

Rockland School District #382 Athletics and Activities

Guidelines and Procedures for 2020-2021 School Year

OBJECTIVE: Pursue options to convene athletic events and participation in activities in ways that minimize the risk of COVID-19 transmission to participants/athletes, families, coaches and communities.



GUIDELINES FOR ALL COACHES AND PARTICIPANTS/ATHLETES

- Ensure that hand sanitizer is available at all contests and practices. Participants/athletes, coaches and officials clean hands frequently.
- Equipment wiped down as frequently as possible.
- Coaches will be encouraged to wear masks at all times when near athletes.
- All athletes/participants will be encouraged to wear masks when not physically participating (i.e. locker rooms, warm-ups, training rooms, etc.)
- Adequate cleaning schedules should be created and implemented for all athletic facilities to mitigate any communicable diseases.
- No shared water bottles, towels or other personal equipment.
- Stagger games and practices if possible (cleaning in between).
- Do not make any practice mandatory, emphasize the importance for individuals to stay home if feeling ill. Encourage parents to carefully monitor the health of their children.
- Coaches have access to thermometers if a participant/athlete is symptomatic. If any individual presents with a fever of 100.4 or higher, send home. When available, call for Athletic Trainer to check athlete's temperature and make recommendations.
- No pre-game and post-game contact, such as handshakes/high-fives/fist bumps. Practice limited contact among athletes.
- Any coach or student athlete who has had a positive COVID-19 test should be cleared by a doctor's note or release note from the Southeastern Idaho Public Health Department (208-478-6303) before they return to participate. Notes should be given to AD or AT. Coaches will follow [IHSAA athlete re-entry guidelines](#).



GUIDELINES FOR EVENTS

- Coaches and other contest personnel encouraged to wear facemasks during the events.
- Spectators will be encouraged to maintain social distancing as much as possible. Spectators will be encouraged to wear face masks at all events.
- Entrance and exit flow-paths established and marked for each athletic facility.
- Referees required to take their temperature before an event.
- Live streaming of games as much as possible.
- Coaches will follow specific sport guidelines produced by IHSAA.
- All bus passengers will be encouraged to wear face masks and use hand sanitizer prior to boarding. Passengers will be expected to space out to the greatest extent possible. Windows will be cracked to promote air-flow.



GUIDELINES FOR TRAINING/WEIGHT ROOM

- Signage for entry and exit of training room. All athletes wash hands upon entering.
- Coaches are encouraged to wear face masks.
- Spread out the workspace in the training room. Only one student per treatment or work area.
- Physical distancing enforced and "Hygiene Basics" adhered to in all situations.
- Athletes will not be allowed to get ice out of the ice machine.

For up-to-date information visit www.bulldogs.org



GUIDELINES FOR NON-SCHOOL USE OF FACILITIES

- Share re-opening and operational plans with other organizations that utilize school facilities.
- Require organizations that share or use school facilities to follow plans.



ILLNESS REPORTING

- If the organizers/medical personnel learn of suspected or confirmed cases of COVID-19 at the event, follow public health notification process for all event participants/athletes, coaches, event staff, media, spectators and vendors.



RESPONSE

Any individuals that may have had direct exposure to the virus are expected to self-quarantine for 14 days and monitor symptoms, which may appear 2-14 days after exposure. Call your medical provider if you:

- Are concerned you might have been exposed; and
- Have a cough or shortness of breath or difficulty breathing; or
- At least two of the following symptoms:
 - :: Fever
 - :: Chills
 - :: Repeated shaking with chills
 - :: Muscle pain
 - :: Headache
 - :: Sore throat
 - :: New loss of taste or smell
 - :: Diarrhea
 - :: Nausea
 - :: Vomiting



RESOURCES

- Governor's Stages of Reopening: <https://rebound.idaho.gov/stages-of-reopening/>
- [Idaho High School Activities Association \(IHSAA\) Guide](http://www.idhsaa.org) (www.idhsaa.org)
- [IHSAA Resource links](#)
- Southeastern Idaho Public Health District: <https://siphidaho.org/coronavirus.php>
- CDC Guidelines: <https://www.cdc.gov/coronavirus/2019-ncov/index.html>
- [NFHS Guidelines](#)



ARE YOU EXPERIENCING SYMPTOMS OF COVID-19?

- Stay home if sick.
- Practice physical distancing.
- Practice good hand hygiene.
- Cover cough and sneezes.
- Wear cloth face coverings in public places.
- Disinfect surfaces and objects regularly.
- Avoid touching your eyes, nose, and mouth with unwashed hands.

YOU MAY DISCONTINUE SELF-ISOLATION:

- At least 3 days (72 hours) have passed since recovery defined as resolution of fever without the use of fever-reducing medications and
- Improvement in respiratory symptoms (e.g., cough, shortness of breath); and
- At least 10 days have passed since symptoms first appeared.

If you believe you have been exposed, make sure to self-isolate. If you need medical attention, please call your healthcare provider in advance of a visit to discuss your symptoms and next steps. Local hotline: 208-234-5875.

