

Gallatin County Return to Competition Plan

Fall Sports Grades 6 - 12



Gallatin County Schools, in partnership with the Three Rivers Health Departments, has developed a plan for return-to-competition play protocols for coaches and athletes. It is essential to understand this plan is fluid and subject to change in a moment's notice due to the Governor's orders, KHSAA regulations, health department guidance or school board policy. While KHSAA is the governing body for high school athletics, all decisions are the responsibility of the local school district.

ALL athletes, coaches, parents and guardians **MUST** follow **ALL** guidelines in order to participate in the Return to Competition Plan. This plan will be **STRICTLY** enforced by all coaches, the athletic director and administration.

Phased-In Approach - a phased-in approach will allow the district to start with low contact sports and then move to higher-contact sports while carefully monitoring the progress of our return to competition plan.

The Kentucky High School Athletic Association has developed a Healthy At Sports Reference Guide. All REQUIRED guidelines in this document will be adhered to by Gallatin County Schools. All RECOMMENDED and TO CONSIDER guidelines have been addressed in this document. It is important to remember that Gallatin County Schools' requirements may **exceed** the minimum requirements/recommendations in the KHSAA Reference Guide. The KHSAA Reference Guide is linked below.

<https://khsaa.org/resources/Covid19/CovidResumptionFallSports/allsportsguidance.pdf>

Low Contact Sports

	Cross Country	Golf	Cheer	Band
First Practice	August 31	July 15	August 31	August 31
First Contest	September 8	July 31	January 2021	N/A
Number of Contests	6	15	N/A	N/A
Notes	No more than 8 teams involved in meet		No mounts. Perform at Varsity football games	Play at Varsity football games. Separate space provided

High Contact Sports

Football	Dates
Helmet only conditioning - no contact	August 31 - September 3
Helmets & shoulder pads only - no contact	September 7 - 11
Full gear practice	September 14
First Contest	September 18
# of Contests	8
Playoffs	Begin November 13

	Soccer	Volleyball
First Practice	August 31	August 31
First Contest	September 14	September 14
Number of Contests	12	12
Notes		Matches are limited to best of 2 of 3 until the district tournament

Athletic Event Expectations and Restrictions

1. Masks covering your mouth and nose must be worn at all times.
2. Every attendee (athlete, coach, administrator, spectator, etc...) will have their temperature taken and submit to a health screening before entering the facilities.
3. Social distancing among groups must be maintained at all times. Families may sit together however groups must be 6 feet apart.
4. Concessions will not be offered.
5. Spectators will be limited. Each Gallatin County athlete will be permitted to have two guests at each athletic event. Opponent spectator amount will be based on size of bleacher capacity.
6. No locker rooms will be used. Designated areas on the field and in the gyms will be used for athletes and coaches during half time.
7. Restroom facilities will be open but cleaned often.
8. Custodial personnel will be on site at all times.
9. All athletic practices and contests will be held after the school day has ended.
10. No handshakes before or after contests.
11. No changing of benches (volleyball)
12. No sport may have more than two contests in one calendar week
13. Senior Night /8th Grade Night will be the FIRST home game.

Coaches Guidelines

1. A medical tracing sheet will be filled out before every contest to take attendance and record symptoms of athletes and coaches who attend contests. This is in accordance with the Governor's Contact Tracing Order.
 - a. Temperatures will be taken by the coaches. Any player with a temperature of 100.4 degrees or higher will not be permitted to participate in contests.
 - b. Screening questions will be asked and recorded of every player and coach daily. Any player/coach with a positive symptom will not be permitted to participate
2. Coaches are expected to follow the Gallatin County School Return to Competition Plan. Any non-compliance may result in termination of duties.
3. Coaches will complete the NFHS Covid-19 course. www.nfhslearn.com
4. Coaches will adhere to social distancing guidelines.

5. Visiting coaches must be present to ensure all opponents have passed the health assessment and have had a temperature check.
6. Any coach/volunteer who exhibits symptoms (see symptom list below) or has a temperature of 100.4 or above will not be permitted to participate. The athlete shall be tested before returning to participate in contests/practices and consult with a healthcare professional.
 - a. Currently, the known symptoms which shall be addressed are as follows, but may be subject to future revision and notification (see updates at <https://bit.ly/3gqqMgn>):
 - Fever or chills
 - Cough
 - Shortness of breath or difficulty breathing
 - Fatigue
 - Muscle or body aches
 - Headache
 - New loss of taste or smell
 - Sore throat
 - Congestion or runny nose
 - Nausea or vomiting
 - Diarrhea
7. Before returning to play, the individual must meet CDC's criteria for "When You Can Be Around Others After You Had or Likely Had COVID-19" (<https://bit.ly/32prkOB>)
8. Coaches must wear a mask at all times.
9. No out of season practice or individual workouts may take place.

Athlete Guidelines

1. All athletes must be symptom free and submit to regular health screening assessments.
2. Temperatures of each athlete (both for the home and away teams) will be taken before each game.
3. Any athlete who exhibits symptoms (see symptom list below) or has a temperature of 100.4 or above will not be permitted to participate. The athlete shall be tested before returning to participate in contests/practices and consult with a healthcare professional.
 - a. Currently, the known symptoms which shall be addressed are as follows, but may be subject to future revision and notification (see updates at <https://bit.ly/3gqqMgn>):
 - Fever or chills
 - Cough
 - Shortness of breath or difficulty breathing
 - Fatigue
 - Muscle or body aches
 - Headache
 - New loss of taste or smell
 - Sore throat
 - Congestion or runny nose
 - Nausea or vomiting
 - Diarrhea
4. Before returning to play, the individual must meet CDC's criteria for "When You Can Be Around Others After You Had or Likely Had COVID-19" (<https://bit.ly/32prkOB>)
5. When not actively participating in game play, athletes will wear a mask.
6. Athletes must provide their own water bottle. The water bottle must be clearly labeled with their name. No onsite water coolers are allowed.
7. Athletes must have signed the athletic waiver in online registration in order to participate.
8. Athletes must meet all eligibility requirements to participate.
9. Athletes will ride the bus to the games. Masks are required on the bus.
10. Athletes may ride home with parents/adults listed on the sign out sheet.
11. Athletes will wear masks when walking through the facilities.
12. Athletes will come dressed and prepared for the contest.
13. Athletes must wear shirts/tops during all workouts/practices.
14. Cheerleaders must remain 6 feet apart and wear a mask at all times.

Spectator Guidelines

1. All spectators must wear a mask covering both the mouth and nose at all times.
2. Families may sit together while maintaining social distancing from other groups.
3. Every spectator in attendance must sign in. This is in effort to provide the health department data if contact tracing becomes necessary.
4. Two tickets per Gallatin County athlete will be provided for spectator attendance.
5. Spectators are subject to COVID-19 health screenings and temperature checks.
6. Visiting spectators will be limited based on bleacher capacity.
7. Tailgating and/or group gatherings are not permitted in the parking lot or any other areas of the facilities.
8. Chairs are not permitted. Spectators must use the bleachers.
9. No coolers are permitted.

ALL GUIDELINES IN THIS DOCUMENT ARE NON-NEGOTIABLE. IF AN ATHLETE, COACH OR SPECTATOR DOES NOT FOLLOW THE GUIDELINES, HE OR SHE WILL NOT BE PERMITTED TO PARTICIPATE/ATTEND.

The Gallatin County School Board reserves the right to suspend/cancel practices or contests for any Gallatin County school or sport at any time.

This plan is a fluid document and subject to change. Gallatin County School Board reserves the right to alter, update, eliminate or make additions to this plan at any time.

Only school-sponsored athletic events will be permitted to utilize Gallatin County Sports Facilities. No outside organizations or individuals are permitted in the facilities.