

AMHS Parents, Athletes, and Coaches Protocol During Athletics Return to Play

Expectations and Information for each group:

Parents:

- Student-athletes are limited to 15 hours per week on campus.
- ALL SUMMER ACTIVITIES ARE VOLUNTARY
- Please encourage your son/daughter to self-screen prior to attending workouts.

Self-screen includes:

Do you currently have a fever? 100.4 or greater

Do you have a cough?

Are you experiencing shortness of breath or difficulty breathing?

Are you experiencing chills or repeated shaking with chills?

Are you experiencing any muscle pain, headache, sore throat?

Have you experienced a new loss of taste or smell?

- Vulnerable athletes(athletes who are showing any of the above signs) are required to seek medical guidance regarding his/her athletic participation.
- Athletes, when not engaged in vigorous activity, are encouraged to wear a mask (supplied by students). Coaches will be highly encouraged to wear a mask.
- Only essential student-athletes, participants, coaches, medical staff, supervisors should be in attendance.
- Prior to participation, all first-time athletes MUST have a physical on file and register their athlete at www.finalforms.com
- RETURNING students should provide the 2020-2021 IHSAA Health Update Questionnaire and Consent and Release Certificate PRIOR to participation.
- Cleaning schedules have been created and will be implemented for all athletic facilities.
- Shared hydration stations will NOT be used. Athletes will need to bring their own water.
- Student-athletes will NOT have access to locker rooms. They MUST come dressed and prepared for activity. Public restrooms will be available.
- Confirmed COVID cases will trigger predetermined thresholds for mitigation by following the local health department guidelines. Specific return to school/activity protocol for student-athletes or staff members will be in effect.

Athletes

- Students will be limited to 15 hours per week on campus.
- ALL SUMMER ACTIVITIES ARE VOLUNTARY
- Any student who prefers to wear a face covering for activities will be allowed to do so.
- Prior to participation, all first-time athletes MUST have a physical on file and register their athlete at www.finalforms.com
- RETURNING students should provide the 2020-2021 IHSAA Health Update Questionnaire and Consent and Release Certificate PRIOR to participation. They must also register online at www.finalforms.com
- All student athletes will be screened for signs/symptoms prior to participating in workouts. Any athlete that shows COVID-19 related symptoms will not be allowed to take part in workouts. The signs and symptoms related questions are:

Do you currently have a fever? 100.4 or greater

Do you have a cough?

Are you experiencing shortness of breath or difficulty breathing?

Are you experiencing chills or repeated shaking with chills?

Are you experiencing any muscle pain, headache, sore throat?

Have you experienced a new loss of taste or smell?

- Athletes should wash their hands for a minimum of 20 seconds with warm water and soap before touching any surfaces or participating. If not possible, hand sanitizer will be plentiful and available.
- Locker rooms will NOT be available. Students should report to their activity in proper gear and immediately return home to shower at the conclusion. Restrooms will be available in common areas.
- Social distancing guidelines should ALWAYS be followed. This is an expectation! Social distancing is defined by staying at least 6 feet (two arms' lengths) away from other people.
- Appropriate clothing/shoes should be worn at all times.
- No sharing of clothing shoes, towels, or water bottles.
- Athletes must be expected to shower at home and wash workout clothing immediately upon returning to their home.
- For contact sports defined by NFHS (football, competitive cheerleading, lacrosse) NO CONTACT is allowed.
- Shared balls, equipment, etc will be cleaned by the coaching staff after each session.

Coaches

- No sport may have more than two activity days per calendar week. Cross County may condition 4 x's per week.
- Activity days are limited to three hours per day. (Six hours per calendar week).
- Coaches are highly encouraged to wear face coverings at all times except under vigorous activity. Masks are available in the training room facility.
- An alternate command structure for coaching staff should be established in case of illness.
- Prior to participation, coaches should check that all first-time athletes have a physical on file. Coaches should direct parents to register their athletes at www.finalforms.com.
- Coaches should make sure that RETURNING students provide the 2020-2021 IHSAA Health Update Questionnaire and Consent and Release Certificate PRIOR to participation. If a student answers YES on any question, a NEW and UPDATED PHYSICAL MUST BE OBTAINED PRIOR TO PARTICIPATION. In addition, all athletes must also register online at www.finalforms.com ***Updated document from AD office.
- Coaches, or designated staff, will screen all of his/her athletes for signs/symptoms prior to participating in daily workouts. Coaches must track COVID-19 impacted attendance and report to administration if needed. Daily questions asked are:

Do you currently have a fever? 100.4 or greater

Do you have a cough?

Are you experiencing shortness of breath or difficulty breathing?

Are you experiencing chills or repeated shaking with chills?

Are you experiencing any muscle pain, headache, sore throat?

Have you experienced a new loss of taste or smell?

If an athlete answers "yes" to any of these questions, they are to be sent home immediately with parent follow up the next day.

- Locker rooms will NOT be available. Restrooms will be used in the common areas.
- Social distancing guidelines should ALWAYS be followed. This is an expectation!
- All shared equipment, including sports balls (sprays), scoreboard equipment (wipes), etc. should be cleaned immediately following the activity session. It will be the coaches responsibility to clean all equipment with school-provided mitigation resources, which will be located in the training room.
- Free weight exercises requiring a spotter cannot be conducted.
- No Contact Is Allowed.
- Shared hydration stations will NOT be used. Coaches should encourage athletes to bring their own water.