

# Carroll Middle and Maple Creek Return to Play

Prior to participation - all student athletes must have a physical on file with the additional 2020-2021 Health Update Questionnaire & Consent & Release Certificate. Concussion/Sudden Cardiac Arrest forms must also be included.

Athletes and coaches who are experiencing COVID-19 symptoms are excluded from practice/events and should remain at home.

- Symptoms: fever, cough, shortness of breath, trouble breathing, persistent pain or pressure in the chest, fatigue, body aches, headache, new loss of taste or smell, sore throat, congestion or runny nose, nausea or vomiting, diarrhea, new confusion or not able to be woken, bluish lips or face.

Athletes and coaches who arrive ill, display symptoms of COVID-19 or answer “yes” to the screening questions will be sent home. Communication with parents, school administration and school nurse will be done immediately.

- Athletes and coaches who are sent home will need to be cleared by a family physician, in writing, before allowed to return.

Coaches and school staff who are 65 years of age or older in the high-risk category participate knowing the risks of attendance and participation.

At practices/events, coaches will frequently review COVID-related precautionary measures:

- Awareness of symptoms
- Appropriate social distancing
- Using cleaners/disinfectants
- Proper hand washing
- Awareness of touchpoints than can transmit virus

## Phase 1: July 6th - July 19th

- No formal competition allowed; acclimation period
- No non-essential personnel allowed.
- Practice social distancing as much as possible.

### **Preparation and clearing:**

- Post signs of symptoms in restrooms. Locker rooms will not be used during this phase.
- Cleaning protocol spelled out to custodians, coaches, parents and athletes.
- Practice clothes/uniforms should be washed before returning to next practice.
- Multiple hand sanitizing stations will be available.
- Cleaning bottles/supplies made available when/where needed.
- Balls/equipment sanitized before/after use.
- Restrooms/touchpoints/surfaces will be disinfected by the custodial staff.

### **Athlete attendance/intake:**

- Each athlete screened (see COVID symptom questionnaire) prior to workouts/practice.
- Prior to entering practice area, athletes will wash hands.
  - Can use hand sanitizer.
  - Can use bathrooms located in commons/cafeteria.

### **Group/team/facility:**

- During phase 1, teams are only allowed 2 activity days per week on non-consecutive days. Total hours of practice cannot exceed 6 hours per week.
- No lockers room usage during this phase.
- Athletes should leave the facility immediately after their practice session and should not congregate on school property while waiting for their ride. Please observe social distancing guidelines - 6 feet or more between individuals.
- Athletes are not allowed to share equipment. Some examples are, but not limited to, the following: water bottles, towels, shirts, shorts, shoes, helmets, etc.
- Athletes and coaches should practice social distancing as much as possible. Areas such as benches, sidelines and other "holding areas" will be monitored and spread out when in use.
- Athletes are allowed to wear a mask if doing so will not cause a health risk.

### **Middle school teams affected by phase 1:**

- Cheer
- Cross country

## **Phase 2: July 20th - August 14th**

### **Preparation and cleaning**

- Same as phase 1.

### **Attendance/Intake**

- Same as phase 1.

### **Group/team/facility**

- Continue with all guidelines from phase 1.
- 50% locker room usage allowed but discouraged. Please use only when absolutely necessary.
- Contact is allowed in practice per IHSAA rules.
- Athletes are allowed to wear a mask if doing so will not cause a health risk.

### **Middle school teams affected by phase 2:**

- Cheer
- Cross country
- Football: Practice starts...
- Volleyball: Practice/tryouts start...

## **Phase 3: August 15th onward**

### **Preparation and cleaning**

- Same as phase 1 and 2.

### **Attendance/Intake**

- Students who are in school can participate unless symptoms develop during school day.

### **Group/team/facility**

- Continue with all guidelines from phase 1.
- 50% locker room usage allowed but discouraged. Please use only when absolutely necessary.
- Contact is allowed according to IHSAA rules.
- Athletes are allowed to wear a mask if doing so will not cause a health risk.

### **Middle school teams immediately affected by phase 3:**

- Cheer
- Cross country
- Football: Practice starts...
- Volleyball: Practice/tryouts start...