



# Indian Hill Plan: Athletics & Activities

## Indian Hill Plan: Values

Indian Hill School District believes it is essential to the physical and mental well-being of high school students across the nation to return to physical activity and athletic competition.

There will likely be variation in what sports and activities are allowed to be played and held in Ohio throughout the 2020-2021 school year. We are working diligently with ODH, ODE, OHSAA, OMEA, the CHL, and our Hamilton County Health Department to develop effective policy and plans regarding a return to activity for high school, club and youth sports that utilize our campus and facilities.

## Indian Hill Plan: Points of Emphasis

1. Summer participation (starting June 2, 2020) in workouts/training sessions **is voluntary and may not** be used toward team or program selection.
2. Decreasing potential exposure to respiratory droplets is the guiding principle behind social distancing and the use of face coverings. The use of cloth face coverings is meant to decrease the spread of respiratory droplets. As state and local COVID-19 prevalence decreases, the need for strict social distancing and the use of face coverings will lessen. We will adhere to guidance from ODH and CDC on these recommendations. **All athletes and coaches are required to bring a face mask to the venue and use it until the workout begins, and following all workouts.**
3. We will require testing regimens, specific guidelines on mass gathering numbers, and responses to a suspected student or team member testing positive for COVID-19, including contact tracing, following the outlined guidance documents we have developed from ODH and the CDC. Suspected COVID-19 transmission could result in immediate, significant changes to our protocols and the guidelines below.
4. We expect some degree of recurrent outbreaks this coming fall and winter across Ohio. We will be prepared to communicate periodic closures and the impact on athletes and teams, including local cases requiring athletes to quarantine/isolate in-season, competition changes during temporary school closures, the cancellation of contests during the regular season, and parameters for the cancellation or premature ending of seasons.

5. CHL scheduling of contests that require less travel when possible will be considered. Such scheduling will reduce time spent in buses or vans. It will also potentially decrease the need for rescheduling contests as re-opening occurs regionally. If opponents at the time of a contest are subject to different restrictions, re-scheduling that contest for a later date may be problematic. Parent pick-up/drop-off for travel may also be requested, or required at times in the event of a suspected case off campus.

6. The principles presented in this guidance document can be applied to practices, rehearsals, and events for the performing arts and clubs/activities, with the exception of singing and the playing of wind instruments. These activities are currently under investigation and further guidance will be issued as it becomes available.

7. "Vulnerable individuals" are defined by CDC as people age 65-years and older, or anyone with serious underlying health conditions, including high blood pressure, chronic lung disease, diabetes, obesity, asthma, and those whose immune systems are compromised such as by chemotherapy for cancer or other conditions requiring such therapy. These individuals are encouraged to refrain from these activities.

8. Until a cure, vaccine or very effective treatment is readily available, or so-called "herd immunity" is confidently reached, social distancing and other preventive measures such as face covering will be expected norms for all students, supervisors and employees on site in observance of events, including any/all workouts, practices, and competitions. Social distancing is defined as a minimum of six (6) feet of spacing on all sides among participants.

### **Indian Hill Plan: Safety**

#### **A. Pre- workout Screening:**

- All coaches and students should be screened for signs/symptoms of COVID-19 prior to a workout. Screening includes a temperature check by a designated coach for each workout and verification of a facemask and water. This designated coach will be shared as part of the coach's practice plan.
- All students shall bring their own labeled water bottle. Water bottles must not be shared.
- Responses to screening questions for each person should be recorded and stored so that there is a record of everyone present in case a student develops COVID-19.
- Any person with positive symptoms reported (fever greater than 100.4, fatigue, muscle aches, cough loss of sense of smell, nausea, diarrhea, shortness of breath and other flu like symptoms) should not be allowed to take part in workouts and should contact his or her primary care provider or other appropriate health-care professional. In addition, if a participant shows positive signs, it will be documented and shared with school officials. Parents will be contacted, and the participant will be isolated until such time as they can return home safely. The activity may be shut down for that day.
- Vulnerable individuals should not oversee or participate in any workouts during this time.

#### **B. Hygiene Basics:**

## **CONTINUE TO PRACTICE GOOD HYGIENE**

- All participants will be expected to wash their hands with soap and water or use hand sanitizer before the workout begins, and after touching frequently used items or surfaces.
- Avoid touching your face.
- Sneeze or cough into a tissue, or the inside of your elbow.
- Disinfect frequently used items and surfaces as much as possible.
- Face masks are required while in public, and particularly when arriving and departing the venue. Athletes only may remove masks when participating in activities.
- Athletes should refrain from mass transit/carpools to and from venues together.
- Athletes are responsible for handling their own mouth guards.

## **PEOPLE WHO FEEL SICK SHOULD STAY HOME**

- Do not go to work or school.
- Contact and follow the advice of your medical provider.
- Following a participant's exhibited Covid-19 signs, athletes must follow return to play protocols established with doctor clearance.
- Coaches will follow a predetermined protocol established when needing to attend to player injuries. The supervisor in charge of the venue, and approved first aid staff, will initiate the protocol. See the link to the Athletic Handbook.

[http://www.ihraves.org/images/stories/AD/Code\\_of\\_Conduct\\_Update\\_Final\\_10-17-2019.pdf](http://www.ihraves.org/images/stories/AD/Code_of_Conduct_Update_Final_10-17-2019.pdf)

### **C. Limitations on Gatherings:**

- No gathering of more than 10 people at a time, at each session up to 50 total per venue (inside or outside). This number includes coaches. [12] [13]
- Locker rooms should not be utilized during this time. Students should report to workouts in proper gear and immediately return home to shower at the end of the workout.
- Workouts should be conducted in "pods" of students with the same 5-10 students always working out together. Smaller pods can be utilized for weight training. This ensures more limited exposure if someone develops an infection.
- There must be a minimum distance of 6 feet between each individual at all times. If this is not possible indoors, then the maximum number of individuals in the room must be decreased until proper social distancing can occur.
- Students should avoid mass transit/carpools coming to/from venues.
- **Campus is only being opened for approved, supervised athletics or activities at this time. Athletes should not congregate before or after activities. We ask all parents to abide by these expectations. Supervisors will send participants to you when they are done.**

#### **D. Facilities Cleaning:**

- Adequate cleaning schedules should be created and implemented for all athletic facilities --- the coaches get approval of the schedules from the AD and the AD shares the schedules with our custodian staff so they will know to clean as needed both before and after the sessions.

#### **Custodian Responsibilities:**

Prior to an individual or groups of individuals entering a facility, hard surfaces within that facility should be wiped down and sanitized (chairs, furniture in meeting rooms, locker rooms, weight room equipment, bathrooms, athletic training room tables, etc.).

Ensure that all safety supplies are adequately supplied and available for each coach and for each training session.

#### **Coach Responsibilities:**

- Coaches should ensure that each individual washes their hands or uses hand sanitizer before touching any surfaces or participating in workouts.
- Coaches should ensure that plenty of hand sanitizer is available to individuals as they transfer from place to place.
- Coaches should ensure that all weight equipment is wiped down thoroughly before and after an individual's use of the equipment.
- Coaches should ensure that appropriate clothing/shoes should be worn at all times in the weight room to minimize sweat from transmitting onto equipment/surfaces.
- Coaches should ensure that student athletes bring their own towel to use to absorb their own perspiration.
- Coaches should ensure that any equipment such as weight benches, athletic pads, etc. having holes with exposed foam should be covered.
- Coaches should encourage students to shower and wash their workout clothing immediately upon returning to home.

#### **E. Hydration:**

- All students shall bring their own labeled water bottle. Water bottles must not be shared, and should be paced a minimum of six (6) feet apart with athletes' belongings. Athletes without appropriate water bottles will not be allowed to participate.
- Hydration stations (water cows, water trough, Waterboy, water fountains, etc.) will not be utilized until further notice. Students will have the ability to refill water bottles on site.
- Juice/Fruit/Foods: All students are responsible for handling their own personal items within their designated space. These items should not be shared.

#### **F. Physical Activity and Athletic Equipment:**

- There should be no shared athletic equipment (towels, clothing, shoes, or sports specific equipment) between students.
- Students should wear their own appropriate workout clothing (do not share clothing) individual clothing/towels should be washed and cleaned after every workout.
- All athletic equipment, including balls, should be cleaned after each use and prior to the next workout.
- Individual drills requiring the use of athletic equipment are permissible, but the equipment should be cleaned prior to use by the next individual.
- Resistance training should be emphasized as body weight, sub-maximal lifts and use of resistance bands.
- Free weight exercises that require a spotter cannot be conducted while honoring social distancing norms. For any weight training, social distancing of a minimum of 6 feet apart will be required. Safety measures in all forms must be strictly enforced in the weight room.
- Personal items brought to practice should not be shared. Participants should limit the amount of items they bring.