



Updated August 24, 2020

SERVITE HIGH SCHOOL ATHLETICS COVID-19 RETURN TO ACTIVITY POLICY AND PROCEDURES

The Athletic Department's policies and procedures are outlined below for the safe return to athletic activity of Servite student-athletes beginning on August 17th, 2020. This plan has been updated from the initial document developed at the beginning of summer training and is subject to change as the COVID-19 situation evolves and new information becomes available from the state, local health department and CDC.

PHASE I:

- All athletic facilities will remain controlled.
 - Courage Field will remain locked and can only be used with a coach or strength coach present; the field is not to be accessible for athletes to workout on their own.
 - Gates will be locked after each session.
- Access and use of facilities and equipment will be coordinated and scheduled through the Sports Medicine staff or the Strength & Conditioning staff and coaches, when permissible, with approval of the Athletic Director. Coaches and/or staff must be present for oversight during training.
- Athletes will be assigned to a group and have scheduled workout times. There will be no switching of groups. If an athlete misses their scheduled time, they miss workouts for that day. This allows limited exposure if a student-athlete tests positive for coronavirus.
- Athletes will be assigned a specific screening time prior to practice. Athletes should not arrive more than 10 minutes prior to their assigned time.
- Upon arrival, athletes must maintain social distancing of at least 6 feet and wear a mask.
- Athletes are not permitted to socialize upon arrival with any other athlete or staff member. They are to walk directly to their assigned area. If you arrive early it is recommended you wait in your car in the air conditioning until your assigned arrival time.
- Coaches and staff will also be screened on a daily basis.
- Screening will consist of a series of questions, along with daily temperature and symptom check. All athletes must be symptom free and have a temperature less than 100 degrees before being cleared to participate. At any time, further screening may be necessary. Any temperature above 100 will require immediate referral to the athlete's primary care physician (PCP). If an athlete is referred to their PCP, they MAY NOT return without written documentation from their PCP, negative results from a valid COVID test or following a 14 day quarantine.
- Sports Medicine staff and coaches will wear protective equipment including masks.

Screening checklist:

1. Have you or anyone in your household had any of the following symptoms in the last 14 days:
 - Sore throat, cough, nausea and/or vomiting, diarrhea, muscle or body aches, shortness of breath or difficulty breathing, headache, new loss of smell or taste, congestion / runny nose, fatigue, temperature at or greater than 100 degrees Fahrenheit / chills?
2. Have you, anyone in your household or anyone you have been in close proximity to tested positive for COVID-19 in the last 14 days?
3. Do you have any reason to believe you or anyone in your household has been exposed to or acquired COVID-19 in the last 14 days?

If you respond yes to any of these questions, please remain home. DO NOT come to campus. Contact the Sports Medicine staff for further evaluation, athletictraining@servitehs.org.

- Only current Servite student-athletes who have been medically cleared by the Sports Medicine staff may utilize the facilities. NO VISITORS.
- Workouts will take place outdoors only and athletes will be required to maintain at least 6 feet of social distancing at all times. NO PHYSICAL CONTACT.
- Personal hygiene, frequent washing of hands, sanitizers, disinfectant wipes, equipment disinfectant and cleaning will be implemented.
- All locker rooms will be closed to Servite athletes. The restrooms located outside of the Aquatics Center will be open for athlete use only.
- Equipment will be cleaned between each session.
- All athletes need to bring their own water. Bottles will not be shared. No water will be provided. No drinking fountains will be available. (One gallon of water is highly recommended for each practice.)
- Athletes are limited to one bag to carry all personal equipment/clothing. Athletes should come dressed to workout and are required to bring their own towel. Nothing may be shared.

Athletic Training Room (ATR) – PHASE I

- Use of the ATR will not be allowed during phase 1 for treatment. Contact the Sports Medicine staff for further assistance.
- Injury evaluations and/or rehabilitation will need to be scheduled with the Sports Medicine staff.
- Only one athlete per Athletic Trainer will be permitted in the ATR at any time.
- Ice bags will be available as needed. At this time, the use of the ice baths will not be permitted.
- Athletes will not be permitted back on campus once you have exited unless otherwise instructed by the Sports Medicine staff.

Weight Room – PHASE I

- Indoor facilities are currently closed at this time.

PHASE II:

- We anticipate limited/modified use of indoor facilities with the same precautions in place as phase one. This will be determined by the State and Department of Health.

PHASE III:

- To be determined by the State and Department of Health.

DUE TO CDC REGULATIONS, WE ARE NOT ALLOWED TO HAVE SPECTATORS (INCLUDING PARENTS AND/OR SIBLINGS) ON CAMPUS INCLUDING ATHLETIC FACILITIES.

By signing this document, I acknowledge that I (parent/guardian name) _____, have read and agree to the above and consent to (student athlete's name) _____ participating in athletic programs at Servite High School for this 2020-2021 school year.

Parent Signature: _____ Date: _____

Student Signature: _____ Date: _____

Student Sport(s): _____