

Parents and Athletes,

We are excited to have athletes back on campus and working out! As we prepare for this, we want you to know the safety precautions that will be in place. Current guidelines allow us to bring athletes and coaches together for athletic camps. However, there are restrictions that will be in place in order to adhere to health and safety guidelines.

COVID-19 Facts

While it is not possible to eliminate all risk of furthering the spread of COVID-19, the current science suggests there are steps schools can take to reduce the risks to athletes, coaches, staff, and their families significantly. For further information regarding COVID-19 please refer to the Center for Disease Control (CDC) at <https://www.cdc.gov/coronavirus/2019-ncov/index.html>.

Decision to Reopen

The decision to reopen is based on the following criteria:

- Reopening is consistent with state and local orders.
- Healthy hygiene practices, such as hand washing and the wearing of a face covering, are implemented.
- Cleaning, disinfection, and ventilation is intensified.
- Physical distancing through increased spacing, small groups, and limited mixing between groups will be practiced.
- The coaching staff is advised on health and safety protocols.
- Procedures to check for signs and symptoms and history of exposure of students and employees daily upon arrival have been developed and will be implemented.
- Anyone who is sick must stay home.
- A plan has been developed for students or employees who develop symptoms of COVID-19.
- Regular communication and the monitoring of developments with local authorities, employees, and families regarding cases, exposures, and updates to policies and procedures is in place.
- Consultation with the local health authorities will occur if there are cases in the facility or an increase in cases in the local area.

Prior to Arriving

Prior to arriving for practices, athletes and staff **will complete a self-screen assessment for COVID-19 symptoms** before coming onto the campus or practice facility. Any individual (staff or student) who experiences any symptom listed below will not be allowed to take part in practices. They should contact his or her primary care provider or other appropriate health-care professional. Any athlete, coach, or staff member living with someone who experiences any of the symptoms of COVID-19, whether they have a positive COVID-19 test or not, should self-isolate for two weeks. If they do not experience any COVID-19 symptoms during that period, they can return to campus. If they experience symptoms, they must self-isolate until the conditions outlined have been met.

Self-screen Symptoms:

- Feeling feverish or a measured temperature greater than or equal to 100.0 degrees Fahrenheit
- Known close contact with a person who is lab confirmed to have COVID-19
- Cough
- Chills
- Unexplained Muscle Pain/body aches
- Headache
- Shortness of breath or difficulty breathing
- Repeated shaking with chills
- Sore throat
- Loss of taste or smell
- Diarrhea
- Recent unexplained onset of extreme tiredness

Furthermore, underlying medical conditions may increase the risk of severe illness from COVID-19 for individuals of any age. If any individual has an underlying medical condition or is in close contact with someone with any condition listed, they are at a higher risk of contracting COVID-19 and severe illness.

- People 65 years and older
- People who live in a nursing home or long-term care facility
- People with chronic lung disease or moderate to severe asthma
- People who have serious heart conditions
- People who are immunocompromised
- People with severe obesity (body mass index [BMI] of 40 or higher)
- People with diabetes, liver disease, and/or chronic kidney disease undergoing dialysis

Once on Campus

- Start and end times for practices may be staggered to prevent groups from gathering at entrances and exits of facilities and to limit crossover and contact.
- When students are arriving at practice, they must remain six feet apart.
- Athletes must arrive dressed and ready to practice. Locker rooms will not be available.
- All athletes and coaches must wear a mask when not participating in intense aerobic activity unless medically exempt. Cloth face coverings are acceptable.
- All coaches and students should be screened for signs/symptoms of COVID-19 prior to a practice. A wellness check will include reviewing the symptom questionnaire and completing a temperature check.
- Any person with positive symptoms reported will not be allowed to take part in practices and should consider contacting his or her primary care provider or other appropriate health-care professional.
- Any person who has had a fever or cold symptoms must be symptom free without medication for 72hrs prior to returning to activity. They should consider contacting his or her primary care provider or other appropriate health-care professional.
- If an athlete does get sick at camp, an area will be identified where they can rest, be watched after, and safely isolate from others. Communication will take place with parents or caretakers directly and arrangements made for appropriate health care steps.
- Hand sanitizer will be available at each entrance and students, coaches, and staff will be required to use it whenever they enter the building and throughout practice.
- Individuals should wash their hands for a minimum of 20 seconds with water and soap before touching any surfaces or participating in practices.

Sport Participation

- Participation is optional.
- Practices will be planned with a minimum distance of 6 feet between each individual. Athletes will be grouped into cohorts when necessary to allow for decreased exposure.
- Hand sanitizer will be available.
- There should be no sharing of athletic towels, clothing, shoes, or equipment between students.
- Students and coaches will wash hands or use hand sanitizer after they have touched something another person touched.
- All students must bring their own water bottle. No water will be provided.

Post Practice Procedures

- When students are leaving practices, they should remain six feet apart and wear a face covering.
- Athletes must leave practice immediately and exit campus following the conclusion of their practice. (Do not linger on campus or parking lot.)
- Students should shower and wash their practice clothing immediately upon returning home.
- Facilities will be cleaned after each practice.

I have been notified of the IUSD Reopening Guidelines for Athletics. I understand that I have an obligation to keep my student home if they have any symptoms (cough, shortness of breath, difficulty breathing, fever, chills, muscle pain, sore throat, or new loss of taste or smell). I understand that it is the recommendation for vulnerable individuals not to participate in any workouts. I further understand it is my responsibility to contact school administration if my student or a member of our household test positive for COVID-19.

Student Name (Printed)

Grade

Sport(s)

Parent Name (Printed)

Daytime Contact Number

Parent Signature

Date

I understand that it is my responsibility as a student athlete to abide by the health and safety protocols in place within IUSD at all times. I also understand that I am not allowed to share clothing, personal items, or equipment with other athletes. In addition, I understand that should I fail to comply with the guidelines I jeopardize my ability to participate in summer athletic camps.

Student Signature

Date