



Calvert County Public Schools COVID-19 Return to Play 2020 Fall Semester Options

Rationale:

While we understand the importance of school athletics and extracurricular activities and the benefits it has on students academically and their social emotional well-being, we must do this while keeping the safety of our students and staff in the forefront during the Pandemic. The activities outlined below will allow CCPS students to stay connected with their classmates, teammates, coaches, and school in a safe, controlled, and responsible manner.

Guiding Principles:

- All students and coaches must sign into each session.
- All coaches must have completed a coaching application, completed fingerprinting and approved to work with students, and completed the safe schools training as required by Calvert County Public Schools before they begin working with students.
- CCPS coaches may engage in both virtual and in-person contact with student athletes.
- Any virtual contact with students must occur on CCPS-approved platforms such as MS Teams.
- Any virtual engagement by coaches with students must be communicated to activities directors and must include the activities directors as invitees for each such meeting.
- Optional in person sessions are allowed, per the parameters that follow in this document. Students must have a current physical on file and a signed COVID-19 consent form to participate in these in person conditioning sessions
- Coaches must not meet one-on-one with students.
- Coaches must comply with all CCPS policies, regulations, code of conduct, and other previously established expectations when meeting with students. Any in person activities must strictly follow the following guidelines and procedures. If a program is found to not be following these guidelines it will be cancelled indefinitely.
- CCPS' RTP Committee will continue to meet and develop new plans, as necessary.
- These activities may be modified or cancelled at any time.

Fall Semester Seasonal Voluntary Strength and Conditioning Workout:

Spring Sports

- Dates: September 14, 2020 to October 9, 2020
- Sport specific, strength and conditioning may take place.
- No sport specific equipment or implements may be used. This is not practice.

Fall Sports

- Dates: October 12, 2020 to November 6, 2020
- Sport specific, strength and conditioning may take place.
- No sport specific equipment or implements may be used. This is not practice.

Winter Sports

- Dates: November 9, 2020 to December 11, 2020 (No practices November 23-27 for Thanksgiving)
- Sport specific, strength and conditioning may take place.
- No sport specific equipment or implements may be used. This is not practice.

Note: Teams may only hold strength and conditioning during the defined fall semester season. None sport specific students who would like to lift will be the responsibility of the strength and conditioning coach. Sport specific students will be the responsibility of the head coach.

Coaching Contracts

- Coaches will receive 25% of their stipend for participation in these strength and conditioning coaching activities during the assigned fall semester. Coaches will receive the remaining 75% of their coaching stipend in the spring *if* it is determined that activities can be held in a safe manner. Coaches must participate in the fall semester conditioning to receive their full stipend in the spring semester.

General Guidelines

- All activities will be voluntary for both students and coaches.
- Strength and conditioning will be open to all high school students with an interest in the sport.
- Participation/nonparticipation in these activities will not factor into spring semester team selection.
- All activities must be held outside until further notice except for the weight room.
- All activities must be held on school campus.
- Activities will be limited to 90 minutes per day.
- Activities may be held Monday through Friday during non-school hours.
- Coaches are expected to hold sessions a minimum of 3 days each week.

Health Related Guidelines

- Pre-Participation Physicals: All students participating must have a current physical on file with the school.
- Covid-19 Acknowledgement Form: All students participating must have a signed acknowledgement form on file with the school.
- Daily Health Screening: All students participating in strength and conditioning must have a daily health screening prior to beginning workouts. If a student is found to have falsified answers during the screening process, they will not be allowed to continue during the fall semester and the school may choose to not allow them to participate in the spring semester.
- Certified Athletic Trainers (Pivot Physical Therapy) will be on site. **Total time for the week will not exceed 20 hrs. per week.**
- CCPS Weather Procedures will be monitored and enforced.
- All participants, including coaches, must maintain a distance of 6 feet from one another. If at any time it is not possible to maintain 6 feet of distancing among participants, face coverings must be worn.
- Team huddles, handshakes, fist bumps, spitting, chewing of sunflower seeds, and other activities that promote transmission of illness will not be permitted.

Check-In Procedures

- All students and coaches will check in with the Athletic Trainer at the medical table prior to reporting to their group workout.
- Each team will have a designated check-in time prior to each conditioning session.
- Students should arrive promptly and remain in their vehicles until their group's check-in time.
- Athletic Trainers will use the COVID-19 Sign-in Sheet to check students and coaches in prior to each session.

Operational Guidelines

Entrance/Exit Plans:

9/2/2020

- All weight rooms must have a hand washing or hand sanitizing station at the entrance/exit door.
- Anyone entering or exiting the weight room must wash/sanitize their hands.
- If there is an exterior door and temperatures allow, it is always preferred to have doors left open allowing fresh air into the room.
- Hand washing or sanitizing stations will be available at all outdoor conditioning areas. Students are also encouraged to bring their own hand sanitizer.
- Parents/caregivers who choose to remain on site must remain with their vehicles and should avoid congregating in the parking lot.

Number of Participants in a Weight Room:

- There may not be more than 15 people in the weight room at any time.
- This may be a combination of coaches and players but may not exceed 15 persons.

Face Coverings:

- Face coverings are required for anyone not currently engaged in high intensity physical activity.
- Face coverings are not required on anyone doing outdoor workouts and are socially distanced.

Hydration and Cooling:

- Sharing of water bottles is strictly prohibited and athletes should bring their own water.
- Sharing of towels or any other cooling device is strictly prohibited.
- All CCPS heat guidelines must be followed when temperatures are above ninety degrees.

Locker Rooms and Bathrooms:

- Locker rooms should not be used at this time.
- Only one designated bathroom should be used for all participants to keep tracking and cleaning more efficient.

Athletic Equipment:

- Any weight room equipment used must be cleaned after each use. Example: bar and bench must be wiped after each person lifts.
- No other athletic equipment can be used.
- Any clothing or towels must be washed every day.

Workout/Practice Groups:

- Groups may not be larger than 14 athletes.
- Groups must be created prior to arrival at the school.
- Groups must be maintained throughout the session for contact tracing purposes.
- Multiple groups may work outside at the same time with proper supervision while only one group may be in the weight room.