

SHA Athletics RETURN TO ACTIVITY --- GUIDE FOR STUDENTS & PARENTS

- Voluntary Workouts begin on **Monday, June 15th.**
 - These workouts are not mandatory and if student-athletes or their parents do not want them to attend, it will not be held against them.
 - There will be a minimum distance of 6 feet between each individual at all times.
- **NO INDOOR** workouts are permitted at this time.
- **IF THERE IS A THREAT OF INCLEMENT WEATHER**, the workout will be canceled or postponed until the threat of inclement weather no longer exists.
 - This is due to the fact that we will not be going indoors for any reason.
- **COACHES WILL HAVE A FACE MASK WITH THEM AT ALL TIMES.**
 - If a student-athlete or parent requests that a mask be worn while working with them, the coach will oblige with your request.
- Coaches will be provided with non-contact thermometers. They will need hand sanitizer and disinfectant spray for their workouts. These items should be readily available to all student-athletes and coaches in attendance. Parents may have to help provide them.
- Student-Athletes and Coaches are to remain fully clothed at all times. Shirts and shorts/pants are to remain on, regardless of workout type, activity, or temperature.
- **ALL ATHLETES AND COACHES MUST HAVE THEIR OWN WATER BOTTLE.**
 - Water bottles will not be shared.
 - Hydration stations (water cows, Gatorade coolers, water fountains, etc.) will not be utilized.
 - Food will not be shared.
 - There will be **NO SHARING** of clothing or towels.
 - Athletic equipment, balls and other gear will be cleaned intermittently during practices and workouts

- USE OF “OFF CAMPUS” FACILITIES:
 - The use of “off campus” facilities are allowed, under the condition that all “on campus” protocols are followed.

Student-Athlete & Coaches Check-In Procedure

- First and foremost, it’s important that all involved pre-screen themselves at home before attending any workout.
 - Have you had a fever over 100.30F in the past 14 days?
 - Have you experienced any persistent coughing symptoms in the past 14 days?
 - Have you suffered from or had symptoms of a sore throat in the past 14 days?
 - Have you experienced difficulty breathing or suffered from unusual shortness of breath in the past 14 days?
 - Have you been in contact with or cared for someone with COVID-19 in the past 14 days?
- Upon arrival to the workout, student-athletes and coaches will be directed to check-in with their head coach at a pre-determined location that has been communicated to them by their coach.
 - Cones, Paint, or Tape may be used to mark where the student-athletes should begin to line up, while maintaining the appropriate 6 feet of social distancing.
 - Each student-athlete and coach will be checked in by the head coach and/or assistant coaches in charge of the workout who must wear an appropriate face covering while checking them in.
 - You will first have your temperature scanned by the coach, using a non-contact thermometer.
 - ***If the student-athlete or coaches temperature is above 100.30F***, they will need to be immediately moved away from the check-in site, followed by a call to their parent/guardian advising that they be picked up immediately.
 - The Head Coach will then need to immediately notify AD..
 - The Athletic Director will then notify the Principal and a call may need to be placed to the local Health Department.
 - It will then be determined if this student-athlete or coach came in physical contact with anyone prior to checking-in.

- If the answer is “YES,” the parent/guardian of those student-athletes must be notified immediately and those student-athletes should be isolated away from the group immediately.
 - The student-athlete or coach and their parent/guardian will be advised to call their local health care provider immediately for testing and potential treatment.
 - The student-athlete or coach who has the elevated temperature is now on a 14-day separation from the team or/and unless he/she has a coronavirus test and is shown to NOT have COVID-19 and has been fever free for 24 hours.
 - The student-athlete or coach will be allowed to return to further activities with Sacred Heart Academy upon documented clearance from a doctor that has been approved by the athletic director.
- Upon completion and passing of the temperature check, each student-athlete or coach will be asked a set of questions by the head coach in regards to their health and potential exposure to anyone with COVID-19.
 - These answers, along with their temperature will be recorded on the monitoring form.
 - ***If the student-athlete or coach answers “YES” to any of the questions***, they will need to be immediately moved away from the check-in site, followed by a call to their parent/guardian advising that they be picked up immediately.
 - The Head Coach will then need to immediately notify the athletic director.
 - The Athletic Director will then notify the Principal and a call may need to be placed to the local Health Department.
 - It will then be determined if this student-athlete or coach came in physical contact with anyone prior to checking-in.

- If the answer is “YES,” the parent/guardian of those student-athletes must be notified immediately and those student-athletes should be isolated away from the group immediately.
- The student-athlete or coach and their parent/guardian will be advised to call their local health care provider immediately for testing and potential treatment.
 - The student-athlete or coach who has answered “YES” is now on a 14-day separation from the team or/and unless he/she has a coronavirus test and is shown to NOT have COVID-19 and has been fever free for 24 hours.

- The student-athlete or coach will be allowed to return to further activities with Sacred Heart Academy upon documented clearance from a doctor that has been approved by the athletic director.
 - Upon completion and passing of the questionnaire, the Student-athlete will be allowed to participate in the voluntary workout.

PLEASE NOTE: *Testing regimens, specific guidelines regarding mass gatherings, and response to a student or team member testing positive for COVID-19 (including contact tracing) are all constantly under review, and guidance continues to come from the CDC and state and local health departments. Testing availability, resources for contact tracing, and expanding knowledge of the characteristics of COVID-19 transmission could all result in significant changes to these recommendations. The MHSAA and Sacred Heart Academy will continue to disseminate this information as it becomes available.*

- At the conclusion of each workout, the coach and/or coaches will be responsible for sanitizing all thermometers, clipboards, and cleaning supplies used.

SPORT-SPECIFIC GUIDELINES

• ***Low Risk Sports***

- ***Cross Country, Sideline Cheer, Track & Field***
 - Activities must be done with physical distancing of 6 feet!
 - All athletic equipment, including balls, should be cleaned intermittently during practices and workouts.
 - Common equipment should be cleaned intermittently during practices.

- **Cross Country and Track & Field:**
 - Runners should maintain at least 6 feet of physical distancing between individuals, no grouping.

- **Sideline Cheer:**
 - No physical contact - chants and jumps, only, with physical distancing.

- **Track & Field (Throwing Events):**
 - Common equipment such as this should be cleaned intermittently during practices and workouts.

• ***Moderate Risk Sports***

- ***Baseball/Softball, Basketball, Track & Field, Volleyball***
 - Activities must be done with physical distancing of 6 feet!
 - All athletic equipment, including balls, should be cleaned intermittently during practices and workouts.

○ **Baseball/Softball:**

- All players must be physically distant.
- Players should not share gloves, batting gloves, helmets and catcher's equipment.
- Common equipment, such as the ball, must be cleaned as permitted during a practice or workout session.

○ **Basketball:**

- Drills are allowed that keep all players physically distant; there should be no physical contact or close proximity of players.
- Common equipment, such as the ball, must be cleaned as permitted during a practice or workout.
- Activity must take place outdoors.

○ **Track & Field (Relay & Field Events):**

- No sharing of implements / equipment.
- Padded equipment should be cleaned between uses.
- Common equipment such as relay batons should be cleaned intermittently during practices and workouts.

○ **Volleyball:**

- Drills are allowed that keep all players physically distant; there should be no physical contact or close proximity of players.
- Common equipment, such as the ball, must be cleaned as permitted during a practice or workout session.
- Activity must take place outdoor

- **Higher Risk Sports**

- **Football**

- Activities must be done with physical distancing of 6 feet!
 - All athletic equipment, including balls, should be cleaned intermittently during practices and workouts.

- **Football:**

- Drills are allowed that keep all players physically distant; there should be no physical contact or close proximity of players.
 - Common equipment, such as the ball, must be cleaned as permitted during a practice or workout.
 - Contact with other players is not allowed, and there should be no use of tackling dummies / shields / sleds.
 - Protective equipment other than helmets is prohibited; helmets may not be shared..

IF AT ANY TIME YOU HAVE ANY QUESTIONS, PLEASE FEEL FREE TO CONTACT THE ATHLETIC DIRECTOR AT dhaggart@sha.net