

## Washington Township High School COVID-19 Return to Play Phase 1

### Parent/Athlete Information

The COVID-19 pandemic has sparked dramatic changes across all aspects of our daily lives. The combination of lifestyle modifications and potential comorbidities associated with COVID-19 also presents important, athlete specific health and safety risks as a return to sport plans emerge. The Washington Township High School has been working on guidelines for a smooth return to play in a phase-in process. Phase 1 will begin on or around July 13, 2020. Below you will find some important details about the Phase 1 return process.

- 1. Student-athletes who presently have COVID-19, or who have tested positive for COVID-19, shall provide clearance from a physician before he/she will be permitted to participate in workouts.**
- 2. Student-athletes who have pre-existing medical conditions and/or are immunocompromised (e.g. diabetes, asthma, auto-immune disorders, etc.) shall provide clearance from a physician before he/she will be permitted to participate in workouts.**
- 3. The COVID-19 Questionnaire must be completed seven (7) days before the start of the first workout session. This form only needs to be completed one time. Any athlete that does not have a COVID-19 Questionnaire on file will not be permitted to participate in any workouts.**

### Pre-Screening

1. The athletic training staff will conduct daily pre-screening.
2. Pre-Screening will take place as the student-athlete arrives on campus before they exit their car and/or enter the outdoor athletic area.
3. Each day all coaches, student-athletes, and staff must clear the pre-screening process before they are permitted to participate in the workouts.
4. The pre-screening process will consist of a review of the pre-screening questionnaire, which shall be completed online (Microsoft forms) and provided to the athletic training staff, and a temperature check.  
<https://forms.office.com/Pages/ResponsePage.aspx?id=MNRd2DZlRkS7nnRxZaAHNXTQ--TqJMZOqjIcro1YfypUNIM2UUFMko0SDBCuu1YNIZRMzhBRjVSRS4u>
5. The daily pre-screenings of all coaches, student-athletes, and staff will be document. These documents will be share with appropriate staff members in the event of a yes answer to the questionnaire and or a temperature greater than 100.4°F.
6. Any individual who answers “yes” to any question on the questionnaire, or who has a temperature greater than 100.4°F, shall not be permitted to participate in the workout and shall be required to return home.
7. Any individual who answers “yes” to any question on the questionnaire shall be required to provide clearance from a physician before they will be permitted to resume participation in the workouts.
8. Any individual who has a temperature greater than 100.4°F shall be required to provide a clearance from a physician and who has had no fever for a minimum of 48 hours before they are permitted to resume participation in the workouts.



### **Face Coverings**

1. Student-athletes who are engaged in high-intensity aerobic activity, e.g., running, sprinting, etc., do not need to wear face coverings during the period of aerobic activity. Once the aerobic activity is over the student-athletes shall wear face coverings.
2. Student-athletes who are not engaged in high-intensity aerobic activity, e.g., sitting on the bench, reviewing plays, watching videos, waiting in line, etc., are encouraged to wear face coverings.
3. Coaches and district personal must always wear face coverings.

### **Groupings/Social Distancing**

1. No more than ten (10) student-athletes may be grouped in a single area and the group should be pre-determined by the coach before the start of the workout.
2. The social distancing of at least six (6) feet shall always be maintained between student-athletes and staff, including within the ten (10) student-athlete grouping (pods).
3. Once student grouping (pods) are determined, student-athletes may not switch to another grouping, even for another sport.
4. More than one group of student-athletes can be in a single area, provided there is twelve (12) to eighteen (18) feet between each group of student-athletes.
5. Grouping (pods) **must** stay together throughout the entirety of PHASE 1.
6. There shall not be celebratory contact, e.g., fist bumps, high-fives, huddles, etc.
7. Student-athletes who participate in more than one sport are encouraged to be grouped with their fall sports.

### **Hydration**

1. At no time will any athlete be denied access to fluids.
2. Public hydration will not be available. This includes water bottles, cups, and water sources. Each athlete will be required to bring their own individualized and labeled bottles. There shall not be any trading or sharing of water bottles.
3. If an athlete arrives at practice or competition without an individualized bottle, they will not be allowed to partake in the practice/competition.

### **Sports Equipment**

1. Sports equipment shall not be shared at any time during PHASE 1.
2. All sports equipment and touchpoints (e.g. benches, agility cones, ladders, clipboards, etc.) must be cleaned and disinfected after each workout.

### **Locker Rooms/Restrooms**

1. Student-athletes shall not have access to locker rooms at any time unless needed for restrooms. O'Brien Hall restrooms will be available for usage.
2. Restrooms shall be cleaned and disinfected regularly.
3. Restrooms use shall be limited to one person at a time. Face coverings must be worn.
4. To the fullest extent possible, appropriate social distancing shall be maintained, and face coverings are worn when more than one student-athlete is in the restroom

### **Hygiene**

1. Students and staff should make every effort to wash their hands as often as possible including before and after the workout.
2. Hand sanitizer will always be accessible.
3. Student-athletes shall wear their workout gear to the workout and shall return home in the same workout gear.
4. There shall be no spitting, chewing seeds or gum during the workout.

For additional information or question please contact the WTHS Athletic Office