

## KHSAA Guidelines---HCS District Basics

### **Expectations**

#### All Previous KHSAA requirements regarding but not limited to:

Heat Index/Temperature –Hydration--Safety procedures-Trainers

### **District Expectations**

#### Coaches/Directors Covid Training

- Training for coaches and those working with students in expectations regarding Covid.

#### 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.).
- 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.
- Hand sanitizer should be plentiful and available to individuals as they transfer from place to place.
- 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.
- Students must be encouraged to shower and wash their workout clothing immediately upon returning to home.

#### Entrance Exit Procedures

- Coaches will use strategies to prevent groups from gathering at entrances/exits to facilities to limit crossover and contact, including staggering starting/ending times.

#### Limits of Group Size

- No gathering of more than 10 athletes to one coach at a time (inside or outside) prior to June 29, continued through start up of practices for period of time.
- 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.

## Screenings

- Covid Testing required?? Prior to beginning practice, Prior to returning from screening question problems.
- All coaches and students will be screened daily for signs / symptoms of COVID-19 prior to participating, including a temperature check. Anyone with a temperature of 100.4 degrees must not be allowed to practice and should be sent home.
- Responses to screening questions for each person should be documented.
- Any person with a temperature or 2 or more positive symptoms reported should not be allowed to participate, should self-isolate, and contact their primary care provider or other health-care professional.

## 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, officials and other contest personnel may 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

## Hydrations

- 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.

## Family Expectations

- Continually monitor you child's health- Temperature and any symptoms
- Provide Water or Sports drink for each practice
- Only ride with family to and from practices
- Social distance as much as possible upon arrival to practice, during practice and leaving practice
- Wash practice clothes often
- Sanitize equipment/instruments etc. after practices
- Notify Coach/Sponsor/Director as soon as possible if you child becomes ill.

## Athlete Expectations

- Check in daily at practice site
- Use sanitizer at practices
- Wash hands after practicing
- Bring water to practice
- Wear Mask arriving and leaving practice facility and when not participating in practice
- Do not touch others items/equipment while at practice
- Practice social distancing
- Refrain from high fives and etc.

## Weight Room Expectations

(Follow Fitness Center Expectations Healthy at Work Guidelines)

Additional required work to be done

Prioritizing the health and safety of all students and staff should remain the focus of each KHSAA member school and affiliated middle school. These requirements should be followed when conducting voluntary strength and conditioning sessions:

- Schools should be guided by the information contained in state guidance for fitness centers/gyms (not gymnasiums) but gyms that are permitted to reopen on June 1, listed at <https://go.aws/3dcbkDL>
- It is the responsibility of each KHSAA member school to comply with the above requirements.
- Each person entering the facility should have their temperature checked upon arrival with any individual with a temperature registering 100.4 degrees or above not be permitted to stay
- Hands should be washed or hand sanitizer used prior to entering the facility and touching any equipment
- Restrooms if opened should be sanitized before use and at the conclusion of the workout
- 2 people maximum on any one piece of equipment
- Spotters should wear a mask or cloth face covering
- Maintain social distance by being 6 feet apart
- Follow gathering CDC and state guidelines for groups of 10 or less students
- Groups of 10 or less should be pre-determined
- Once groups determined, students may not switch from one group to another
- Interaction between groups must be avoided

- Sessions can only include weightlifting, running, and exercises designed to promote physical fitness.
- Sport-specific drills are not permitted unless permitted during that time frame by the Governor's order, and sport-specific equipment may not be used.
- 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
- No shared hydrating bottles, towels, gloves, or any other personal equipment is permitted
- Coaches or other supervisory adults should wear a mask or cloth face covering

### **Additional weight room expectations**

Web Site for Fitness Center Healthy at work

<https://go.aws/3dcbkDL>

### **Time Line To be Determined**

#### Grouping of Sports

Low touch outdoor--Low touch indoor

High Touch outdoor--High touch indoor

### **June 5<sup>th</sup> –June 28<sup>th</sup>**

Coaches meet

Speak to students

General / Basic information given and reunite expectations

### **June 29-July 12**

*Expectations for*

Low touch outdoor--Low touch indoor

High Touch outdoor--High touch indoor

### **July 13-July 31**

Expectations not written yet.

### **Team designation**

Low touch indoor: Swimming, Bowling, Archery, Academic,

Low touch outdoor: Track/Field, Cross Country, Tennis, Golf, Baseball, Softball

High touch indoor: Basketball, Cheerleading, Dance, Volleyball, Wrestling

High touch outdoor: Football, Soccer, Band considerations extended spacing