming and going at the same time.
6. Hand hygiene is essential. Organizations and facilities need to promote frequent and effective, hand hygiene with ample hand sanitizer (at least 60% ethanol or 70% isopropanol) dispensers and areas with soap and water in many different locations.
7. The use of locker rooms is not recommended. If they must be used, proper social distancing

- should apply within the locker room. (i.e. use only every third locker). Proper area for equipment storage and cleaning is recommended.
8. No unnecessary individuals should be present (such as managers, extra coaches, non-participating athletes, etc.).
 9. Spectators are not allowed at any workouts or practices. Parents or caregivers should remain in their cars during this time. No congregating should be allowed in the parking lot or fields. A drop-off line for practices is recommended to avoid unnecessary exposure. The parent or caregiver should wear a mask or face covering.
 10. Do not share water bottles during practice. An individual athlete may use their own water bottle, and it should be clearly marked with their name.
 11. Coolers should be properly sanitized after each use, and a new cooler should be used for each team or group. CDC guidance for cleaning and disinfecting should be followed.
 12. Ice towels should be used only once, then thrown out or washed properly.
 13. No whirlpools, cold tubs, or hot tubs should be used during any of the listed phases. Best practice for emergency use still applies.
 - i. Have a cold water immersion tub on-site or within 5 minutes of the field.
 - ii. On field, it is recommended to have ice towels ready, in addition to the cold tub, for cooling during breaks and to cover the head in the event that an athlete has an exertional heatstroke and needs to be immersed.
 14. No team huddles should take place.
 15. No handshakes or fist bumps should take place.
 16. Coaches will frequently ask participants to report any symptoms or changes in condition
 17. Teams should follow proper MSHSAA protocol for acclimatization in regard to length of practice and use of equipment
 18. Athletes should wash/sanitize all clothing and personal equipment prior to reuse
 19. Water fountains are not permissible, athletes will be required to bring their own water bottles each day (can provide coolers/ hydration stations for refills but NO DRINKING from shared cups, water fountains or bottles). Athletes should NEVER share water bottles
 20. Locker rooms and access to inside the school will not be available to student-athletes . Athletes should come properly dressed for practice. Sports requiring gym access will be restricted to that area of the building only
 21. Participants must leave the premises immediately following workouts (practices need to be spaced so that no paths cross and social distancing can be achieved, entry and exit points established with this in mind).
 22. Social distancing of 6' between student athletes and staff will be required in all settings and coaches should monitor and assist with this expectation
 23. Masks or face coverings MUST be worn for athletes, coaches, officials, referees and umpires any time they are not doing strenuous physical activity. **IF AN ATHLETE SHOWS UP WITHOUT A MASK THEY WILL BE ASKED TO LEAVE IN ORDER TO KEEP OTHERS SAFE.**
 24. Shared equipment will be disinfected prior to use, upon switching of groups and after use is complete (ex: basketballs for shooting gun, footballs, baseball bats, etc.)

Phase 2 Guidelines - (Cheerleading, Dance, Field Hockey, Football, Soccer, Softball, Volleyball)

1. During this phase, team workouts and practices are allowed to begin on campus or at the organization's facility. Team contact drills can begin but only in groups of 20 athletes or less. There can also be up to two additional coaches with each group of 20 athletes. Groups of 20 athletes should be in a single space (defined as having a minimum of 20 feet between designated spaces for each group of 20). They should be separated by a barrier or indication of where one group area is vs another group. Social distancing should still be practiced as much as possible during practice. The practice groups should continue to remain the same every day to reduce the amount of exposure for each child.
2. Masks/face coverings MUST be worn anytime an individual is not doing vigorous physical activity, coaches MUST remain in masks anytime they are not social distancing.
3. There should be NO games or scrimmages of any kind (including inter/intrasquad) and NO tournaments or showcases during this phase.
4. Proper sanitizing of hands and equipment should continue to be a top priority.
5. Wearing masks before activities and immediately following activities is required, especially prior to screening. Every individual, including coaches should continue to be screened every day.
6. Facilities should require any spectators to wear masks and should limit the amount of entrances to enforce this. Spectators should be kept to a minimum. Spectators should practice social distancing as allowed and spectators should wear masks or face coverings. Organizations and schools should be aware of factors that prohibit social distancing properly (i.e. gym size, seating etc.)
7. No two teams should be in the same location at one time. If the same field or gym will be used back-to-back, teams should allow plenty of time between sessions to clean area between teams.
8. For sports that require the use of equipment, be sure to continue proper acclimatization guidelines before returning to the use of full equipment.

Phase 2 Guidelines - (Diving/Swimming, Golf, Tennis, Cross Country)

1. During this phase, ONLY full team practices and intra-squad scrimmages are permitted.
2. Masks/face coverings MUST be worn anytime an individual is not doing vigorous physical activity, coaches MUST remain in masks anytime they are not social distancing.
3. All equipment used should be disinfected between individual uses (such as bat, stick, helmets, sleds etc.).

Weight Room Guidelines

1. Small groups (20 athletes and 2 coaches) (maintaining 6' feet apart for the majority of the session)
2. All equipment is disinfected each time users are changed (Athletes or Coach should spray and wipe equipment before and after their own use)
3. Weight room is disinfected after each use and between groups that rotate where applicable (door handles, disinfect spray bottles, etc.)
4. When your group enters the weight room they should wipe the equipment before use.
5. Athletes and Coaches are expected to wash their hands with soap and water or use hand sanitizer upon arrival and upon completion of workouts

Check-In Process & Leaving

1. Upon arriving for your workout, each coach and athlete/participant will complete screening questions (presence of flu like symptoms, exposure to anyone who has had symptoms or tested positive, etc.- these will be provided and recorded). Refer to your schools screening procedures for more detailed information
2. Parents are not allowed to exit their vehicles but should remain until their child has passed the screening process
3. Once done for the day athletes are to exit campus immediately. Parents please ensure timely pick up of your student-athlete

Stations & Transitioning

1. When transitioning between each station, athletes should move at the same time so that groups are not coming into contact between rotations.
2. Please let one group completely exit the weight room and the building before allowing the other group to enter.
3. Practice times need to be staggered by at least 15 minutes (ie. if a practice is scheduled in the gym from 3-4pm the next start time should be 4:15pm)
4. Any equipment used during activities should be disinfected at the conclusion of the session.

Positive Case

1. The local public health authority will be notified. The athletic trainer and Athletic Director will be in charge of creating a list of all those who were in contact with the infected individual.
2. Individuals who have had a significant exposure (defined as direct contact or prolonged exposure within 6 feet) to a positive COVID-19 individual must quarantine for 14 days, even if they test negative within those 14 days. After 14 days if there are still asymptomatic they can return to activity.
3. The athlete should not be allowed back until they have documentation showing the SARS-CoV- 2 test was negative or a note from their healthcare provider stating they don't need to be tested and their symptoms are not due to COVID-19.
4. If an athlete or coach not wearing a mask is confirmed to have COVID-19, the following should occur:
 - a. All participants who had close contact, direct contact with this individual, or a direct exposure to secretions (i.e. being coughed on) (up to 48 hours before they started showing symptoms) should be excluded from practice and play for 14 days. The Health Department should be contacted to assist in proper contact tracing and quarantining of individuals. If there was doubt of who the individual came into contact with then the entire team, or group of athletes that practiced or competed with the individual should be quarantined for 14 days. Teams should keep documentation of names and contact information of opposing teams, coaches, and officials for contact tracing purposes.
 - i. Exceptions could be made if all activities were done practicing social distancing.
 - ii. If a coach is positive and was wearing a mask/face covering potentially none of her/his contact will have to be excluded. In some cases, a mask/face covering may not be considered protective depending on the type of exposure.

- b. Coaches and staff in contact with the infected individual who were properly wearing a mask will likely not be excluded. In some cases, a mask may not be considered protective depending on the type of exposure.

Returning to sports post COVID-19 diagnosis

Athletes/coaches must meet all the following criteria to return to sports

- a. Note for clearance (Use MSHSAA Form) from a medical provider (MD, DO, NP, PA)
Individuals without a medical provider can contact their local public health agency.
- b. No fever (>100.4) for 72 hours without fever reducing medications
- c. Improvement in respiratory symptoms (cough, shortness of breath)
- d. At least 14 days have passed since symptoms first appeared.
- e. Once cleared to return to athletics, there will be a seven day return to play process athletes must undergo with the athletic trainer.

Final Notes

All regulations are subject to change as state and federal agencies modify recommendations and guidelines.

The above plan was developed using the guidelines set forth by the St. Louis Sports Medicine Covid 19 Task Force and Parkway School District.