

**DEKALB COUNTY SCHOOL DISTRICT
DEPARTMENT OF ATHLETICS**



**RETURN TO CONDITIONING
IMPLEMENTATION PLAN
SUMMER 2020- PHASE I**

Expectations

- Safety
- Supervision
- Communication
- Prescreening
- Preparations
- Pod- Limit 20 (including coaches)
- PODs must remain together throughout the duration of the training.

Introduction

- In accordance with the guidelines published by the Georgia High School Association, DCSD is limiting Phase I: Summer Conditioning
- Only FALL VARSITY GHSA sanctioned sports will be allowed to start this initial phase of conditioning.
- All GHSA sanctioned sport workouts are voluntary.
- All CDC safety guidelines will be followed: social distancing; limitations on gatherings; use of personal protective equipment (PPE), etc.

Schedule of Events



- Return to conditioning on June 22, 2020 for fall sports
- Monday/Wednesday/Friday- Weight Training
- Tuesday/Thursday- Conditioning (heat must be monitored using wet bulb)
- 45 minute increments from 8:00AM-1:45PM only (no adjustments allowed)
- Workouts are conditioning only, no balls or sport specific equipment. No competitions. No sport specific equipment is allowed. Schedule will be monitored by district office.

Pre-screening

- All schools will receive a digital thermometer
- All coaches and students will be screened by school Nurse or Athletic Trainer or appropriate personnel daily for signs / symptoms of COVID -19 prior to participating.
- Coaches and Athletes should arrive at least 30 minutes prior to scheduled workout.
- Documentation will be placed to include:
 - Temperature Check, GHSA Screening Questionnaire
 - Screening/Monitoring Form
- Screening will be logged daily, signed, scanned and electronically sent to the Principal and James Jackson.
- Forms shall be kept on file for the duration of training.

SIGNAGE

Paper signs will be placed in the weight rooms, hallways, track, gym.



Coaches and athletes must answer these questions **EVERY DAY** prior to working out. If the answer is **YES** to any of the questions below, the individual should **NOT** workout for a 14-day period.



1

FEVER

Do you or have you had a fever in the last week?



2

DIAGNOSIS

Have you been diagnosed with COVID-19?



3

CONTACT

Have you been in contact with anyone diagnosed with COVID-19?



4

TRAVEL

Have you traveled to a "hot spot" for COVID-19?

Positive Pre-Screening

- Athlete or coach cannot participate
- Coach will contact parent/guardian, Principal, Athletic Liaison and the Department of Athletics. □
- Athlete/Coach will only be allowed to return when: □
 - Symptoms have resolved, 14 days have passed, a note from a physician clears them of Covid-19, a meeting with parent, coach, administration must occur prior to return. Meeting must be documented.

Mask/PPE/Social Distancing

- Students must bring their own mask. Extra mask will be on hand and supplied if student does not have one.
- Mask must be worn when students are not actively conditioning.
- Mask **MUST** be worn in the weight room.
- Mask must be worn whenever six feet physical distancing is not possible.
- Social distancing will be required at all times and for all activities.
- If social distancing is not possible indoors, the maximum number of individuals in the room must be decreased until proper social distancing can be achieved.

Hand Sanitizer and Hydration

- Sanitizer and disinfectant will be provided by the District and should be placed throughout the campus. Contact Operations if there is a need for additional products.
- Students are to bring their own water bottles filled with water. Water “cows” or fountains are not to be used.



Facilities Cleaning and Shared Equipment

- School Custodial Staff will complete a deep cleaning of weight rooms on Monday, Wednesday, and Friday.
- Facilities will provide spray disinfectant and hand sanitizer to each site.
- Coaches and Athletes will wipe down any shared equipment (weights) thoroughly before and after use of equipment.
- Weight room area will be cleaned by head coach or designee during the fifteen minute down time between each workout.
- Free weight exercises that require a spotter cannot be conducted while honoring social distancing norms.
- There shall be no shared athletic equipment (towels, clothing, shoes, or sports specific equipment).

Monitoring

- Department of Athletics will, at a minimum, conduct 2 random visits per site, each week.
- Coaches are expected to ensure all students are screened daily, wear mask, and maintain social distancing at all times.
- Principals are expected to provide daily oversight and ensure coaches and all students are screened, wear mask, and maintain social distancing at all times. Dismiss coaches and students if they fail to follow protocols.
- Regional Superintendents are asked to provide oversight and ensure coaches and all students are screened, wear mask, and maintain social distancing at all times.

Any coach or student who fails to follow the mandated guidelines set forth by GHSA and DCSD will be dismissed from the activity, or the activity will be ended immediately.

Phase-I The Plan



- **Phase I**

Each school will design a Phase 1 master plan with the Athletic Liaison, Principal, Assistant Principal over Athletics and Head Coach to indicate the following:

- List of sports that will participate in Phase I strength and conditioning.
- A roster of each group/pod (limited to 20 people including coaches) that will remain together for the duration of Phase I.
- A schedule for those groups to use facilities which allows for screening time prior to the practice (At least 30 minutes) as well as cleaning time between each group (At least 15 minutes).
- A schedule of activities for the first weeks.

Phase I Plan- cont.

- A copy of the parent letter to be distributed.
- The Head Coach's plan for sanitizing equipment before, during, and after workouts.
- Schedule for cleaning the facilities after all parties have left campus for the day (Coordinated with Head Custodian).
- Location within the building/field where hand sanitizer and spray disinfectants will be located (items will be provided by the District).
- Distinctive drop-off and pick-up areas for student-athletes. Coaches must supervise athletes at all times.
- A plan to safely rehydrate student-athletes and ensure coaches follow all heat and humidity guidelines to include wet bulb readings and an AED monitor in the location where students are conditioning. (Note: all water fountains in locations where students are conditioning must be covered)
- Emergency Contact Information and an Emergency Action Plan for the Sport.

This plan must be developed, submitted to the building Principal and kept on file with the local school prior to the commencement of ANY Phase 1 conditioning. Plans will be randomly monitored by the Department of Athletics.

See Page 9 of Handbook

Resources

DEKALB COUNTY SCHOOL DISTRICT
DEPARTMENT OF ATHLETICS

RETURN TO CONDITIONING HANDBOOK

PHASE I- SUMMER CONDITIONING
JUNE 2020



Department of Athletics
Return to Conditioning

Frequently Asked Questions

Will there be consequences for students who miss conditioning workouts?

All summer work is voluntary. There must be an understanding that some athletes will not return. There are no consequences for missing workouts.

GHSA allows schools to resume to conditioning on June 8, 2020. What is the date for DeKalb Schools?

June 17, 2020

Are students allowed to do anything other than conditioning?

No. Workouts are conditioning only, no balls or sport specific equipment. No additional equipment is allowed. No sport specific equipment is allowed. This is simply lifting weights and conditioning activities. No footballs, sleds, volleyballs, softballs, etc.

It is recommended that staff and athletes are screened prior to each workout. Will the district provide the specific guidelines? Who will complete the screening?

The District will provide guidelines. Nurses or Athletic Trainers will complete pre-conditioning screening.

Can a student-athlete participate without a mask or facial covering?

According to CDC guidelines, facial coverings are recommended when an activity requires a person to be closer than six feet to another person and when entering common areas.

If I have 35 Players, can I bring in 15 to condition in the gym and the other 20 to condition on the field?

No. Groups of 20, including coaches, for workouts per sport at any given time at the campus/facility. This means that only 20 people per sport including coaches are allowed on campus at the same time. Groups of 20 of different sports are allowed on campus at the same time if they are in different facilities.

Can a school have 20 volleyball players in the gym, 20 football players in the weight room, and 20 Cross Country runners in the stadium at the same time?

Yes, they are different sports in different facilities.

Do Athletic Trainers count towards the 20-person limit?

No, Athletic Trainers do not count towards the 20-person limit.

Questions

- James Jackson
 - 404-978-3461
- Tekshia Smith
 - 678-898-0906
- John Harwell
 - 478-213-2898

