

# Return to Extracurricular Activities

## **ANNOUNCEMENT**

Illinois Governor JB Pritzker announced on January 15, 2021, that Region 1 is being rolled back from Tier 3 mitigations to Tier 2 mitigations. On January 18, Region 1 rolled back to Tier 1 mitigations. The announcements allow further participation in high school and middle school opportunities with Illinois High School Association (IHSA) and Illinois Elementary School Association (IESA) activities as follows:

- Winter Low-Risk Sports (bowling, swimming, cheer, dance): Can begin practice immediately and will begin competition within their geographic region on a future date to be determined by the IHSA Board.
- Winter Medium-Risk Sports: There are currently no winter sports categorized as medium-risk.
- Winter High-Risk Sports (basketball): Team training with intrasquad scrimmages can begin immediately.
- Spring and Summer sports for schools located in regions under Tier 1 mitigations may begin to conduct contact days on Monday, January 25, 2021. All contact days must be conducted under the rules of the Illinois Department of Public Health (IDPH) All Sports Policy based on their risk level.
- Weight training may be conducted in regions under Tier 1 mitigations as long as social distancing and masks are utilized.

The IDPH has released an updated version of the All Sports Policy. This plan will be utilized for high school and middle school activities. The plan can be altered at any time pending changes to the region's classification per the IDPH.

### **What does this mean for FSD?**

- Basketball, Bowling, Swimming, Cheer and Dance teams will begin practicing on Thursday, January 21.
  - These sessions will take place after school.
- Strength training sessions will begin on Thursday, January 21.
  - These sessions will take place before and after school.
- Spring and Summer sports will have the opportunity to conduct workouts sessions beginning on January 25.
  - These sessions will take place after school.
- Non-Athletic Extracurricular Activities could begin immediately (Show Choir, NJROTC, etc.).
- Outside groups that use our facilities, such as FAST, can resume use on Thursday, January 21.

All practice sessions will include the implementation of IHSA and IDPH mitigations.

- Daily symptom check.
- Daily attendance documentation.
- Face coverings.
- Social distancing.
- Cleaning/Sanitization of equipment.
- Hydration plan.
- Hand sanitization.
- Facility use limitations.
- Parental consent forms.

## **PROCEDURES**

### **Pre-Workout:**

- A daily record of what athletes are participating, when, and symptoms they may present.
- Athletes will be screened at the start of practice for temperature  $>100.4^{\circ}\text{F}/38^{\circ}\text{C}$  or symptoms of COVID-19 (fevers, chills, cough, muscle aches, headache, sore throat, runny nose, nausea, vomiting, diarrhea, or loss of taste or smell). Any person with symptoms (refer to attached form) or a positive COVID-19 test, should not participate in practice, competition, or conditioning and should be referred to a physician for evaluation and only return after clearance to do so from a physician. Parents understand that any student who has symptoms cannot participate and will have to be picked up from the school immediately.
- The guidelines require sports organizers to set up their physical space to allow for at least 6 feet social distance for all participants not engaged in the sports activity (e.g., on the bench or sidelines). The guidelines also encourage organizers to configure the area of play to allow for at least 6 feet social distance between participants, whenever possible. Ultimately, the team should only bring the personnel who can fit into the space while allowing appropriate distancing. The guidelines also encourage organizers to consider prioritizing attendance for some groups (e.g., athletes, coaches, officials, medical staff, event staff, security) compared to others (e.g., spectators, media, vendors).
- Social distancing must be maintained at all-times by all people on the sidelines and organizers should do everything possible to limit the number of people in a given space, especially spectators, in order to mitigate the risk of virus

spread.

- Masks must be worn by coaches and volunteers at all times. Coaches can remove a mask when actively participating in the sport when outdoors.
- Students are to wear masks unless actively engaged in an outdoor activity. Students must wear masks while indoors at all times.
- When students are not actively participating in a drill, practice, or contest, care should be taken to maintain social distance (6 feet) between individuals.
- Individuals should sanitize or wash their hands for a minimum of 20 seconds with warm water and soap before touching any surfaces or participating in workouts.
- Appropriate clothing/shoes should be worn at all times to minimize sweat from transmitting onto equipment/surfaces.
- Students are encouraged to shower and wash their workout clothing immediately upon returning to home.
- Parents and students will be required to sign a waiver for participation in the activities.

#### **Facilities, Physical Activity and Athletic Equipment:**

- Implement diligent and effective cleaning and disinfecting of frequently touched objects and surfaces following the guidance of the CDC and IDPH.
- Adequate cleaning schedules, before and after each use by a group of athletes, will be implemented for all athletic facilities to mitigate any communicable diseases.
- Prior to an individual or groups of individuals entering a facility, hard surfaces and equipment within that facility should be wiped down and sanitized (chairs, furniture in meeting rooms, locker rooms, weight room equipment, bathrooms, athletic training room tables, etc.).
- Hand sanitizer will be plentiful and available to individuals as they transfer from place to place.
- There should be no shared athletic towels, clothing, or shoes between students.
- Hand sanitizer or hand washing stations should be plentiful at summer contact events.
- Athletic equipment such as bats and batting helmets should be cleaned between each use. Other equipment, such as catcher's gear, hockey helmets/pads, wrestling ear guards, football helmets/other pads, lacrosse helmets/pads/gloves/eyewear should be worn by only one individual and not shared.
- Shared equipment such as athletic balls, thud pads, sleds should be cleaned frequently during practice and competitions.
- Weight equipment will be wiped down thoroughly before and after an individual's use of equipment.
- Spotters for weightlifting are allowed, but must be masked. Maximum lifts should be done only with power cages for squats and bench presses. Spotters should stand at each end of the bar.
- If locker rooms are being used, 6 feet of social distance will be maintained.
- Indoor and outdoor facilities may be used (FHS gyms, FMS gyms, CSMS gym, swimming pool, stadium, grass practice fields, grass soccer field, FMS fields, other FSD school gyms and fields).
- Swimming pool will be cleaned and sanitized after every session.
- Outside groups (FAST, Phantoms, etc.) are permitted to use our facilities upon approval from FSD.
- Spectators access to events will be TBD. It is possible that spectators may be able to attend some sport contests, but not others based on the ability to maintain social distancing. Spectators will follow district guidelines established when visiting our campus events, such as wearing masks and maintaining social distancing.

#### **Hydration:**

- All students must bring their own water bottle. Water bottles will not be shared.
- Hydration stations (water fountains, garden hoses etc.) may be utilized to fill individual water bottles, but must be cleaned after every practice/contest.

---

#### **Daily Routine**

1. Students screened and attendance documented on forms provided.
2. Students wash or use hand sanitizer.
3. Students participation.
  - No handshakes, high fives, fist bumps, hugs, etc. can occur pre or post-match.
  - No spitting or blowing of the nose without the use of a tissue is allowed.
  - Wear a mask when not actively involved in an outdoor drill, practice or contest.
  - Wear a mask while indoors.
4. Coach sanitizes all shared equipment after use.

## Coaches

- All coaches must be FSD employees and/or coaching staff members. No non-staff volunteer coaches will be allowed.
- Coaches will coordinate completing the health monitoring forms, disinfecting and temperature before each session begins.
- Complete health report at check-in with students.
- Students will be monitored at the start of practice/event for temperature >100.4F/38C or symptoms of COVID-19 (fevers, chills, cough, muscle aches, headache, sore throat, runny nose, nausea, vomiting, diarrhea, or loss of taste or smell).
- Students who answer yes to any screening questions or have a temp above 100.4 must be sent home, parent contacted, and AD Fitzpatrick alerted. Students will not be able to participate for a minimum of 72 hours or with doctor's clearance. Students/parents should be told to contact their doctor regarding next steps for their specific health concerns. Coaches should follow up with parents regarding outcomes.
- Shared water coolers with cups, and water fountains will be prohibited during this phase. Garden hoses or filling stations will be provided to refill water bottles.
- Coaches will wear a face mask at all times unless actively engaged in sport activity.
- Follow hand hygiene instructions and/or wear gloves.
- Sanitize sport equipment, surfaces and hydration systems.
- Follow high-touch cleaning protocols to wipe down areas after use.
  - Spray the surface or dampen with a rag.
  - Wipe with a rag to spread over the entire surface.
  - Let sit wet for 5 minutes (do not wipe if dry)

## Students

- Students will report for a health check upon arriving.
- Bring and wear a face mask unless actively participating in an outdoor drill, practice or contest. Students must wear a mask while indoors at all times.
- Maintain a distance of 6 feet from another person at all times.
- Wash/sanitize their hands before and after participation.
- Shared water coolers with cups, and water fountains will be prohibited during this phase. A garden hose or filling stations will be provided to refill water bottles.
- Students are encouraged to bring their own equipment for personal use to the greatest extent possible. (examples include but not limited to jump ropes, bottles, towels, etc.)
- Individuals should sanitize or wash their hands for a minimum of 20 seconds with warm water and soap before touching any surfaces or participating in workouts.
- Appropriate clothing/shoes should be worn at all times in the weight room to minimize sweat from transmitting onto equipment/surfaces.
- Students are encouraged to shower and wash their workout clothing immediately upon returning to home.
- Students are not to congregate in the parking lot or on school property prior to, during or after the workout session.
- Students may lose the privilege to participate for failing to comply with the safety mitigations and expectations.

## Parents

- Parents will support the safety mitigation expectations established by FSD.
- Parents will sign the consent form granting permission for their child to participate.
- FSD will conduct a phone call home regarding important announcements.
- Coaches will contact students and parents regarding information for their respective sport program.
- Parents can check updated announcements and information at the FHS Athletic Department website (<https://il.8to18.com/FreeportHS>).