

Tempe Union High School District

Return to Activity Plan for Athletics and Activities

Guidelines to be followed:

- If student or staff is sick or feels sick, STAY HOME.
- At risk/vulnerable individuals, youth or adult, should not participate.
- During any Stage if a coach or student is diagnosed with Covid-19 by a positive PCR test or by a medical professional evaluation, that person will be required to quarantine for a minimum of 14 days including 5 days symptom free. Once the above requirements have been met and their certified medical professional has cleared them to return, they may return to training. Athletes will have a release form that their medical provider will need to complete and return to the school prior to resuming training.
- In addition, if a PCR positive test is noted within a training group, then any coach or student that was in the affected person's training group will need to self-quarantine for 14 days.
- Each coach using school facilities will be required to attend Infectious Disease Prevention Education session with site AD or designee.
- Each student participating in activities sponsored by the district/school will be required to attend Infectious Disease Education session presented by the site AD or designee.
- Any student missing a workout will be contacted by the coach to check on health status.
- Coaches are required to notify site AD and Certified Athletic Trainer (assigned to their site) any time a student misses a workout as a result of an illness.
- Comprehensive sanitation protocols must be followed for facilities and equipment before and after every use (Wrestling mat hygiene protocol will be used as a guide, see attached for AIA mat protocol).
- Each player must have their own ball and equipment (Stage I and II).
- Locker rooms will not be used until schools are fully re-opened or district administration determines they are ok to use.
- No one is to share water, towels, or any equipment. This includes but is not limited to:

- Balls; for sports that require “sharing” a ball (baseball/softball), all balls should be disinfected after every practice
- Shoes, socks, or shin guards
- Jersey/Uniform
- There will be no hand shaking, high fives, or fist bumps

-No centralized hydration or refreshment stations (Stage I and II).

- The athletic trainer has the ability to remove or restrict participants from workouts if they do not provide their own water, or prematurely run out of water, and there is concern for proper hydration.

-Spectators not allowed during Stage I and II.

-Sanitation options will be provided in weight rooms/gyms/other indoor facilities used:

- Hand sanitizer
- Disinfectant wipes to be used to wipe down all equipment (EPA approved disinfectant)
- Coaches and students will wash their hands or use hand sanitizer each time they enter or leave a practice facility (hand washing will be 20 seconds with soap and water)

-All participants (coaches and students) should avoid touching their face or front of mask with their hands.

-If contact does occur participant shall wash their hands or use hand sanitizer before resuming activity.

-Each individual’s choices need to be respected. If a participant wishes to wear a face mask when not required it should be allowed and accommodations made when necessary.

-Students wishing not to participate will face no negative consequences during tryouts.

Stage I

- Prior to each training session, all students and staff will have a temperature screening completed and complete an online attestation (questionnaire) of symptoms. Students will preferably complete the questionnaire on their own smart phone. A paper and pencil questionnaire will be available for those that do have a smart phone. Students and staff with elevated temperatures or symptoms of possible Covid-19 like illness will be sent home and required to sit out 14 days.
- Coaches must wear masks at all times.
- Students must wear masks during indoor activities, transitioning between facilities, and while entering/leaving campus.
- Individual Training; NO contact drills.
- Focus on conditioning/strength/agility training.
- No spotting in weight room, use of light/body weight exercises.
- Maximum 10 students per group provided social distancing can be maintained.
- Training groups will remain the same for attendance purposes and, if needed, contact tracing.
- Participants to remain a minimum 6 feet apart, 8 feet is recommended.
- No water will be provided. Student should bring enough water for a full training session (recommended 2 gallons).
- Maximum of 2 hours of training per day per athlete.
- Practice times should be coordinated with site AD and coaches to maximize social distancing capability.
- Students will be required to have a signed waiver by parent to participate.

Stage II

- Prior to each training session, all students and staff will have a temperature screening completed and complete an online attestation (questionnaire) of symptoms. Students will preferably complete the questionnaire on their own smart phone. A paper and pencil questionnaire will be available for those that do have a smart phone. Students and staff with elevated temperatures or symptoms of possible Covid-19 like illness will be sent home and required to sit out 14 days.
- Small group training introduced (no more than 4 students working in a group activity). Example: quarterback working with 2 or 3 receivers, setter working with 2 hitters in volleyball.
- Groups should remain consistent throughout Phase II, hand washing and hand sanitizer is used between rotations during training.
- Physical contact held to a minimum.
- Groups not to exceed 50 students (number may need to be reduced based on facility size).
- No water will be provided. Student should bring enough water for a full training session (recommended 2 gallons).
- Coaches must wear a face mask at all times.
- Students must wear masks when transitioning between facilities, involved in small group meetings, and entering/leaving campus. Masks are optional for students during training.
- Training groups will remain the same for attendance purposes and, if needed, contact tracing.
- Maximum of 3 hours of training per day per athlete.
- Practice times should be coordinated with site AD and coaches to maximize social distancing capability.

Stage III

- Masks are optional for coaches, students, and other staff unless more restrictive guidelines have been implemented at a state or school district level. At-Risk individuals are encouraged to wear a mask.
- Temperature screenings not required. If a coach or students feels sick, STAY HOME. If coach or student becomes or starts to feel sick while at training report to the school nurse or athletic trainer for further evaluation. If you have a mask, put it on.
- Introduction of game simulation activities (scrimmages/practice games).
- Physical conduct still minimized. Mandatory hand washing, use of hand sanitizer after contact activities (example: between drill rotations or after scrimmage session prior to moving to next activity).
- No limit on participants per field.
- No travel to events that would require overnight stay.
- No water will be provided. Student should bring enough water for a full training session (recommended 2 gallons).
- No sharing of water.
- Practice times should be coordinated with site AD and coaches to maximize social distancing capability.
- Social distancing practices must be followed by spectators (we ask that spectators wear masks).

Stage IV

- Return to full game play.
- Regular contact allowed for the sport/activity.
- Live games/tournaments allowed.
- Recommend social distancing practices be maintained by spectators.
- No sharing of water.
- Continue to practice good hand hygiene.
- Return to routine AIA recommendations for disinfecting equipment and facilities.