

## Covid 19 Practice Planner Template

School:

Sport:

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

## 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.

- 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 Johnson 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 Johnson will take each girl's temperature before she enters
- during the 30-minute break, Coach Johnson 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 Johnson will take each girl's temperature before she enters
- 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 Johnson 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.

-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**

\* 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