

# ATHLETE RETURN TO CAMPUS PLAN FOR STRENGTH AND CONDITIONING

On behalf of Kaufman ISD Athletics, we are pleased to present this outline for the plan to return our studentathletes to in-person on campus training. This is our blueprint to return our athletes to Strength and Conditioning and Sports Specific Skills Training on our campus. The health and safety of our student-athletes is our number one priority and the following guidance is based on what is currently known about the Coronavirus disease(COVID-19). Kaufman ISD Athletics has designed this guidance to help prevent workplace exposure to COVID-19 for all student-athletes, coaches, and KISD staff and will be updated as additional information becomes available.

The following guidelines were compiled with the assistance of Kaufman ISD Administration and the guidelines of the University Interscholastic League. With social distancing requirements, it will take many more hours and practice areas to provide our student-athletes a quality summer strength and conditioning experience.

We will continue to work closely with the UIL, District Administration, and the State of Texas so that timely and accurate information will guide appropriate responses. Local conditions will influence the decisions that public health officials make regarding community-level and ultimately, Kaufman Athletic strategies.

We will expect staff and athletes to conduct themselves as if they are contagious. The policies in our plan are designed to minimize risk of yourself and others. It is vital to the health and safety of everyone that our athletes and staff are fully considerate of this at all times and take responsibility for following these guidelines seriously.

#### **KEY PRINCIPALS**

- Limiting personal interaction face-to-face interaction and person-to-person contact will be limited to essential activities that cannot be performed in an alternative (virtual or remote) fashion. When such activities are required, social distancing and other infection-spreading mitigating measures will be emphasized.
- Hygiene hand washing will be emphasized before, during, and after team activities when practicable.
- Cleaning and Sanitation routine and enhanced cleaning and sanitation measures will be implemented.
- Safe access to facilities Facility entry and exit points will be coordinated to minimize personal interaction and facilitate social distancing.
- Kaufman ISD staff will keep a 1:15 coach to student ratio at all times.
- Screening Procedures for Student-Athletes and Coaches Daily symptom and temperature screening assessment will be required for all athletes and coaches.

### **OVERALL GUIDELINES AND RESPONSE STRATEGIES**

#### SANITATION

#### • DISINFECTION AND SANITATION

- Facilities Cleaning All surfaces in the work area must be thoroughly disinfected throughout and at the end of each day.
- Equipment Cleaning Bar bells or dumb bells will be sanitized after each use and before a new athlete uses it. Spray bottles and paper towels will be at each station so that athletes can spray and wipe after each use.
- Enhanced Cleaning Specific athletic facilities in which an individual with a confirmed positive case of COVID-19 has been identified will undergo enhanced disinfection per CDC and industry guidelines.
- Ball Cleaning all sports balls used will be disinfected following each session.

#### • ATHLETES AND COACHES

- Both athletes and coaches will sanitize their hands before, during, and after each workout where equipment is used. There will be multiple hand sanitizing stations spread out at all workout areas.
- There will be no high fives, fist bumps, elbow bumps, back slaps or any other physical encouragement.
- 6 foot social distancing will be kept when not actively working out.
- 10 foot social distancing will be kept when actively working out.

#### • STUDENT-ATHLETE AND COACH REQUIREMENTS

- All athletes and coaches will check in and complete the screening process each session at the entrance to the stadium.
- All athletes and coaches will stay home or be sent home if they answer "YES" to any screening questions, if they register a high temperature, or if they do not feel well.
- Athletes and coaches will keep social distancing at all times. (6ft rule and 10ft rule) This includes lift groups, run groups, sport specific groups, restrooms, and all other common areas.
- Physical Contact Limit physical contact with all others. Do not shake hands, fist bump, high five, etc.
- Athletes and coaches will be encouraged to use hand sanitizer before entering facility, when exiting facility, and any other chance they get.
- Restrooms Athletes and coaches will be required to wash hands; utilize the "one in-one out" model; sanitize hands before entering and after; trash cans will be placed by the door to encourage athletes to open the door with the paper towel they used to dry their hands. Other than restrooms, locker room use is not allowed for any reason.
- Hydration Athletes and coaches will be required to bring individual labeled water bottles.

#### SCREENING PROCESS – DAILY

- BEFORE ENTERING THE FACILITY Each athlete and coach fill out a screening questionnaire via Google Forms with assistance of coach at the entrance to the facility. If any of the questions have a "YES" answer that athlete or coach will not be allowed into the stadium.
- Screening questions include:
  - Have you had contact with a person who is/was positive for COVID-19?
  - Do you have a new or worsening cough or shortness of breath/difficulty breathing?
  - Have you had fever in the last 14 days?
  - Do you have at least two of the following: chills, repeated shaking with chills, muscle pain, headache, sore throat, new loss of taste or smell, or diarrhea?
- Again hand sanitizing stations will be set up at entrances to facilities and screening check points where athletes and coaches must sanitize their hands prior to entry and upon exiting.
- All athletes and coaches enter the facility at the screening checkpoint that is managed by Kaufman ISD coaches. All other entry will be denied.
- Six feet indicators will be set up along the sidewalk to assist the athletes in keeping distancing while waiting to be screened.
- WORKOUT / SKILLS GROUPS
  - Athletes and coaches will be put into workout and skills groups and will remain in those groups for the entirety of the summer.
  - When an athlete or coach develops symptoms, all athletes and coaches will be removed until that athlete or coach is symptom free. All can return at that time if all are symptom free.

#### WEIGHT ROOM / INDOOR REGULATIONS

- Groups limited to no more than 25% capacity and groups will remain appropriate distance apart.
- 25% capacity:
  - Field House weight room 24 total
  - Each Gym 10 athletes and 1 coach per half court

#### OUTDOOR REGULATIONS

- Groups limited to no more than 20:1 Athletes to Coaches. Groups will remain appropriate distance apart
  - Football stadium 20:1
  - Tennis Courts limit 4 athletes per court 8 athletes inside and 1 coach.

#### WORKOUT PROCEDURES / POLICIES

- Both athletes and coaches will sanitize their hands before, during, and after workouts. There
  will be multiple hand sanitizing stations spread out in all workout areas.
- There will be no high fives, fist bumps, elbow bumps, back slaps or any other physical encouragement.
- 6 ft socially distancing when not actively working out.
- 10 ft socially distancing when actively working out.
- Bars and other equipment will be sprayed and wiped down after each use.
- Athletes may attend only up to 2 hours per day of strength and conditioning activities.
- Athletes may attend only up to 90 minutes per day of skills with no more than 60 minutes per day per sport.
- Any equipment should be regularly disinfected during sessions.
  - Equipment will not be shared between groups.
- No competitive drills involving one or more athletes on offense vs defense in skills work.
  - Not 1 vs 1, 3 vs 3, 5 vs 5, 7 vs 7, etc.

#### COVID-19 SYMPTOMS AND MANAGEMENT

- Athletes and coaches who appear to have symptoms or who become sick during the day will be immediately separated from other athletes and coaches and instructed to return home.
- POSTITIVE TEST CONFIRMED If an athlete or coach test positive for COVID-19, they are to self-isolate until 10 days from onset of symptoms and 72 hours of being symptom free without medications.
  - Athletes and coaches who are presumed or confirmed COVID-19 positive cannot return to campus until cleared to do so by Coach Burleson- Athletic Director or Coach Stone - Girls Coordinator.
- If an athlete or coach has been in close contact with someone who has tested positive for COVID-19 or has a family member that lives with them that has tested positive for COVID-19:
  - Athlete or coach should inform Coach Burleson Athletic Director or Coach Stone -Girls Coordinator and quarantine for 14 days.

#### PARENT/GUARDIAN COMMUNICATION PLAN

- Emails will be sent to parents/guardians outlining updated return to campus plans and safety measures.
- Coaches will educate athletes of our policies and procedures via zoom, Google Hangout/Meet, Remind, phone calls, and school /athletic websites.
- Parent/guardian will be contacted immediately if an athlete has been sent home.
- Constant and detailed communication via Remind and social media outlets with parents/guardians.

#### • STRENGTH & CONDITIONING - KAUFMAN TRAINING AND PREPARATION

- June 1-June 5: This week will include extensive education and training for our coaches and staff, so they are prepared to begin workouts on June 8.
- Facilities will begin to be prepared and set up for our athletes and coaches
  - Sanitation stations
  - Trash cans strategically placed
  - Social distancing signs, restroom signs, handwashing signs, and check-in signs will be placed throughout the facilities.
  - Sidewalks marked for social distancing during check-in process.

#### • SUMMER SPORT CAMPS / JH ATHLETES

- There will be no sports camps this summer.
- We will not offer strength and conditioning/sports skills to JH athletes this summer to help will possible exposure from large numbers.

## **STRENGTH & CONDITIONING CALENDAR**

#### DAYS OF NO ACTIVITY PER UIL: JULY 3, 7, 8, 20, 21

#### **FIRST 4 WEEKS:**

GIRLS	BOYS
7:00-8:00 - WEIGHT WORK	8:00-9:00 – LINEMEN-WEIGHT WORK / SKILL-SPORTS SKILLS
8:00-8:30 - CONDITIONING	9:00-10:00 – LINEMEN-SPORTS SKILLS / SKILL-WEIGHT WORK
8:30-9:30 - SPORTS SKILLS	10:00-10:30 – ALL-CONDITIONING
WEEK 1, JUNE 8 - 11(MONDAY-THURSDAY)	
WEEK 2, JUNE 15 - 18(MONDAY-THURSDAY)	
WEEK 3, JUNE 22 - 25(MONDAY-THURSDAY)	
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\*WE WILL RE-EVALUATE AT THIS TIME. IF ALL IS WELL, WE WILL ADD SPORT-SKILL WORK ON FRIDAYS FOR THE REMAINDER OF THE SUMMER.

WEEK 5, JULY 6, 9-10(MONDAY, THURSDAY-FRIDAY)

WEEK 4, JUNE 29 - JULY 2(MONDAY-THURSDAY)

WEEK 6, JULY 13 - 17(MONDAY-FRIDAY)

WEEK 7, JULY 22 - 24(WEDNESDAY-FRIDAY)

WEEK 8, JULY 27 - 31(MONDAY-FRIDAY)