

Plan for Resuming Activities 2020

Please complete the Google Doc for your team's plan to resume activities. Make sure to read and reference the [KHSAA Guidelines](#) and [Governor's Guidelines](#) as you plan your activities.

Students should not be using locker rooms at this time.

Athletes are expected to bring their own water bottle. No sharing is permitted and water fountains will not be available. We will have extra bottles of water on hand.

Sport	Boys Golf
Head Coaches	Bruce Farley/Kevin Payne
Location meetings/conditioning/practice will be held.	Henderson Country Club
Location players will enter the facility and get temperature taken.	Players will meet at practice putting green - we only expect to have one group, if we need to expand to separate groups, there are two doorways/sidewalks we can use
Location players will exit the facility and possibly wait for a ride.	Players will leave from practice putting green

Use the chart below to plan daily activities from June 5 - July 12. Include how you will enforce social distancing and sanitation guidelines. All non-participants are required to wear masks at all times. Use a new row if there are changes in activities.

*Maximum of 50 in a practice session group of no more than 10:1 ratio in each sub-group

Date	Time	Summary of Activities
7/6	4:00-6:00	<p>The check in procedure will need to be as follows:</p> <ol style="list-style-type: none">1. Check temperatures in the parking lot. If 100.4 or higher, the student, and anyone riding in the same car, may not participate.2. Have students scan QR code and answer screening questions.3. Give students a bracelet that indicates they have met health guidelines (must be worn during practice).4. Have students proceed to a predetermined location to meet with their group. <p>Golf practice day #1 - Players will meet with coaches 6 ft.</p>

		<p>apart to discuss expectations. Players will warm-up on range mats that are 6 ft. apart. Players will then be paired with a coach to play 3 holes on the course while maintaining proper social distancing guidelines.</p>
7/13	4:00-6:00	<p>The check in procedure will need to be as follows:</p> <ol style="list-style-type: none"> 1. Check temperatures in the parking lot. If 100.4 or higher, the student, and anyone riding in the same car, may not participate. 2. Have students scan QR code and answer screening questions. 3. Give students a bracelet that indicates they have met health guidelines (must be worn during practice). 4. Have students proceed to a predetermined location to meet with their group. <p>Golf practice day #2 - Players will meet with coaches 6 ft. apart to discuss expectations. Players will warm-up on range mats that are 6 ft. apart. Players will then be paired with a coach to play 3 holes on the course while maintaining proper social distancing guidelines.</p>

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2. Have students scan QR code and answer screening questions.
3. Give students a bracelet that indicates they have met health guidelines (must be worn during practice).
4. Have students proceed to a predetermined location to meet with their group.

Sport	Boys Soccer
Head Coach	Benson Pryor
Location meetings/conditioning/practice will be held.	HCHS Soccer Practice Fields
Location players will enter the facility and get temperature taken.	Main Parking Lot at the HCHS Soccer Game Field
Location players will exit the facility and possibly wait for a ride.	Same as above. <i>There will be 30 minutes between dismissal of one group and start of the next group.</i>

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Date	Time	Summary of Activities
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6/8 & 6/10	1) 10:00-11:00am 2) 5:00-6:00pm	<ul style="list-style-type: none"> Students are encouraged to stop by the soccer field to pick up summer schedules and KHSAA Physicals.
6/15-6/28	1) 8:00-9:00am 2) 9:15-10:15am 3) 10:30-11:30am 4) 5:00-6:00pm 5) 6:15-7:15pm	<ul style="list-style-type: none"> Monday, Wednesday & Thursday At each time slot, 1 group of 10 players & 1 coach will be scheduled for 1 hours sessions with 15 minutes between groups. Groups will be using the HCHS Soccer Practice Fields for Fitness Training. No equipment will be used by the players. Coaches will use cones to mark-off running lanes for social distancing. Appropriate cleaning materials will be used to clean cones at the end of each fitness sessions Spots will be marked off near the tennis courts (Temp Check) and on the practice fields (Water Breaks) to indicate designated space to maintain social distancing.
Segment 3: 6/29-7/12	Session 1: 9:00-10:30am Session 2: 4:30-6:00pm Session 3: 6:30-8:00pm	<ul style="list-style-type: none"> Monday-Thursday Upon arrival athletes will go through the "check-in" procedures listed above. At each time slot, 2 groups of 10 athletes & 1 coach will be scheduled for a 1hr.30min session. We will have 30 minutes between the 2 evening sessions. Groups will be using the HCHS Soccer Practice Fields for Technical & Fitness Training. We will follow the Governor's and KHSAA's guidelines for "Medium Sharing" & "Low Contact". Balls and Cones will be used during the training session. Coaches will use the appropriate cleaning materials to clean equipment after each training session. Spots will be marked on the practice fields to indicate designated space to maintain social distancing during water breaks.

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1. Check temperatures in the parking lot. If 100.4 or higher, the student, and anyone riding in the same car, may not participate.
2. Have students scan QR code and answer screening questions.
3. Give students a bracelet that indicates they have met health guidelines (must be worn during practice).
4. Have students proceed to a predetermined location to meet with their group.

Sport	Cheerleading
Head Coach	Erin Williams
Location meetings/conditioning/practice will be held.	Outside: parking lot, track, tennis court, anywhere placed. Indoors: Aux Tile (when guidelines are released to do so)
Location players will enter the facility and get temperature taken.	Red Unit Parking Lot near football stadium ticket booth Indoors: students will enter through cafeteria and check in
Location players will exit the facility and possibly wait for a ride.	outdoors: Red Unit Parking Lot near crosswalk from stadium parking lot Indoors: students will leave through other cafeteria doors or through door b5

Use the chart below to plan daily activities from June 5 - July 12. Include how you will enforce social distancing and sanitation guidelines. All non-participants are required to wear masks at all times. Use a new row if there are changes in activities.

*Maximum of 50 in a practice session group of no more than 10:1 ratio in each sub-group

Date	Time	Summary of Activities
July 7th	6 PM	Students and parents are encouraged to join our virtual parent meeting on Google Hangout.
July 13th- August	9:00-10:45 11:15-1:00	3 Groups of 10. 1 coach per group. Outdoors: Groups will be using the track or back parking lot for strength, technique, and conditioning training. Indoors: groups will use Aux tiles for instruction. There will be sanitizing breaks during practices as well.

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Sport	XC
Head Coach	Mike Sprague
Location meetings/conditioning/practice will be held.	Explained below
Location players will enter the facility and get temperature taken.	Explained below
Location players will exit the facility and possibly wait for a ride.	Explained below

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*Maximum of 50 in a practice session. Students will be divided into subgroups consisting of no more than 10 students and 1 coach for 11 total.

Date	Time	Summary of Activities
6/15 TFN M-F	6:30a-8a	<p>I'd like to run them on the hills at the old golf course. The hills now will help us at the end of the season. They can get dropped off on Atkisson park and exit at the medical building. Temps will be taken at the bottom of the hill. They can run up to the first hole as a warm up. They will be responsible for bringing their water bottle. Coaches will have on masks the entire time. Condition/practice (in July) 6:30a to 8a. I want to beat the heat. We will follow any other guidelines set forth by the district.</p> <p>Option 1 Location - Old Golf Course Enter from Atkisson Park for temperature check. Exit at Medical Building</p> <p>Option 2 Location - High School</p>

		<p>Enter the gate by the greenhouse for temperature check. Parents pick up at middle gate of stadium.</p> <p>Stagger runners for warm-up, send them out 1 at a time. Core workouts are posted on FaceBook page. They can do those at home, worst case scenario. There will be enough space to run without runners getting near each other regardless where we are.</p> <p>Parents will be notified that there are no public restrooms (if at the old golf course). At school the girls can enter from the stadium and exit the parking lot side. The boys will have to enter and exit 1 at a time in the boys locker room. There are 18 runners between the boys and girls teams.</p> <p>The check in procedure will need to be as follows:</p> <ol style="list-style-type: none"> 1. Check temperatures in the parking lot. If 100.4 or higher, the student, and anyone riding in the same car, may not participate. 2. Have students scan QR code and answer screening questions. 3. Give students a bracelet that indicates they have met health guidelines (must be worn during practice). 4. Have students proceed to a predetermined location to meet with their group.
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1. Check temperatures in the parking lot. If 100.4 or higher, the student, and anyone riding in the same car, may not participate.
2. Have students scan QR code and answer screening questions.
3. Give students a bracelet that indicates they have met health guidelines (must be worn during practice).
4. Have students proceed to a predetermined location to meet with their group.

Sport	Dance Team - Varsity
Head Coach	Chelsie Staples
Location meetings/conditioning/practice will be held.	Fierce Dance Studio AND/OR HCHS Track or Archery Parking Lot.
Location players will enter the facility and get temperature taken.	Front Door - Lobby Area/ NORTH END GATE (CLOSER TO SCHOOL) or Archery Parking Lot
Location players will exit the facility and possibly wait for a ride.	Side Door - Inside studio/ SOUTH END GATE (BY BASEBALL FIELD) or Archery Parking Lot

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Date	Time	Summary of Activities
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07/06-07/10	9:30-10:45	OPEN STUDIO/OUTDOOR CONDITIONING - GROUP A
07/06-07/10	11:15-12:30	OPEN STUDIO/OUTDOOR CONDITIONING - GROUP B

Social Distancing/Sanitation

*Each athlete will stand in a taped-off boxed that will meet the 6 feet apart requirements.

*There will be 3 different hand sanitizer stations available that athletes will be allowed to use when entering/exiting.

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1. Check temperatures in the parking lot. If 100.4 or higher, the student, and anyone riding in the same car, may not participate.
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4. Have students proceed to a predetermined location to meet with their group.

Sport	Football
Head Coach	Josh Boston
Location meetings/conditioning/practice will be held.	Football Stadium Parking Lot
Location players will enter the facility and get temperature taken.	Main Entrance Gate
Location players will exit the facility and possibly wait for a ride.	Baseball Entrance Gate

Use the chart below to plan daily activities from July 13- July 31. Include how you will enforce social distancing and sanitation guidelines. All non-participants are required to wear masks at all times. Use a new row if there are changes in activities.

*Maximum of 50 in a practice session of no more than 10:1 ratio in each subgroup

Date	Time	Summary of Activities
June 6 & 9	1. 10-11 am 2. 5-6 pm	• Parents/Students will stop by the football stadium during one of these time slots to pick up information and physical forms. We will have

		multiple tables set up to accommodate the high number of people and be able to social distance.
7/13-7/31	1. 9am-11:30am 2. 5pm-7pm	<ul style="list-style-type: none"> • We will go 5 days per week. Athletes will be assigned groups of 8-10 and then be placed in 1 of the sessions. • Facilities will be organized in 5 completely separate areas of the facility to accommodate up to 50 kids in different areas. 1. Core Strength Group behind Stadium. 2. Speed Group on Middle of Track, 3. Auxiliary Dumbbell Strength Concrete Area, 4. Plyometric Group on End of Track, and 5. Agility Group on High Jump Track Area. After strength and conditioning rotation is completed the player will conduct Individual Positional Grass Drills on the Field in 5 separate areas. • Athletic Trainer has committed to being available to help assist normal responsibilities along with monitoring and sanitizing in between groups. • No Football specific equipment that has to be touched or balls will be used for stations. • Cleaning/Sanitizing of all weight equipment will be conducted between all groups. • There will be 5 separate designated pickup spots for players after workouts so that the groups do not intermingle while on campus.

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Sport	Girls Golf
Head Coach	Jessica Grace
Location meetings/conditioning/practice will be held.	We will meet for the first time on 7/15 HCC
Location players will enter the facility and get temperature taken.	Girls will meet in the circle drive by the pool entrance to the country club
Location players will exit the facility and possibly wait for a ride.	Girls will exit on the side by the tennis courts.

Use the chart below to plan daily activities from June 5 - July 12. Include how you will enforce social distancing and sanitation guidelines. All non-participants are required to wear masks at all times. Use a new row if there are changes in activities.

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Date	Time	Summary of Activities
July 15th-?	6:30 pm to 8 pm	<p>The check in procedure will need to be as follows:</p> <ol style="list-style-type: none">1. Check temperatures in the parking lot by the pool. If 100.4 or higher, the student, and anyone riding in the same car, may not participate.2. Have students scan QR code and answer screening questions.3. Give students a bracelet that indicates they have met health guidelines (must

		<p>be worn during practice).</p> <p>4. Have students proceed to a predetermined location to meet with their group.</p> <p>The girls will meet on the practice putting green staying 6 ft apart. We will run through short game drills for 1 hr. Then there will be a meeting under the porch with one girl at each table.</p>

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Sport	Girls Soccer
Head Coach	Ben Dempsey
Location meetings/conditioning/practice will be held.	Practice fields on campus
Location players will enter the facility and get temperature taken.	Tennis court parking lot
Location players will exit the facility and possibly wait for a ride.	Soccer game field parking lot

Include how you will enforce social distancing guidelines. All non-participants are required to wear masks at all times. Use a new row if there are changes in activities.

Maximum of 50 in a practice session group of no more than 10:1 ratio in each station

Date	Time	Summary of Activities
7/6-7/31 M/W	8:00-9:30 5:00-6:30	Girls soccer will be hosting 2 - 1 hour and 30 minute sessions. The students will be dropped off at the tennis courts and then picked up at the game field area so the next group can come in. Student athletes are being placed into groups of 10 so they know when to arrive. We have two practice fields at our disposal so we will have a lot of

		room to work in. While students are on campus we will work on conditioning activities while maintaining social distancing guidelines. The plan will be to get some balls out for the kids to use while conditioning, they will not be shared. After the session the balls will be sanitized. Coaches will record all information needed and wear masks while coaching.

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4. Have students proceed to a predetermined location to meet with their group.

Sport	Volleyball
Head Coach	Ashley Sallee Robinson
Location meetings/conditioning/practice will be held.	Weight room at the stadium, football stadium, Henderson Riverfront, Central Park, Redbanks Park, the field at East Heights Elementary, Sunset Park.
Location players will enter the facility and get temperature taken.	Stadium-Enter the gate in the middle of the stadium. Enter the Riverfront at the Third Street entrance. Redbanks Park-Pull in and drop off at the entrance. Central Park-Drop off at the end of Center Street. Sunset Park-Drop at the Henderson Depot East Heights Elem.-Drop off at the Hwy 351 entrance.

Location players will exit the facility and possibly wait for a ride.	Stadium-Exit the gate at the South ticket booth. Exit the Riverfront at the Second Street Entrance. Redbanks Park-Pull around the side near the river to pick up. Central Park- Pick up on the Washington Street side. Sunset Park-Pick up on Water Street. East Heights Elem-Pick up at the SE corner of the gym parking lot.
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Date	Time	Summary of Activities
6/8	5:00-5:45 6:00-6:45 7:00-7:45	Returning players are encouraged to stop by the Blue Unit Entrance to pick up summer schedules and physical information and reconnect with limited coaches and teammates.
6/9	5:00-5:45 6:00-6:45	New players and those interested in playing are encouraged to stop by the Blue Unit Entrance to pick up summer schedules and physical information and reconnect with limited coaches and teammates. enc
Beginning 6/29	6:00am-7:00am 7:15am-8:15am	Weight lifting and conditioning to be taking place in the stadium weight room, East Heights Elementary field, or one of the parks listed above if we have to be outside. If allowed inside we would utilize the auxiliary gym, main gym, possibly the cafeteria and hallways for conditioning.
		<ul style="list-style-type: none"> If multiple groups can condition at the same time with different coaches in different locations following all social distancing guidelines, we would like to separate the large group into 3 groups of 9.

Guidelines for a Return to Marching Band Activities

Rationale:

In the best interest of our program, in order to provide a high quality experience for our students in a safe environment we develop thorough guidelines. It is imperative that these guidelines are followed to ensure the wellbeing of our student performers and the continued longevity of the marching arts.

Points of Emphasis:

- Whenever possible, virtual options for rehearsals, meetings, and other activities will be utilized. This includes the distribution of music, forms and other materials often passed out in person.
- Masks and other PPE will be utilized whenever possible as directed by the CDC, our government, and/or our school district.
- Only one side of a mask will ever be against your face each time to avoid wearing the “contaminated side” against your nose and mouth.
- Students and parents will be prepared for possible closure and suspension of activities with outbreaks.
- Vulnerable individuals (as defined by the CDC) will be cleared through physical examination before participating in any extracurricular activities.
- Social distancing as defined by the CDC, our government, and/or our school district will be emphasized throughout the return process.

Phases for Return:

Current guidance calls for a three-phase return to normal activities. Restrictions will ease with each phase. Specific guidelines for each phase will be addressed later in the document. Staff will wear masks during instruction.

PHASE 1 (June 15th-28th)

PHASE 2 (June 29th-July 12th)

PHASE 3 (after July 12th)

Phase 1

- All students and adults will be pre-screened during their physicals and daily screening.
- Anyone with symptoms will be quarantined immediately.
- Practices will be held with 10 or fewer students per instructor. This group stays together. No exchanges.
- All practices will be held outside. If weather prohibits this practice will be cancelled. No one is allowed in the building during phase 1.
- No carpooling to or from rehearsals.
- Social distancing will always be observed.
- There will be no sharing of music, supplies, mallets, instruments, or other equipment.
- Students will shower and change clothes immediately after rehearsals.
- Wind players will empty condensation in designated receptacles.
- Instruments and equipment must be taken home after practices (instruments and equipment cannot be stored in the school)
- Water, food, or snacks will be brought by each student.

Phase 2

- Students and adults will continue with pre-screening.
- Social distancing will continue.
- Outdoor practice of 50 or less permitted.
- Indoor practice of 10 or less allowed. This group stays together. No exchanges.
- Instruments, equipment, and facilities will be sanitized after each practice.
- Instruments and equipment will continue to be taken home.

- There will be no sharing of music, supplies, mallets, instruments, or other equipment.
- Students will shower and change clothes immediately after rehearsal.
- Wind players will empty condensation in designated receptacles.
- Instruments and equipment will be taken home after practices (instruments and equipment cannot be stored in the school).
- Water, food, or snacks will be brought by each student.

Phase 3

- Practices of 50 or less allowed both indoor and outdoor (50+ groups still prohibited).
- Social distancing will continue.
- Pre-screening will continue.
- Quarantining of persons with symptoms will continue.
- Use of school storage for large instruments will begin following guidelines set by directors and administration.
- Students are encouraged to shower and change clothes immediately after practice.
- There will be no sharing of music, supplies, mallets, instruments, or other equipment.
- Students will shower and change clothes immediately after rehearsal.
- Wind players will empty condensation in designated receptacles.
- Instruments and equipment will be taken home after practices (instruments and equipment cannot be stored in the school).
- Water, food, or snacks will be brought by each student.

Check in Procedures:

1. Check temperatures in the parking lot. If 100.4 or higher, the student, and anyone riding in the same car, may not participate.
2. Have students scan QR code and answer screening questions.
3. Give students a bracelet that indicates they have met health guidelines (must be worn during practice).
4. Have students proceed to a predetermined location to meet with their group.

A. Continue to practice good hygiene

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

B. People who feel sick will stay home

- Do not go to work or school.
- Contact and follow the advice of your medical provider.

C. Other considerations

- Wide availability of hand sanitizer at contests and practices. Participants, directors, staff, and adjudicators will clean hands frequently.
- Disinfecting equipment frequently.
- No physical contact.
- Adjudicators and volunteers will be given the option to wear face coverings

*A complete copy of guidelines will be made available to students and parents

****All guidelines are subject to change based on new information received by government agencies, health departments, and the school district**