

IESA/IHSA Return to Play Guidelines Updated Jan. 26, 2021

Coaches:

- No coach should attend any workouts if they are exhibiting any symptoms. Any coach exhibiting symptoms should report this to Coach Welk for further guidance.
- Since coaches have to do pre-practice screenings, they should arrive 15-30 minutes before the start time in order to get this accomplished safely.
- When coaches arrive for a workout, we are asking them to either wash their hands or use hand sanitizer or both. This should be done before doing anything else.
- Coaches should make sure they have their own drinks/towels/whistles/etc. No sharing of any of these types of items either between coaches or between coaches and players.
- At the end of every session, coaches will need to wipe down all common areas that students/coaches have touched, including but not limited to: dugout areas, bats, helmets, scorer's table, chairs, door handles, locker rooms, balls, cones, etc.
- Anytime a student can bring their own equipment and it is practical (i.e. gloves, bats, soccer balls, etc.) that is highly encouraged.
- Coaches must use an electronic whistle if they plan to use a whistle. If you need one, let Coach Welk know ASAP.
- Coaches should do everything possible to remain at least 6 feet away from all students and other coaches. "Close contact" is considered being within 6 feet of someone for 15 minutes or more. If coaches can maintain that distance, this will reduce the amount of close contact with any other individuals. Coaches should also monitor the students to make sure they are maintaining 6 feet of distance as much as possible.
- If possible and practical, coaches should create "pods" or small groups within the teams to help with distancing and potentially minimize within-team contacts. This could help to minimize potential exposure if a player is diagnosed with COVID-19.

Pre-Workouts or Games/During Workouts or Games

- Coaches must maintain a daily log of attendance and athlete participation. A pre-workout screening chart which was created by the IHSA will be provided to coaches. This log should be updated daily and made available to Coach Welk.
- **Part of the pre-workout screening is a temperature check. An infrared thermometer is available at Calvary for temperature screenings. Anyone at a temp of 100.0 or above will not be allowed to participate. If the initial reading on a student is at 100.0 or above, isolate them and re-check 10 minutes later. If it is still at 100.0, they are not allowed to participate.**
- Any person exhibiting symptoms on the form should not participate and should refer to the guidance from the ISBE All Sports Policy about returning to activity (page 5, #3). Also, any symptoms should be reported to Coach Welk immediately.
- Once a student has arrived and has been cleared through the pre-workout screening chart, he/she should sanitize or wash his/her hands (recommended minimum of 20 seconds with warm water and soap).
- Hand sanitizer will be available for use before/during/after all workouts.
- Locker rooms will be open and available for use but this use should be limited. Please allow only one person in the locker room at a time. This only applies to indoor sports at Calvary Academy. If at all possible, students should arrive at the gym already dressed for practice or games.

- Appropriate clothing should be worn at all times in order to minimize transmission of sweat.
- Students will need to bring their own water bottle to every workout. These should be labeled and spread out in the facility and NO SHARING is allowed. No sharing of any personal items.
- No high-fives, handshakes, hugs. No spitting or blowing of the nose without use of a tissue.
- Practices/open gyms should be conducted in such a way that all people can maintain a distance of 6 feet as much as possible. This will reduce the number of close contacts that a student or coach may have.
- Any student who is not actively participating in the practice/workout should be on the sidelines and distanced at least 6 feet away from any other person. During games/scrimmages, all bench areas will be set up to allow for 6 feet of distance between all players and coaches.
- Dugouts must be rearranged so that students are spaced 6 feet apart. This may mean extending the dugout areas.

Post-Workout or Games

- Students should not congregate after practices. If they are gathering to socialize, 6 feet of distance should be maintained at all times.
- Coaches will encourage all participants to shower immediately after their practices and wash all their clothing as soon as they get home.
- Coaches will clean and sanitize after all workouts. Coaches will need to wipe down all common areas that students/coaches have touched, including but not limited to: dugouts, benches, bats, scorer's table, chairs, door handles, locker rooms, balls, cones, water fountain handles, etc.
- If another team is arriving for a practice after you, make sure everyone is gone and all cleaning is completed before giving the next coach the green light to come in.

Masks

- According to guidance from ISBE: All participants and spectators must follow ISBE guidance, meaning all individuals must wear a face covering at all times, except while eating or drinking, unless they have a medical contraindication, are younger than 2 years of age, have trouble breathing or are unconscious, incapacitated, or otherwise unable to remove the cover without assistance. Face coverings must be worn indoors and outdoors. Face coverings may be removed **outdoors** while actively exercising or participating in practices or competitions, as long as social distancing can be maintained. Face coverings may also be removed while eating or drinking; however, strict adherence to social distancing must be maintained during these activities. Students must wear masks at all times at all indoor practices/open gyms.

In the event that a student or coach tests positive for COVID-19

- All practices/open gym will be suspended until we can identify any contacts that person had.
- If there are close contacts, students and parents will be notified and we will follow the guidance provided by ISBE on page 4 of the All Sports Policy and as provided to our school by the IDPH and CDC.

IHSA/IESA Rules

- Sports that are not in season are allowed contact days starting on January 25th.
- Basketball intrasquad scrimmages are allowed with parental consent. (This signed form will serve as consent.)
- Students must have an updated physical on file in the school office BEFORE participating in any official practices. Physicals are good for 395 days.