**Covid-19 Return to Participation in Sports and Sport-Activities Guidance for Webster County Schools**

**Guidance from KHSAA, CDC, School Board and Local Health Department**

**June 1 to June 14** (unless further altered by the Governor) KHSAA member high schools and affiliated middle schools

FACILITIES CLEANING

* 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.).
	+ Working on plan to provide cleaning supplies
* Individuals should wash their hands for a minimum of 20 seconds with warm water and soap or hand sanitizer before touching any surfaces or participating in workouts.
	+ Only designated restrooms will be available for use
	+ This will help cut down on cleaning multiple areas
* Hand sanitizer should be plentiful and available to individuals as they transfer from place to place.
	+ Working on plan to provide hand sanitizer
* Appropriate clothing/shoes should be worn at all times 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.
	+ Will do initial inspection and coaches must monitor and communicate if/when a hole/tear develops

LIMITATIONS ON GATHERINGS

* No gathering of more than 10 people at a time (inside or outside) prior to June 29.
* Workouts should be conducted in “pods” of students with the same 5-10 students working out together weekly to limit overall exposures.
* Smaller pods can be utilized for weight training.
* 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 to obtain a minimum distance of 6 feet between each individual.

PRE-WORKOUT SCREENING

* All coaches and students should be screened daily for signs / symptoms of COVID-19 prior to participating, including a temperature check. Anyone with a temperature of 100.4 degrees should not participate and be sent home.
	+ Responses to screening questions for each person should be recorded and stored.
		- Working on a process for you to use
	+ Any person with positive symptoms reported should not be allowed to participate, should self-isolate, and contact their primary care provider or other health-care professional. Covid-19 Return to Participation in Sports and Sport-Activities Guidance, Effective June 1, 2020 –- 3 - as of May 29, 2020
	+ Vulnerable individuals should not supervise or participate in any workouts.
* FACE COVERINGS
* State, local or school district guidelines for cloth face coverings should be strictly followed with no deterrents against those who desire to wear them.
	+ Cloth face coverings should be considered acceptable.
	+ There is no need to require or recommend “medical grade” masks for physical activity.
	+ Any student who prefers to wear a cloth face covering should be allowed to do so.
	+ Plastic shields covering the entire face will not be allowed during participation due to the risk of unintended injury to the person wearing the shield or others.
* Coaches shall wear cloth face coverings at all times and are strongly encouraged to wear cloth face coverings especially whenever physical distancing is not possible. (Artificial noisemakers such as an air horn or a timer system with an alarm can be used to signal **in place of a traditional whistle**.)

HYGIENE PRACTICES

* Wash your hands with soap and water or use hand sanitizer, especially after touching frequently used items or surfaces.
* Sneeze or cough into a tissue, or the inside of your elbow. Avoid touching your face.
* Disinfect frequently used items and surfaces as much as possible.
* Strongly consider using face coverings while in public, and particularly when using mass transit

HYDRATION/FOOD

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

SPECIFIC WEIGHT ROOM GUIDANCE DURING ALL SEGMENTS

* All equipment must be a minimum of 6ft a part
* 2 people maximum on any one piece of equipment
	+ Which means if may have to adjust exercise to allow for only 1 spotter
* Spotters should wear a mask or cloth face covering
* Maintain social distance by being 6 feet apart
* Groups of 10 or less should be predetermined (Once groups determined, students may not switch from one group to another)
* Sessions can only include weightlifting, running, and exercises designed to promote physical fitness
* Coaches or other supervisory adults should wear a mask or cloth face covering
* Implement diligent and effective cleaning and disinfecting of frequently touched objects and surfaces following the guidance of the CDC
	+ Each piece of equipment should be disinfected between each user of the equipment
	+ Hands should be washed or hand sanitizer used every 30 minutes
	+ Any equipment used should be disinfected every 30 minutes
	+ All equipment wiped down before and after the workouts

**Segment 1 June 1 to June 14**

**1 adult coach and up to 10 student athletes**

**In person (on campus) meetings only and must abide by all social distancing guidelines**

**Coaches and athletes shall wear a mask during this time**

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| SportLow touch OUTDOOR | Coaches planned activity | KHSAA SEGMENT PARAMETERS |
| Boys golf |  | Coronavirus Dead Period Shifts to Local School System Control. • All activity on a member school (or affiliated middle school) campus must be approved by the local board of education through the Superintendent of Schools and in consultation with the local health department. • Focus of member schools and affiliated member schools should be on acquiring appropriate PPE, signage and other cleaning supplies per CDC guidelines as well as contacting local Health Department to share plans and a process for communication as necessary, and analyzing the ability of the school or school system to adhere to adopted local guidelines developed in compliance with all other guidance. • Restrictions remain in place for practice and competition (or simulated competition) per the Governor’s order on youth sport. However, in person, face to face meetings may be conducted. • School coaches and representatives can have face to-face contact with students, but no practices are allowed. • All published social distancing guidelines should be required if such activity is conducted and all references to Social Distancing shall include the CDC guidance as well as the Governor’s guidance contained in the May 22 Youth Sports Guidelines, and any locally supplemented requirements |
| Girls golf | Start July 13 |
| Boys XC |  |
| Girls XC | Start July 13 |
| baseball | Start June 15 with pitchers and catchers |
| softball | Start July 13 |
| Boys tennis |  |
| Girls tennis |  |
| Boys track |  |
| Girls track |  |

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| SportLow touch INDOOR | Coaches planned activity | KHSAA SEGMENT PARAMETERS |
| Archery |  | • All activity on a member school (or affiliated middle school) campus must be approved by the local board of education through the Superintendent of Schools and in consultation with the local health department. • Coronavirus Dead Period Shifts to Local School System Control. • Focus should be on acquiring appropriate PPE, signage and other cleaning supplies per CDC guidelines as well as contacting the local Health Department to share plans and a process for communication as necessary, and analyzing the ability of the school or school system to adhere to adopted local guidelines developed in compliance with all other guidance. • Restrictions remain in place for practice and competition (or simulated competition) per the Governor’s order on youth sport. However, in person, face to face meetings may be conducted. • School coaches and representatives can have face to-face contact with students, but no practices are allowed. All published social distancing guidelines should be required if such activity is conducted and all references to Social Distancing shall include the CDC guidance as well as the Governor’s guidance contained in the May 22 Youth Sports Guidelines, and any locally supplemented requirements. |

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| SportHIGH touch INDOOR | Coaches planned activity | KHSAA SEGMENT PARAMETERS |
| FOOTBALL | 1. Meet with each position group next week and check in and discuss physical information, June 15th to July 10th information. Thinking Monday’s next week 2. Then bring the same groups on Tuesday and Thursday and have position meetings next week. | Coronavirus Dead Period Shifts to Local School System Control. • All activity on a member school (or affiliated middle school) campus must be approved by the local board of education through the Superintendent of Schools and in consultation with the local health department. • Focus should be on acquiring appropriate PPE, signage and other cleaning supplies per CDC guidelines as well as contacting the local Health Department to share plans and a process for communication as necessary, and analyzing the ability of the school or school system to adhere to adopted local guidelines developed in compliance with all other guidance. • Restrictions remain in place for practice and competition (or simulated competition) per the Governor’s order on youth sport. However, in person, face to face meetings may be conducted. • School coaches and representatives can have face to-face contact with students, but no practices are allowed. • All published social distancing guidelines should be required if such activity is conducted and all references to Social Distancing shall include the CDC guidance as well as the Governor’s guidance contained in the May 22 Youth Sports Guidelines, and any locally supplemented requirements |
| BOYS SOCCER | meet with all parents in a zoom meeting to introduce ourselves, to over some rules and expectations for the season, fundraising, and boosters. After that we plan to have a face to face meeting with players about 5 or 6 at a time to try and build a relationship with the players in person |
| GIRLS SOCCER | Start June 15 |

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| SportHIGH touch INDOOR | Coaches planned activity | KHSAA SEGMENT PARAMETERS |
| GIRLS BASKETBALL | Start June 15 | Coronavirus Dead Period Shifts to Local School System Control. • All activity on a member school (or affiliated middle school) campus must be approved by the local board of education through the Superintendent of Schools and in consultation with the local health department. • Focus should be on acquiring appropriate PPE, signage and other cleaning supplies per CDC guidelines as well as contacting the local Health Department to share plans and a process for communication as necessary, and analyzing the ability of the school or school system to adhere to adopted local guidelines developed in compliance with all other guidance. • Restrictions remain in place for practice and competition (or simulated competition) per the Governor’s order on youth sport. However, in person, face to face meetings may be conducted. • School coaches and representatives can have face to-face contact with students, but no practices are allowed. • All published social distancing guidelines should be required if such activity is conducted and all references to Social Distancing shall include the CDC guidance as well as the Governor’s guidance contained in the May 22 Youth Sports Guidelines, and any locally supplemented requirements. |
| BOYS BASKETBALL | Start June 15 |
| CHEER |  |
| VOLLEYBALL |  |