



## Return to Activities Plan (Phase 3 - August 24th, 2020) Parkway School District

### Parkway Community

Below you will find the Phase 3- August 24, 2020 Re-entry Plan regulations that we must follow in order to have contact with our athletes in this Phase 3. \*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).

-Measures to determine progressing to the next phase will include the two criteria below as well as additional input provided by the St. Louis Pandemic Task Force and the local health departments.

1. Stable or downward trajectory of documented cases of COVID-19 within a 14-day period or a downward trajectory of positive tests as a percent of total tests within a 14-day period for children.
2. Hospitals can treat all patients without crisis care and there is a robust testing program in place for at-risk healthcare workers, including emerging antibody testing.

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 3 Guidelines - HIGH FREQUENCY SPORTS**

1. Full team practices, no limit on number of participants and coaches. However, it is recommended to keep the practice groups small (20 or less) and distanced whenever possible
2. Only intrasquad scrimmages (within the team that practice together) are allowed.
3. No spectators should be allowed. 1. NOTE: it is the responsibility of the host site to enforce these recommendations related to spectators.
4. Daily screenings are still required before any physical activity. Athletes should remain in their mask/face covering until they begin vigorous physical activity. As soon as activity has ended athletes should be required to wear mask/face covering again. Any time the athlete is not actively engaged in physical activity (i.e. meetings, standing on sideline, injured not participating) they must be wearing a mask/face covering.

### **Phase 3 Guidelines - MODERATE FREQUENCY SPORTS**

1. Full team practices, no limit on number of participants and coaches. However, it is recommended to keep the practice groups small (20 or less) and distanced whenever possible.
2. Intra-squad (within the team) or inter-organization (within your club or organization) scrimmages are allowed.
3. No spectators should be allowed. 1. NOTE: it is the responsibility of the host site to enforce these recommendations related to spectators.
4. Daily screenings are still required before any physical activity. Athletes should remain in their mask/face covering until they begin vigorous physical activity. As soon as activity has ended athletes should be required to wear mask/face covering again. Any time the athlete is not actively engaged in physical activity (i.e. meetings, standing on sideline, injured not participating) they must be wearing a mask/face covering.

### **Phase 3 Guidelines - LOW FREQUENCY SPORTS**

1. No restrictions on practices. Competitions (games) are allowed however additional precautions should be made to decrease congregation of athletes and spectators.
2. Please see specific recommendation for cross country meets in Appendix 1.
3. For other specific precautions for other sports or activities please reference the national organization for that activity or contact the task force directly.
4. Recommend only competitions within the region (as defined above), however tournament style play is NOT allowed, including showcases.
5. Daily screenings are still required before any physical activity. Athletes should remain in their mask/face covering until they begin vigorous physical activity. As soon as activity has ended athletes should be required to wear mask/face covering again. Any time the athlete is not actively engaged in physical activity (i.e. meetings, standing on sideline, injured not participating) they must be wearing a mask/face covering.

6. Spectators must still be limited and required to wear mask/face covering and to social distance.

a. NOTE: it is the responsibility of the host site to enforce these recommendations related to spectators' limitations

### 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.

## SPORT/ACTIVITY CLASSIFICATIONS

LOW FREQUENCY	MODERATE FREQUENCY	HIGH FREQUENCY
<ul style="list-style-type: none"><li>• CROSS COUNTRY (PER GUIDELINES)</li><li>• SWIM/DIVE</li><li>• GOLF</li><li>• MARCHING BAND</li><li>• TENNIS</li></ul>	<ul style="list-style-type: none"><li>• CHEERLEADING</li><li>• DANCE</li><li>• FIELD HOCKEY</li><li>• SOCCER</li><li>• SOFTBALL</li><li>• VOLLEYBALL</li></ul>	<ul style="list-style-type: none"><li>• FOOTBALL</li></ul>

## (Appendix 2)

### Cross Country Recommendations

1. Considerations
  - a. Current local health ordinances on gathering size (currently capped at 50)
  - b. Cross country can be considered moderate risk if run as usual. With proper modifications can easily be made into a low risk sport.
  - c. Events are outdoors, where spread is already known to be less likely
  - d. Even with potential for spectators, courses are spread out over a great distance with race courses covering a 3.1 mile (5km) distance.
  - e. When competition is allowed, competitions should be limited to the recommended competition area per the St Louis Sports Medicine COVID Task Force (Metro East, St. Louis City, St. Louis County, St. Charles County, Jefferson County and Franklin County)
2. Proposals
  - a. Race size
    - i. Cap individual races to 80 runners per race
      1. Individual teams are generally as small as 7 (varsity) but can be larger in JV events.
      2. During a race, runners become very spread out so there is not sustained close contact between individuals.
  - b. Team tent 'villages'
    - i. In order to minimize congregation of athletes, meet directors should reconsider the need for team tent areas
    - ii. If tent areas are used, planning should be made to provide appropriate distancing.
    - iii. Masks should be required for athletes who are congregating at their team tent
  - c. Starting line
    - i. Start line/boxes – Boxes are sized a 2meters wide with an open box between teams, allowing for social distancing at the start between teams
    - ii. Warm up "run outs" would be restricted to the space directly in front of the team start box
    - iii. Warm up apparel should be removed prior to coming to the start line.
  - d. Masks would be required up until 3 minutes prior to the start of the race
    - i. At 3 minutes, masks will be given to a representative of the team to either be kept for the athlete to use after the race or to discard if it is a disposable mask.
    - ii. Recommend that athletes put their mask into a brown paper bag labeled with their name to be provided back to the athlete at the end of the race.
    - iii. Athletes, race officials, finish line personnel and spectators are required to wear masks. The only exception to the mask is when strenuous physical activity is being performed, which essentially applies to the athletes only during their event.
    - iv. Strong consideration should be made for personnel working the finish line to wear face shields or protective eye wear, masks and gloves.
  - e. Race course
    - i. Course width should be looked at to ensure that the minimum width of the course is 2M
    - ii. Courses also need to be assessed for unnecessary overlap if an area is run multiple times in its traditional configuration to avoid potential congestion.
    - iii. If spectators are allowed on the course, spectators should wear masks and maintain social distancing throughout the course viewing areas.

- f. Finish line
  - i. Races should use FAT timing methods
  - ii. Runners should be encouraged to stay on their feet and clear the finish area quickly after crossing the finish line to allow for appropriate social distancing following the race where more sustained close contact may occur. Medical attention
  - iii. Finish corrals should be used instead of finish chutes
  - iv. Personnel working the finish line should have masks and gloves and are encouraged to wear a face shield or eye protection.
  - v. Hand sanitizer, disinfecting wipes/sprays should be readily available at the finish line.
  - vi. If events have spectators, no spectators should be allowed within the last 200 meters before the finish line
- g. Race starts
  - i. Consideration can be made to staggered starts separated by 5 minutes to decrease number of runners on the course at one time
  - ii. Adequate time should be planned in between races to clear the course and avoid congregation between start and finishes of races
  - iii. Meet sizes (ie. numbers of teams competing) should be reconsidered to avoid overcrowding
- h. Awards/Results
  - i. Award ceremonies will not be held. Coaches should be sent home with medals at the end of the meet
  - ii. Result boards should not be used to avoid unnecessary congregation.
  - iii. Online result information should be provided to coaches prior to the meet to distribute to parents to access if spectators are restricted.
- i. Concessions/T-shirts
  - i. T-shirts and other race gear should be considered to be sold online prior to the race and distributed to teams at the event
  - ii. Concessions stands should sell only pre-packaged items and lines should maintain social distancing.
- j. Spectators
  - i. Given the size of cross country courses, most are easily sustainable for socially distancing spectators.
  - ii. If restrictions for spectators are necessary, consider limiting to 2 per athlete.
  - iii. Consider having runners leave the course after their race is completed to limit individuals on site
- k. Permitting
  - i. The County should provide necessary permits to allow proper planning to occur prior to races