



**2020 - 2021**

**Athletic, Extra & Co-Curricular  
Reopening Plan  
July 8, 2020**

[Quick Reference Change Log & Frequently Asked Questions](#) can be found on our website.

*1st Revision date July 16, 2020  
2nd Revision date July 17, 2020  
3rd Revision date July 23, 2020  
4th Revision date July 28, 2020  
5th Revision date August 3, 2020*

## **Athletic/Extra & Co-Curricular** - Prepared by Joe Bronkella

Unique requirements for a district/school's region or county must be followed regardless of the phase defined below. In addition, given the fluid situation of COVID-19, these considerations are subject to change. Read the phases carefully as the considerations are gradually expanded in many areas.

### **Phase I: July 6-July 19**

1. All Activities are **VOLUNTARY**.
2. Student-Athletes are limited to 15 total hours per week of school contact activity.
  - a. Sunday Rule Enforced.
  - b. School Contact is conditioning and sport-specific activity.
3. No sport may have more than two activity days per calendar week.
  - a. Must be scheduled in advance by 10 days before the activity.
  - b. Can not be consecutive days.
4. Activity/Training Days are limited to athlete's **next sport up**.
5. Activity days are limited to 3 hours per day max.
6. Conditioning is limited to 4 days per week, max 2 hours per session, athletes can only attend one conditioning session per day.
7. Guidelines followed and social distancing encouraged.
8. Student face coverings are allowed and encouraged while not participating in vigorous exercise.
9. Non-students' face coverings are allowed and encouraged.
10. In case of illness, a strategic plan for what to do should be established.
11. Physicals on file prior to participating is recommended.
12. All staff should be trained and screened for signs/symptoms prior to working out.
  - a. Coaches will have a procedure for tracking signs/symptoms after they occur.
  - b. Districts/schools will post signs displaying symptoms to educate students.
13. Students should either wash their hands or use sanitizer prior to participating.
14. Locker rooms can not be used.
15. Weight rooms are closed.
16. Restrooms may be used.
17. Workouts should be in smaller groups and the same groups workout together.
18. Indoor facilities should be at half capacity.
19. Cleaning schedules should be created and implemented for all facilities and equipment to mitigate any communicable diseases.
20. No sharing of clothing, shoes, towels, or water bottles.
21. If equipment must be shared, including sports balls, hand shields, etc., this equipment should be cleaned prior to use and immediately following usage. Responsibility for cleaning should be clear and appropriate training should be provided.
22. Students are expected to shower at home and wash workout clothing immediately upon returning to their homes. If a student does not have a laundered uniform, he/she may not be allowed to participate in practice or competition.
23. For contact sports, no contact is allowed.
24. Only water bottle refill stations should be allowed to be used.
25. No competition is allowed.
26. Pool usage is acceptable. Schools should take the necessary steps to promote health and safety both in the water and out by social distancing and using good hygiene.

## **Phase II: July 20-August 14**

1. Guidelines followed and social distancing encouraged.
2. Face covering policy for athletics will follow the school procedures based on recommendations from the Indiana State Department of Health, local health officials, and the IHSAA.
3. Team camps are allowed. Local guidelines need to be followed.
4. In case of illness, a strategic plan for what to do should be established.
5. Physicals on file prior to participating is recommended.
6. All staff should be trained and screened for signs/symptoms prior to working out.
  - a. Coaches will have a procedure for tracking signs/symptoms after they occur.
  - b. Districts/schools will post signs displaying symptoms to educate students.
7. Students should either wash their hands or use sanitizer prior to participating.
8. Districts/schools will post signs displaying symptoms to educate students.
9. Locker rooms can be used at 50% capacity.
10. Restrooms may be used.
11. Gathering sizes should be decreased as much as possible.
12. Indoor facilities should be at no more than 50% capacity.
13. For sidelines, benches, or other holding areas, consider establishing protocol as a guide for students and coaches.
14. Contact is allowed as defined by the Indiana High School Athletic Association (IHSAA).
15. Cleaning schedules should be created and implemented for all facilities and equipment to mitigate any communicable diseases.
16. Appropriate clothing/shoes should be worn at all times to minimize transmission.
17. No sharing of clothing, shoes, towels, or water bottles.
18. Hand sanitizer should be plentiful and available at all times.
19. If equipment must be shared, including sports balls, weight room facilities, etc., this equipment should be cleaned prior to use and immediately following usage. Responsibility for cleaning should be clear and appropriate training should be provided.
20. Any equipment such as weight benches, athletic pads, etc. having holes with exposed foam should be covered or discarded.
21. Students are expected to shower at school or at home and wash workout clothing immediately upon returning to their homes. If a student does not have a laundered uniform, he/she may not be allowed to participate in practice or competition.
22. If schools launder student gear or uniforms, PPE must be available for the person in charge of laundering.
23. Free weight exercises requiring a spotter can be conducted. Safety measures in all forms must be strictly enforced in the weight room.
24. Celebratory and sportsmanship acts that involve contact should be prohibited.
25. Only water bottle refill stations should be allowed to be used.
26. Pool usage is acceptable. Schools should take the necessary steps to promote health and safety both in the water and out by social distancing and using good hygiene.
27. School camps/clinics/scrimmages are allowed. Recommended protocols listed will be followed and no fans can be in attendance. Only essential personnel will be allowed.
28. No formal competition is allowed with the exception of girls golf.

### **Phase III: August 15**

1. Guidelines followed and social distancing encouraged.
2. In case of illness, a strategic plan for what to do should be established.
3. Physicals on file prior to participating is recommended.
4. All staff should be trained and screened for signs/symptoms prior to working out.
  - a. Coaches will have a procedure for tracking signs/symptoms after they occur.
  - b. Districts/schools will post signs displaying symptoms to educate students.
5. Students should either wash their hands or use sanitizer prior to participating.
6. If locker rooms or meeting rooms are used, 50 percent capacity is recommended. \*If the restriction to 50 percent capacity at competitive events creates hardship and impacts the hygiene or safety of students, a 50 percent or greater capacity is allowed.
7. Gathering sizes should be decreased as much as possible to reduce risk. Workouts should be conducted in defined, smaller groups of students with the same students always together. Reduce gathering size by half capacity in large areas (weight room, wrestling rooms, etc.).
8. The goal of social distancing is defined by the CDC. If it is not possible to follow these guidelines indoors or outdoors, then create as much distance as possible. It is recommended that participants and coaches wear face coverings when distancing is limited and the individual is not participating in rigorous activity. Officials should be given the option to wear face coverings. For sidelines, benches, or other holding areas, consider establishing protocol as a guide for students and coaches.
9. Cleaning schedules should be created and implemented for all facilities and equipment to mitigate any communicable diseases. Review the plan and supply inventory to thoroughly clean and disinfect prior to and after usage following CDC, EPA, and OSHA guidelines. The plan should be clear on who cleans and appropriate training and PPE is provided for such.
10. Cleaning regarding team or group transportation must be followed.
11. Appropriate clothing/shoes should be worn at all times to minimize transmission.
12. No sharing of clothing, shoes, towels, or water bottles.
13. Hand sanitizer should be plentiful and available at all times.
14. Contact should be limited to only contact necessary to compete as defined by IHSAA. Modified sportsmanship practices should be observed.
15. If equipment must be shared, including sports balls, weight room facilities, etc., this equipment should be cleaned prior to use and immediately following usage. Responsibility for cleaning should be clear and appropriate training should be provided.
16. Students are expected to shower at school or at home and wash workout clothing immediately upon returning to their homes. If a student does not have a laundered uniform, he/she may not be allowed to participate in practice or competition
17. If schools launder student gear or uniforms, PPE must be available for the person in charge of laundering
18. Only water bottle refill stations should be allowed to be used.
19. Pool usage is acceptable. Schools should take necessary steps to promote health and safety both in the water and out by social distancing and using good hygiene.
20. All Competition may begin.
21. Spectators, media, and vendors can be present but should implement social distancing and follow established mass gathering guidelines.