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**Windsor High School Athletic Department
Summer Reopening for Athletics Phased Conditioning**

Our goal is to design a responsive return plan with the health and safety of our students and coaches/families in mind, being willing to pivot based on feedback and new information as conditions are ever-evolving. Using our county guidelines we will re-open in designated groups of no more than 10 in stable groups, staying together for athletic practices on WHS campus. The Athletic Director and Windsor High Administration have developed facility use recommendations using the [NFHS Guidance for Opening Athletics and Activities](#), [CIF Return to Play Physical Activity Guidelines](#) as well as the [Sonoma County Phase 2 Guidelines](#) which allow student-athletes to condition and develop skills while practicing social distancing, proper handwashing techniques (use of hand sanitizer if hand washing is not available), proper hygiene, and proper use of PPE.

Ultimately it is the responsibility of coaches to adhere to and enforce these guidelines. Student-athlete safety is SRCS' first and foremost priority, however any coach facilitating summer conditioning events assumes all risk. If these guidelines are not followed, it risks both an increased transmission of COVID-19 and the cancellation of athletics in 2020-2021.

Week 1-2 Conditioning only OUTDOORS, No shared equipment transition into indoor, with proper planning and ventilation and hygiene practices in place

Groups: Groups will be established by a system set up by coaches and communicating with their teams. Per the Sonoma County health order, workouts will be conducted in “stable groups” of 10 or fewer athletes and coaches.

- Athletes must stay in those same groups for two weeks.
- Individuals in the groups are not required to maintain the 6' social distance but it is still recommended whenever possible as best practices
- Hand sanitizer should be plentiful used whenever soap is unavailable and coaches should require athletes to bring their own.
- No sharing of personal items
- If multiple groups will be sharing a facility at the same time, then each group must maintain 6' distance from each group



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- If multiple groups will be sharing the facility at different times then there should be 15 minutes transition time to prevent overlapping
- The CDC recommends that vulnerable individuals should not oversee or participate in summer conditioning workouts. Vulnerable individuals are defined by CDC as people age 65 years and older and others with serious underlying health conditions, including high blood pressure, chronic lung disease, diabetes, obesity, asthma, and those whose immune systems are compromised such as by chemotherapy for cancer and other conditions requiring such therapy.

Before the first session:

- Athletes and coaches must complete and turn in the Assumption of Risk and Waiver of Liability Relating to COVID-19, with parent/guardian signature
- Athletes and coaches must complete and turn in the Student-Athlete COVID-19 Pre-Participation Questionnaire
 - Any coach or athlete exhibiting positive symptoms will not be allowed to participate and is required to contact their primary care provider or health-care professional for additional screening. Medical physician clearance with documentation will be required in order for the individual to return to participation.

Daily Check-Ins:

- All coaches and athletes must review the COVID-19 signs/symptoms checklist and verbally confirm if the athlete/coach or a member of that household has presented with symptoms. Answers must be documented and coaches will be responsible for maintaining records. These records must be kept confidential. Accessible with attendance of everyone so if needed to contact individuals.
 - Any coach or athlete exhibiting positive symptoms will not be allowed to participate and is required to contact their primary care provider or health-care professional for additional screening. Medical physician clearance with documentation will be required in order for the individual to return to participation.

Screening: Location of check-in for athletes to meet the coach responsible to conduct the screening and records will be communicated by Head Coach. Coach will keep record of every student's temperature and do a symptom check of the following:

- 100.0 degrees Fahrenheit or higher



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- Cough
- Sore Throat
- Shortness of breath
- Unusual headaches
- Severe fatigue
- Chills
- Gastro-intestinal symptoms such as diarrhea or stomach cramps
- Loss of sense of smell or taste

Ask: Have you had contact with anyone w/ covid 19?

Any student with these symptoms will not be allowed to enter and stay for practice. Any student with a temperature/fever of 100.0 or higher must **obtain a doctor clearance to return.**

After Each Session:

- Equipment should be disinfected by the coach after each session.
 - Per CDC recommendations found in, "[Coronavirus Disease 2019 \(COVID-19\) Cleaning and Disinfecting Your Facility](#)" dated 5/17/2020
 - Recommended to use a EPA-registered household disinfectant
 - Diluted household bleach (leave on surface for 1 min)
 - **Do not mix with other disinfectants / cleaners**
 - 5 Tablespoons (1/3 cup) per gallon of water
 - 4 teaspoons per quart of water
 - Alcohol solutions with at least 70% alcohol
- Individuals should wash their hands for a minimum of 20 seconds with warm water and soap before and after touching any surfaces.
- Athletes need to understand the importance of showering and washing their workout clothes immediately upon returning to home.

Further recommendations:

Getting to Practice: Coach identified to monitor and structure their location of practice for this. Drop off or park on street access to WHS no more than 5 minutes before practice begins. Walk or bike to entry location designated by each Sport's Detailed Plan. Students from different stable groups should not share rides to and from practice.

Athlete Preparation: Come ready to practice, dressed and with individual waterbottle/bag. No access to locker rooms.



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Bathrooms: Restrooms will be available for limited use and signs posted to remind of washing hands.

Drinking Fountains: No drinking fountains will be used during summer practices. Each athlete must bring their own water bottle and no sharing.

Recommended: towel per student for sweat, hand sanitizer per athlete

Required: Face mask must be brought for walking to and from cars/parking/workout location.

Equipment: Coaches/staff will pre-clean all equipment being used prior to each practice session and before leaving. Equipment use/sharing will change as health orders change.

Practice:

- Groups of 10 students will remain together for the entire practice
- Students from same household will remain in same group
- Students will maintain a 6 foot distance from those not a part of the same household/living unit
- Facemask accessible if 6 feet cannot be maintained
- No shared equipment with any person outside of same household

Transitions:

- Coaches will release students from workout areas to allow for minimal crossing of paths of groups
- Students/staff who must cross paths will wear facemasks and follow social distancing guidelines
- Start and End of practices will have gaps to allow groups to stagger their entrance and exit to cars or return home

Coaches will be providing practice plans, which can be fluid, with detailed rotations for stable groups to follow and families to review prior to the first day of practice. Contact your coach or athletic director for information and questions!

These guidelines may change as indicated as state and county guidelines change.