



RETURN TO PLAY

ATHLETICS SAFETY TOOLKIT



RETURN TO PLAY

Our Athletics Task Force has been hard at work preparing for a safe return to play this summer. The group has established guiding principles, as well as proposed protocols for each sport, all aligned to CDC recommendations and based on direction from state and national athletic officials. This toolkit provides the guidelines and resources for coaches to return to play and maintain the health and safety of student athletes, coaches and families.

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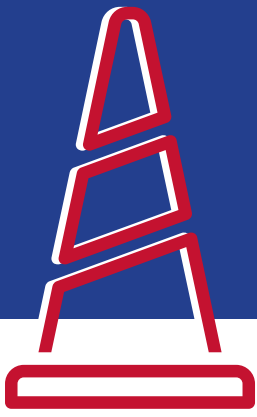
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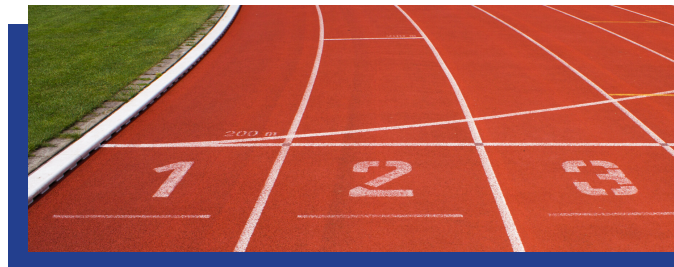


RETURNING TO PRACTICE

GOAL ➔

ALLOW FOR PHYSICAL CONDITIONING FOR THE 2020-21 SEASON WHILE KEEPING ATHLETES & COACHES SAFE BY IMPLEMENTING CDC & NFHS GUIDELINES

RECOMMENDATIONS



- ★ Return in a phased approach, starting with outdoor activities only.
- ★ Train staff on CDC and NFHS guidelines aligned to Shelby County Reopening Phases
- ★ Use the practice planning template to record activity and implement guidelines
- ★ Maintain athlete health monitoring and use screening procedures to track potential symptoms and cases



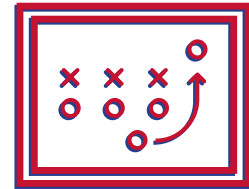
GUIDING PRINCIPLES

HEALTH PROTOCOLS TO KEEP ATHLETES & COACHES HEALTHY



✓ CDC/NFHS/ Shelby Co. Health Dept Guidelines

- Daily screenings & monitoring logs
- Static team groups ("pods" of 10 or less)
- Adherence to social distancing (6 feet minimum at all times)
- Eliminate use of communal items
- Clean hands before starting any workout/practice session
- Require cloth face masks for athletic staff/student interactions
- No physical contact celebrations



✓ Sport-Specific Plans

- Protocols for practice preparation, times/locations, processes for entry/exit & working out
- Sensitivity to parents who are uncomfortable with returning
- Practices limited to essential personnel only
- Students considered high risk to be identified (with appropriate action plan) in case of emergency
- Restrooms limited to 1 student at a time
- 15-min. buffer to clean restrooms facilities & other frequently touched objects will be cleaned before next use
- Staggered scheduling of team pods to avoid crossing groups

V SCHOOL PLANNING

CONDITIONING & TRAINING GUIDELINES

Plan Specifics

- Maintain daily screenings & monitoring logs
- Static team groups or "pods" to reduce exposure
- Adhere to social distancing 6 feet minimum at all times
- Eliminate use of communal workout items
- Clean hands before starting any workout/practice session
- Require cloth facemasks for athletic staff/student interactions
- Do not allow physical contact celebrations.

Training Parameters

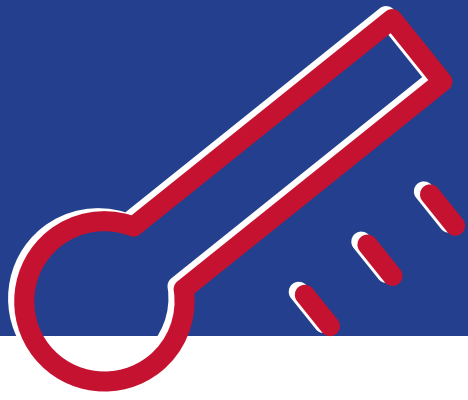
- Athletic staff trained on appropriate COVID-19 prevention methods
- Principal and/or designated administrator determines appropriate phasing schedule for each sport
- Sport-specific plans kept on file at all times



MATERIALS

SCHOOLS PROVIDE: Masks, thermometers, hand sanitizer, cleaning supplies, daily screening forms, athlete health records & tape measure

STUDENTS PROVIDE: Towel (individual towels), water bottle (individual bottles), hand sanitizer & masks



SCREENING & EXPOSURE GUIDELINES

MONITORING HEALTH & CONTROLLING EXPOSURES

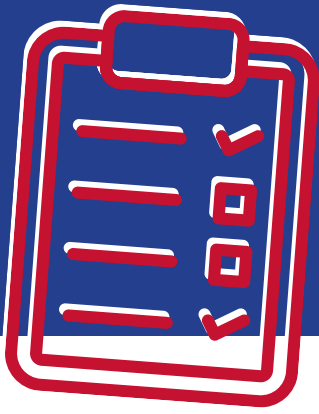
Screening

- **Complete a daily questionnaire, including temperature check for students, coaches and other essential athletic personnel prior to participation and store in secure location.**
- **Any person with positive symptoms reported should not take part in activities and should be reported via the Student Accident Database.**
- **Students with pre-existing conditions should be identified along with an appropriate action plan in case of emergency.**



Exposures

- **Any information received regarding an employee (coach) or student athlete who has tested positive should be immediately provided to school operations administrators in accordance with the AOSS manual. That information should be relayed to Health Services and Risk Management for further action.**
- **Await further direction.**



COACH'S CHECKLIST

THESE STANDARD FORMS & REQUIREMENTS MUST BE COMPLETED BEFORE THE SEASON.

Coach Requirements

- **Current CPR/First Aid Certification** (in-person, hands-on course);. SCS offers free classes in PLZ.
- **NFHS Course Certificates:**
 - Concussions in Sports
 - Sudden Cardiac Arrest
- **Signed Sudden Cardiac Arrest Information**
- **Signed Concussion Information & Signature Form**

Helpful Resources

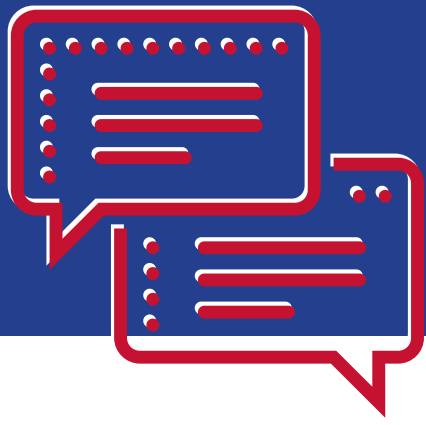
- **CDC Youth Sports Resources**
 - bit.ly/CDCSports-SCS
- **SCIAA**
 - 901-416-7470



Player Requirements

- **Completed participation forms prior to starting workouts**
- **Valid physical**
- **Emergency contact info**
- **Informed consent & acknowledgment of risk**
- **Concussion & Sudden Cardiac Arrest Information**
- **COVID-19 Informed Consent & Assumption of Risk (NEW)**
- **Personal towel & water bottle**





KEY MESSAGES

As we work to return to play, we know student athletes and families may have a lot of questions about the precautions we're taking. It's important for all schools to be consistent with their messaging and stick to the District-provided facts at all time, rather than speculate about unknown circumstances. Our goal is to ensure everyone is well-informed and has the the information they need to safely support and participate in SCS athletics.

GENERAL TALKING POINTS



The safety of student athletes is our top priority as we prepare for a return to play.



We're following CDC guidance and the direction of state and national athletic officials to ensure proper health and safety protocols are in place.



Key precautions we're taking for all athletic activities include: daily player and coach health screenings, limiting group activities to 10 or less, not allowing equipment or items to be shared and cleaning of all equipment and facilities before/after every use, among others.



We understand some families may be sensitive to the current situation, and we will always do our best to address any concerns about the safety of our student athletes.

PRACTICE PLAN TEMPLATE

Covid 19 Practice Planner Template

School:

Sport:

Length	Times	Activity Descriptions	Plan Considerations
			Practice Preparation: <ul style="list-style-type: none"> Physical distancing marks will be placed at the entrance of area & on practice area requiring students to stay AT LEAST six feet apart. Athletes Health Record Emergency Information, First Aid Kit, individual ice packs, masks and individual water bottles will be available for emergency use. Students consider high risk will be identified along with appropriate action plan in case of emergency
			Communication: <ul style="list-style-type: none"> Students will be notified to provide their own water source (no water fountain usage), towels, and cloth masks Be sensitive and accommodating to parents that may be uncomfortable with returning to practices too quickly. Practices limited to essential personnel only Inform Parents regarding guidelines on conducting safe practices
			Entry/Exit Process: <ul style="list-style-type: none"> No congregating will be allowed before or at the end of practices A coach will conduct a temperature check and ask/record COVID screening questions in the open area. Positive screenings will not participate. Present a route of entry to begin and conclusion of practice processes
			Workout Process: <ul style="list-style-type: none"> Beginning and concluding practice students will clean their hands Workouts will not exceed 60 mins. No equipment will be shared or used. Present a copy of students in pods. Coaches will be mindful of students that travel together. A diagram of social distance spacing and workout flow. Present a timeline of workouts & locations
			General Cleaning: <ul style="list-style-type: none"> 15 min buffer to clean restrooms facilities and other frequently touched objects will be cleaned before next group arrives. Restrooms will be limited to 1 student at a time.

PRACTICE PLAN TEMPLATE

Workout Sample Plan 1

Athletics will be following health safety guidelines in compliance with the CDC, Tennessee Department of Health, and the Shelby County Health Department guidelines for dealing with COVID-19. We hope to host 45 students (4 coaches) for a one hour daily workout outdoors at our Football stadium June 1- June 19. These training sessions will follow the strictest social distancing guidelines for regular activity as well as exercise activity. They will be geared towards movement efficiency, conditioning, and body weight strength.

Below is our Plan:

6:15 am – Students arrive on campus. Parking is restricted to every other parking space. Physical distancing tape marks will be placed on the concrete entrance requiring students to stay AT LEAST six feet apart. Single students will enter the stadium thru the North gate and proceed down the left stairwell. Tape will be placed on the concrete to designate the line and social distancing guidelines. A trainer will conduct a temperature check and ask COVID screening questions in the open area.

1. Have you been in close contact with a known case of COVID-19?
2. Have you had fever in the last 48 hours?
3. Do you have any symptoms consistent with COVID-19?
 - Cough
 - Sore throat
 - Shortness of Breath
 - Difficulty breathing
 - Chills
 - Flu-like symptoms
 - Headache
 - A rash
 - Loss of smell or taste
4. Have you travelled outside the State of Tennessee in the last 2 weeks?

A temperature of 100.4 or higher OR an answer of YES to any of the above questions and the student will be sent home immediately. Otherwise, the student will sanitize their hands and proceed to their assigned place on the football field.

6:30 - In keeping with the regulations as set forth by the county, a training group of 45 student-athletes will be subdivided into groups nine. These five groups of nine will then be spread across the football field in 20 yard increments. All work will be conducted such that the 20 yard spacing will be maintained.

7:30 – Students depart. They leave the field thru the opposite propped open gate and up the opposite stairwell. Single students will leave the stadium thru the south gate and proceed up the right stairwell, to their cars, and off the campus.

7:35 - Employees will clean and disinfect the stadium handrails, restroom, and any other objects that the Athletic Trainers may have on hand.

7:45 - The next group of 45 students arrive and follow the same procedure as the previous group and will work out from 8:00 to 9:00.

Other General Guidelines:

- Employees will be required to wear a mask that covers their nose and mouth.
- All employees will be trained on COVID health and safety protocols.
- Certified Athletic Trainers will conduct temperature scanning and pre-workout screenings. They will also be available for Emergency situations.
- Stadium gate will be propped open creating clear access to the field.
- Locker rooms will not be available. Water coolers will not be available.

PRACTICE PLAN TEMPLATE

- Restroom will be available for emergency use only and limited to 1 at a time.
- Students must bring and use their own water bottle and towel. No food.
- Students will be spread across the field, spaced 20 feet apart.
- Within the group of 45, the mini-sets of 9 will stay the same throughout the 3 weeks.
- We are NOT using/sharing any training implements, balls, or equipment.
- Staggered scheduling allows the first workout group to leave campus before the next group arrives.

Tryouts and Practices (Plan of Action) Sample Plan 2

Tryouts:

- held on May 29, 2020
- girls will be given a time frame for their tryout time slot after notifying Coach that they have interest in trying out.
- there will be as many tryout time slots as needed to compensate the number of girls interested in trying out.
- time slots will be 1.5 hours each with a 30-minute break between each.
- Coach will take each girl's temperature before she enters the gym
- during the 30-minute break, Coach will sanitize everything that has been handled by the previous group of girls.
- each group will consist of 9 girls and 1 coach.
- the first tryout slot will begin at 9:00am.
- No locker rooms will be available to students. Students should come to conditioning dressed properly for the activity.
- No water bottles or water fountains will be available to students. Students will need to bring their own personal water bottle. Any water bottles left in a facility will be disposed of after each conditioning session.
- No spectators will be allowed to attend these conditioning sessions. Parents or guardians will need to drop off the student and leave campus and return to pick them up at the designated time. No one should exit their vehicle.

Practices:

- practices will begin on June 1, 2020
- There will be two practices each day
- Coach will take each girl's temperature before she enters the gym
- each group will have 9 players and one coach present
- practices will be 1.5 hours long with a 30-minute break in between
- during the break, Coach will sanitize everything that has been handled by the previous group of players.
- all girls from the first group must be out of the building before the second group can come in
- practices will begin at 8:00am
- No locker rooms will be available to students. Students should come to conditioning dressed properly for the activity.
- No water bottles or water fountains will be available to students. Students will need to bring their own personal water bottle. Any water bottles left in a facility will be disposed of after each conditioning session.

PRACTICE PLAN TEMPLATE

-No spectators will be allowed to attend these conditioning sessions. Parents or guardians will need to drop off the student and leave campus and return to pick them up at the designated time. No one should exit their vehicle.

Summer Program 2020 Days: Sample Plan 3

Mondays, Tuesdays, Wednesdays, and Thursdays

ARRIVAL

Players will be directed to go immediately to their stations/groups at the following sites: #1- Fieldhouse #2- Practice Field #3- Freshmen Field * Temperature will be taken of every player and recorded at those sites. * There will be 8-9 players per group and 1-2 coaches (not to exceed 10) * Locker rooms will be locked and closed to all players * Every player needs to bring their own water bottle with their name clearly written on it (water bottles will be provided for those without one). * Spectators will not be allowed to attend conditioning sessions. Parents or guardians are asked to drop off student and return at designated time. No one should exit their vehicle.

FIELD

* All footballs, bags, sleds will be sanitized before and after use. * There will be no more than 9 players in a group. * Players moving from station to station will take different paths to ensure they will never be with another group.

FOOTBALL Schedule Summer Program 2020

A Group #1- 6:30am-7:10am Group #2- 7:15am-7:55am Group #3- 8:00am-8:40am

B Group #4- 9:00am-9:40am Group #5- 9:45am-10:25am Group #6- 10:30am-11:10am

C Group #7- 11:30am-12:10pm Group #8- 12:15pm-12:55pm Group #9- 1:00pm-1:40pm

D Group #10- 4:30pm-5:00pm Group #11- 5:05pm-5:35pm Group #12- 5:40pm-6:10pm

* All players in Groups A, B, C, and D will start at the same time and rotate through the three stations