

## Clark County Public Schools

### Return to Athletic Activities

Clark County School District will strictly follow the guidelines set by Governor Beshear and the KHSAA when making decisions regarding the return to athletic activities. ALL ACTIVITIES MUST BE VOLUNTARY! Coaches must familiarize themselves with the KHSAA guidance document found at the following link:

<http://khsaa.org/resources/Covid19/khsaaJune2020covidallowancesandrestrictions.pdf>

#### **WEIGHT ROOMS are CLOSED until July 12 at the very least.**

##### **Phase 1 (tentative date June 1st-15th)**

1. All facilities on the Clark County School's campus will remain closed to coaches and athletes.
2. Although the KHSAA has allowed face to face meetings between coaches and athletes starting June 1, Clark County coaches will continue to make only virtual contact with their student athletes to communicate their future plans.
3. Head coaches are responsible for submitting a thorough plan to the school administration outlining what actions they will take to ensure social distancing requirements are met during their practice sessions. The plan must include drop off/pick up as well as a plan for different locations for groups to park. Student athletes should remain in their vehicle until the coach or trainer is available to complete the temperature check and health assessment. Teams will not be permitted to have any gatherings until the head coach submits this plan to school administration. Please review the following link when developing your plan:  
<https://govstatus.egov.com/ky-healthy-at-work>
4. District administration will be locating and purchasing personal protective equipment (PPE) to supply to the coaches/athletes before the Clark County School District will enter into Phase 2.
2. Hand sanitizer must be made available for each group.
5. Parents are encouraged to take this time to get their student athletes' Preparticipation Physical Exam up to date. Parents/athletes should also locate a water bottle, towel, and hand sanitizer for the athlete to use during workouts/practices. Parents are also encouraged to purchase a cloth face mask for their student in the event their student loses the district supplied PPE.

##### **PHASE 2 (tentative dates June 16th-28th)**

Coaches may begin conditioning workouts and skill development with student athletes, not exceeding groups of 10. Teams will NOT be permitted to utilize any district weight rooms or field house.

Individual coaches are responsible for familiarizing themselves with the KHSAA COVID-19 GUIDELINES. This categorizes each sport based on their level of “contact.” Any activity will be congruent with and not contradictory to any Governor and/or KHSAA guidelines.

Any coach that is participating/leading a training must attend a zoom conference meeting on Monday, June 15<sup>th</sup> at 9:00 a.m. A meeting invitation will be sent to head coaches.

### Pre-workout Screening

1. Athletes and staff will be screened once they arrive on campus by either a coach or Athletic Trainer:

a. Temperature and Symptom Check,

b. If the individual's temperature exceeds 100.4°F or the individual answers “yes” to any symptom on the hardcopy symptom checklist, they will not be allowed to stay for workouts. The individual will be advised to seek further evaluation from their primary care provider.

c. Daily temperature/symptom screenings should be properly documented. These documents should be readily available if a coach/athlete were to test positive for Covid-19 for contact tracing purposes.

### Limitations on Gatherings

1. According to Governor Beshear’s Healthy at Work guidelines on returning to sports workout groups should not exceed 10 athletes and 1 adult coach at any time.

2. Multiple groups may practice at once at a 10:1 ratio but they must adhere to the 6ft social distancing requirement. Ten student-athletes in each group must stay consistent. These groups shall be pre-determined. If utilizing multiple groups, start times must be staggered. Groups must remain separated from arrival to dismissal. Locations:

- GRC Stadium – Three Groups (Each end zone and midfield)
- GRC Practice Field – Where sleds are currently – One Group
- GRC Soccer Field – Five Groups (Main field – each end, practice field beyond end zone, practice field adjacent to main field on each end)
- Gymnasium – Two groups
- Auxiliary Gymnasium – Two Groups

3. If a student or coach tests positive, they must test negative prior to returning (at least 14 days after positive test), the group that the student athlete or coach was in contact with must quarantine for 14 days or wait 96 hours and obtain a negative test prior to returning.

4. Locker rooms shall not be utilized and coaches should make arrangements for the athletes to meet at different locations to adhere to social distancing guidelines.

5. It is suggested coaches keep their 10:1 athlete to coach groups the same throughout the duration of Phase 2 to limit exposure.

6. There must be a minimum distance of 6 feet between each individual.
7. Discourage unnecessary physical contact (high fives, fist bumps, handshakes, hugs, etc.)
8. No spectators allowed.
9. Public restroom will be open for use with coaches monitoring social distancing and sanitizing as needed.

#### Facilities Cleaning

1. Coaches are responsible to disinfect the areas their teams use during each workout.
2. At the end of the workout session, custodial staff will make sure facilities are thoroughly cleaned prior to the next workout.
3. Water fountains, training room, and locker rooms will remain closed.
4. Hand sanitizer should be placed throughout each facility to use when hand washing is unavailable.
5. Student athletes should be encouraged to shower immediately after returning to their homes after workouts.

#### Athletic Equipment

1. Sharing of towels, clothing, shoes, gloves, etc. shall not be permitted between student athletes.
2. All athletic equipment shall be cleaned after each use.

#### Hydration

1. Hydration stations (coolers, water cows, etc.) will not be utilized.
2. Athletes must provide their own water bottles and should not be permitted to share with other athletes.

### **PHASE 3 (tentative dates June 29th-July 12th)**

All of the requirements of Phase 2 are still in effect.

May resume internal competition (with approval), and may have skills training (social distanced/no touch/low sharing)

### **PHASE 4 (July 12<sup>th</sup>-Beyond)**

Awaiting information and guidance from KHSAA.