

Okaloosa County School District

Guidelines for Opening Summer Activities – Athletics

DISTRICT ACKNOWLEDGEMENTS

- The Okaloosa County School District (District) recognizes the value of the athletics and extracurricular activities in the overall mental and physical development of its students.
- During the COVID-19 pandemic, it is important for the District to establish a safe plan to begin allowing students to return to campus over the summer using a PHASEed approach.
- This Guidelines are derived from guidance set forth by the National Federation of State High School Associations (NFHS) and the Sports Medicine Advisory Committee (SMAC).
- The plan should be reviewed by local health officials and other agencies to ensure appropriate recommendations as to when Phases will be implemented.
- Guidelines for summer activities will be broadly and regularly shared with students, parents and the community at the district, school and individual team/activity level.
- School Principals and Athletic Directors will be responsible for training coaches/sponsors on the guidelines for summer activities and for monitoring compliance. Violation of guidelines will result in the suspension of a program for two weeks or until compliance is achieved, whichever is greater.
- The District will continue to monitor information from the State of Florida, the Florida Department of Education (FDOE) and the Florida High School Activities Association (FHSAA) regarding summer activities. At any time, federal or state mandates with regard to school operations may cause these guidelines to be postponed, altered or canceled altogether.
- In light of the current COVID-19 pandemic, summer workouts are considered voluntary for students. Students may not be penalized for not attending.

MINIMIZING RISK: MANAGING SCHEDULES & TEAM TRAINING SESSIONS:

- Students are required to let coaches know if they themselves, family members, or those they have had contact with are experiencing or have experienced any signs or symptoms of COVID-19. Students or coaches must stay home if sick or if they have been identified as a contact of someone with COVID-19. Infrared “touchless” thermometers must be available for pre-workout temperature checks.
- Adhere to social gathering and distancing policies at your school according to local, state, and federal authorities during indoor and outdoor activities (6 feet apart)
- Group size counts should include both students and coaches and account for transition periods between sessions. No end of workout large gatherings are permitted.
- Suggest small group rotations under the supervision of different coaches. This includes drills and stations outside the weight room setting.
- Schedule mid- and post-workout cleaning periods, allowing a 10-15 minute buffer between teams or groups

- Limit or stagger training groups throughout workout blocks and/or alternate training days.
- Avoid person-to-person contact while spotting with use of bar catches and the 2-spotter technique.
- Consider grouping athletes based on conditioning status.
- Create exercise pairings to limit weight room traffic; or one-way traffic flow based on entrances and exits.
- Maximize fresh air flow in the weight room.
- Use outdoor training spaces whenever possible.
- Keep interior doors propped open and lights on throughout the day.

FACILITY & EQUIPMENT: CLEANING & SANITATION PROCEDURES

- Clean all equipment and surfaces with germicidal disinfectant. **DO NOT USE BLEACH.**
- Students have the option to bring their own masks for individual use.
- Educate on COVID-19 upkeep expectations during meetings with athletes.
- Promote hand washing before and after workouts and provide hand sanitizer.
- Keep extra bottles of disinfectant for athletes to wipe down equipment for use.
- Avoid the sharing of cloth towels or rags.
- Carry a personal water bottle instead of drinking directly from the community water fountain (do not share water bottles or water cows). Disposable cups may be used for one time use only. Please cover all water fountains.
- Ensure that cleaning and sanitation procedures include restrooms, locker rooms, carpet and flooring, and exercise mats.
- Ensure all pieces of equipment are cleaned: Medicine balls, dumbbells, kettleballs, weight belts, bars and plates etc.
- Have separate laundry baskets for clean and dirty items.

TRAINING SAFETY: RISK FACTORS FOLLOWING PERIODS OF INACTIVITY

- Plan for gradual return to pre-closure training levels.
- Avoid high volume submaximal exercises to fatigue, or performed within a limited time frame.
- Emphasize a 10 – 20 minute daily warm-up for reestablishing sport-related movement patterns.
- Consider that prolonged inactivity increases the likelihood of delayed onset muscle soreness (DOMS) and risk of injury.
- Communicate regularly with the medical staff about at-risk athletes, including those with cardiac abnormalities, sickle cell trait, history of exertional or non-exertional collapse, asthma, and diabetes.
- Plan and adjust workouts to match environmental factors, especially in cases of high heat and humidity.
- **DO NOT** perform physically exhausting drills for the purpose of developing “mental toughness”.

ATHLETICS

PHASE 0 (Preparation for Summer Activities) BEGINS JUNE 1, 2020

STUDENTS/PARENTS

- Pre-Participation Physical Evaluations and other permission paperwork must be submitted in order for a student to participate in summer activities. **NOTE:** There will not be an extension for the expiration of sports physicals. High school athletes must have up to date EL2 and EL3 forms complete and on file. Middle school athletes must have up to date MIS 6347 and MIS 5384 complete and on file. Both high school and middle school athletes must have a concussion baseline consent form signed as well as an active concussion baseline test if requested by the parent or guardian.
- Review Guidelines in order to be aware of expectations of PHASE 1 including, but not limited to, required screenings with temperature checks, social distancing expectations, hygiene, wardrobe requirements, etc.

COACHES/SPONSORS

- Receive training on requirements of each PHASE of summer activities.
- Provide information to students on expectations during summer workouts.
- Create and submit to the Athletic Director/Principal for approval a plan that outlines how the activity will meet the requirements of each PHASE prior to that PHASE beginning. The Athletic Director/Principal must approve the plan prior to its implementation.
 - **Example: Basketball** – Players will be scheduled into the gym in groups of no more than eight with two coaches present (10 total). Players will only focus on individual skill improvement and will not share basketballs. Each athlete will have their own labeled water bottle and water fountains will not be used. Basketballs will be cleaned before used by another athlete.

PRINCIPALS/ATHLETIC DIRECTORS

- Collect and review all plans for compliance with District Guidelines.
- Coordinate acquisition of needed supplies to ensure all requirements are met (cleaning supplies, infrared thermometer(s), athletic equipment, etc.).

DISTRICT ATHLETIC DIRECTOR

- Monitor compliance across all district schools.
- Conduct continuous review of information from National, State and local agencies regarding COVID-19 issues that could impact Summer Athletics/Activities.
- Make recommendations on adjustments to this Guidance based on new information.

PHASE 1 - BEGINS JUNE 8, 2020

The first session of any summer program should be informational and focus on training students on protocols for conducting a safe workout.

PRE-WORKOUT SCREENING

- All coaches and students should be screened for signs/symptoms of COVID-19 as they arrive on campus and prior to a workout. Screening includes a temperature check.
- Responses to screening questions for each student are to be recorded and stored so that there is a record of everyone present in case a student develops COVID-19 (see Appendix I for Monitoring Form).
- Any person with the following symptoms should not be allowed to take part in practice and should be sent home with a recommendation to see their primary care physician.
 - o cough
 - o shortness of breath or difficulty breathing
 - o fever
 - o chills
 - o muscle pain
 - o sore throat
 - o new loss of taste or smell
 - Students who were identified by health officials as positive for COVID-19 will be case managed by the Florida Department of Health in Okaloosa County - Epidemiology team.
 - A student who states he/she has not tested positive for COVID-19 may return to practice if he / she has been symptom free for 24 hours without medications.
- Vulnerable individuals are not required to oversee or participate in any workouts during PHASE 1. Vulnerable individuals are defined by CDC as people age 65 years or older and others with serious underlying health conditions, including high blood pressure, chronic lung disease, diabetes, obesity, asthma, and those whose immune systems are compromised such as by chemotherapy for cancer and other conditions requiring such therapy. Vulnerable individuals in this category who choose to continue to work may be required to sign a release document and file it with the school principal.

GATHERINGS

- No gathering of more than 10 people at a time (inside or outside).
- Locker rooms are not to be utilized during PHASE 1 except to use the restroom and as a handwashing station. Students are not permitted to store clothing in lockers. Students should report to workouts in proper gear and immediately return home to shower at end of the workout.
- Workouts should be conducted in “pods” of students with the same 5-10 students always working out together. Smaller pods can be utilized for weight training. This ensures more limited exposure if someone develops an infection.

- There must be a minimum distance of 6 feet between each individual at all times. If this is not possible indoors, then the maximum number of individuals in the room must be decreased until proper social distancing can occur.

FACILITIES CLEANING/HYGIENE

- Adequate cleaning schedules should be created and implemented for all athletic facilities to mitigate any communicable diseases.
- Prior to an individual or groups of individuals entering a facility, hard surfaces within that facility should be wiped down and sanitized (chairs, furniture in meeting rooms, weight room equipment, bathrooms, athletic training room tables, etc.).
- Individuals should wash their hands for a minimum of 20 seconds with water and soap before touching any surfaces or participating in workouts.
- Hand sanitizer will be available to students and coaches/sponsors as they transfer from place to place.
- Weight equipment must be wiped down thoroughly before used by another student.
- Appropriate clothing/shoes should be worn at all times in the weight room to minimize sweat from transmitting onto equipment/surfaces.
- Any equipment such as weight benches, athletic pads, etc. having holes/cracks with exposed foam must be covered.
- Students must be encouraged to shower and wash their workout clothing immediately upon returning to home.

PHYSICAL ACTIVITY AND ATHLETIC EQUIPMENT

- There will be no shared athletic equipment (towels, clothing, shoes, or sports specific equipment) between students.
- Students will wear their own appropriate workout clothing (do not share clothing) individual clothing/towels should be washed and cleaned after every workout.
- All athletic equipment, including balls, should be cleaned after each use and prior to the next workout.
- Individual drills requiring the use of athletic equipment are permissible, but the equipment should be cleaned prior to use by the next individual.
- Resistance training should be emphasized as body weight, sub-maximal lifts and use of resistance bands.
- 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.
- **Examples, including but not limited to,**
 - A basketball player can shoot with a ball(s), but a team should not practice/pass a single ball among the team where multiple players touch the same ball.
 - A football player should not participate in team drills with a single ball that will be handed off or passed to other teammates. Contact with other players is not allowed, and there should be no sharing of tackling dummies/donuts/sleds.

- A volleyball player should not use a single ball that others touch or hit in any manner.
- Softball and baseball players should not share gloves, bats, or throw a single ball that will be tossed among the team. A single player may hit in cages, throw batting practice (with netting as backstop, no catcher). Prior to another athlete using the same balls, they should be collected and cleaned individually.
- Wrestlers may skill and drill without touching a teammate.
- Cheerleaders may not practice/perform partner stunts or building. (Chants, jumps, dances without contact are permissible.)
- Tennis players may do individual drills, wall volleys and serves.
- Runners should maintain the recommended 6 feet of distancing between individuals

HYDRATION

- All students must have their own water bottles. Water bottles must not be shared.
- Hydration stations (water trough, water fountains, etc.) should not be utilized.

PHASE 2 - Begins TBD

PRE-WORKOUT/CONTEST SCREENING

- All coaches and students will be screened for signs/symptoms of COVID-19 prior to a workout. Screening includes a temperature check.
- Responses to screening questions for each student are to be recorded and stored so that there is a record of everyone present in case a student develops COVID-19 (see Appendix II for sample Monitoring Form).
- Any person with positive symptoms reported should not be allowed to take part in workouts and should contact his or her primary care provider or other appropriate health-care professional.
 - o cough
 - o shortness of breath or difficulty breathing
 - o fever
 - o chills
 - o muscle pain
 - o sore throat
 - o new loss of taste or smell
 - o Students who were identified by health officials as positive for COVID-19 will be case managed by the Florida Department of Health in Okaloosa County - Epidemiology team.
 - o A student who states he/she has not tested positive for COVID-19 may return to practice if he / she has been symptom free for 24 hours without medications.
- Vulnerable individuals are not required to oversee or participate in any workouts during Phase 2.

GATHERINGS

- No gathering of more than 10 people at a time inside. Up to 50 individuals may gather outdoors for workouts.
- If locker rooms or meeting rooms are used, there must be a minimum distance of 6 feet between each individual at all times.
- Workouts should be conducted in “pods” of students with the same 5-10 students always working out together. Smaller pods can be utilized for weight training. This ensures more limited exposure if someone develops an infection.
- There must be a minimum distance of 6 feet between each individual at all times. If this is not possible indoors, then the maximum number of individuals in the room must be decreased until proper social distancing can occur. Appropriate social distancing will need to be maintained on sidelines and benches during practices. Consider using tape or paint as a guide for students and coaches.

FACILITIES CLEANING

- Adequate cleaning schedules should be created and implemented for all athletic facilities to mitigate any communicable diseases.
- Prior to an individual or groups of individuals entering a facility, hard surfaces within that facility should be wiped down and sanitized (chairs, furniture in meeting rooms, locker rooms, weight room equipment, bathrooms, athletic training room tables, etc.).
- Individuals should wash their hands for a minimum of 20 seconds with water and soap before touching any surfaces or participating in workouts.
- Hand sanitizer should be plentiful and available to individuals as they transfer from place to place.
- Weight equipment should be wiped down thoroughly before and after an individual's use of equipment.
- Appropriate clothing/shoes should be worn at all times in the weight room to minimize sweat from transmitting onto equipment/surfaces.
- Any equipment such as weight benches, athletic pads, etc. having holes with exposed foam should be covered.
- Students must be encouraged to shower and wash their workout clothing immediately upon returning to home.

PHYSICAL EQUIPMENT AND ATHLETIC EQUIPMENT

- Lower risk sports practices and competitions may resume (see Potential Infection Risk by Sport below).
- Modified practices may begin for Moderate risk sports.
- There should be no shared athletic towels, clothing or shoes between students.
- Students should wear their own appropriate workout clothing (do not share clothing), and individual clothing/towels should be washed and cleaned after every workout.
- All athletic equipment, including balls, should be cleaned intermittently during practices and contests.
- Hand sanitizer should be plentiful at all contests and practices.
- Athletic equipment such as bats, batting helmets and catchers gear should be cleaned between each use.
- Maximum lifts should be limited and power cages should be used for squats and bench presses. Spotters should stand at each end of the bar.

HYDRATION

- All students shall bring their own water bottle. Water bottles must not be shared.
- Hydration stations (water cows, water trough, water fountains, etc.) should not be utilized.

PHASE 3 - TBD

PRE-WORKOUT AND CONTEST SCREENING

- Any person who has had a fever or cold symptoms in the previous 24 hours should not be allowed to take part in workouts and should contact his or her primary care provider or other appropriate health-care professional.
- A record should be kept of all individuals present.
- Vulnerable individuals can resume public interactions, but should practice physical distancing, minimizing exposure to social settings where distancing may not be practical, unless precautionary measures are observed.

GATHERINGS

- Gathering sizes of up to 50 individuals, indoors or outdoors.
- When not directly participating in practices or contests, care should be taken to maintain a minimum distance of 3 to 6 feet between each individual. Consider using tape or paint as a guide for students and coaches.

FACILITIES CLEANING/HYGIENE

- Adequate cleaning schedules should be created and implemented for all athletic facilities to mitigate any communicable diseases.
- Prior to an individual or groups of individuals entering a facility, hard surfaces within that facility should be wiped down and sanitized (chairs, furniture in meeting rooms, locker rooms, weight room equipment, bathrooms, athletic training room tables, etc.).
- Individuals should wash their hands for a minimum of 20 seconds with water and soap before touching any surfaces or participating in workouts.
- Hand sanitizer should be plentiful and available to individuals as they transfer from place to place.
- Weight equipment should be wiped down thoroughly before and after an individual's use of equipment.
- Appropriate clothing/shoes should be worn at all times in the weight room to minimize sweat from transmitting onto equipment/surfaces.
- Any equipment such as weight benches, athletic pads, etc. having holes with exposed foam should be covered.
- Students must be encouraged to shower and wash their workout clothing immediately upon returning to home.

PHYSICAL ACTIVITY AND ATHLETIC EQUIPMENT

- Moderate risk sports practices and competitions may begin.
- There should be no shared athletic towels, clothing or shoes between students.
- Students should wear their own appropriate workout clothing (do not share clothing), and individual clothing/towels should be washed and cleaned after every workout.
- Hand sanitizer should be plentiful at all contests and practices.

- Athletic equipment such as bats, batting helmets and catchers gear should be cleaned between each use. Other equipment, such as hockey helmets/pads, wrestling ear guards, football helmets/other pads, lacrosse helmets/pads/gloves/eyewear should be worn by only one individual and not shared.
- Maximum lifts should be limited and power cages should be used for squats and bench presses. Spotters should stand at each end of the bar.
- Modified* practices may begin for higher risk sports:
 - *Continue pre-practice screening as in Phases 1 and 2. Shower immediately after practices/contests.
 - Re-assess epidemiology data and experiences in other states and other levels of competition to determine when higher risk sports competition may resume.

HYDRATION

- All students shall bring their own water bottle. Water bottles must not be shared.
- Hydration stations (water cows, water trough, water fountains, etc.) may be utilized but must be cleaned after every practice/contest.

POTENTIAL INFECTION RISK BY SPORT

Higher Risk: Sports that involve close, sustained contact between participants, lack of significant protective barriers, and high probability that respiratory particles will be transmitted between participants.

Examples: Wrestling, football, lacrosse, competitive cheer, dance.

Moderate Risk: Sports that involve close, sustained contact, but with protective equipment in place that may reduce the likelihood of respiratory particle transmission between participants OR intermittent close contact OR group sports OR sports that use equipment that can't be cleaned between participants.

Examples: Basketball, volleyball, baseball*, softball*, soccer, water polo, gymnastics* (if equipment can't be sufficiently cleaned between competitors), ice hockey, field hockey, tennis*, swimming relays, pole vault*, high jump*, long jump*, girls lacrosse, crew with two or more rowers in shell, 7 on 7 football.*

*Could potentially be considered "Lower Risk" with appropriate cleaning of equipment and use of masks by participants.

Lower Risk: Sports that can be done with social distancing or individually with no sharing of equipment or the ability to clean the equipment between use by competitors.

Examples: Individual running events, throwing events (javelin, shot put, discus), individual swimming, golf, weightlifting, alpine skiing, sideline cheer, single sculling, cross country running (with staggered starts.)

