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## Introduction

Possible precautionary requirements include an understanding that there is a high likelihood that there will be a Covid-19 related sickness within our staff and student population with an above average likelihood there will be spread (possibly to the community at large) related to any summer activities as well even if all precautions are taken and adhered to.

The hope of these regulations and phases are to maximize safety for students and staff; however we do not have the ability to follow the scientific 'gating' guidelines set forth by other organizations (CDC/NCAA/DHEC/etc.) to assure declining infection rates, testing availability, and other metrics. The state has allowed for public spaces to reopen, and we hope to get further guidelines from SCISA as well as the South Carolina High School League and other recognized entities and will make adjustments accordingly.

Testing regimens, specific guidelines regarding mass gatherings, and response to a student or team member testing positive for COVID-19 (including contact tracing) are all currently under review, and guidance should come from CDC and DHEC. Limited testing availability, lack of resources for contact tracing, and expanding knowledge of the characteristics of COVID-19 transmission could all result in significant changes to any current recommendation.

These protocols do not allow for many questions concerning actual team activities - as summer progresses we hope to get more guidance and information on how to progress safely to contact without any distancing guidelines. Team sports cannot be played as we know them under the current guidelines, but hopefully health conditions improve by the end of summer. We have no way to distance ourselves in sporting practices, locker rooms, training rooms, busses, etc.

***After 6 weeks with no infections or change in guidelines we will need to discuss how to resocialize in a team environment to be able to practice - as mentioned, this proposal does not discuss protocols to hold a 'normal' full team workout session or practice session whether as a smaller group or full team. Team activities may be different for each sport as the risk, shared equipment and direct interaction between students differs in each sport.***

## Rules and Regulations

Staff and student's temperature checked and screening questions answered and logged on entry, this check will be done at the gym before students get to the field house. Only one student will be allowed in the building at a time, students will wait in cars. Anyone with a temperature will be asked to return to home will be contacted or if students are alone they will be asked to call parents and communicate the situation with the trainer on duty. We will keep a log of visitors and screening results – this is medical information and must be treated as such for records. *We will also check for masks at this point to assure that everyone has appropriate protection.*

- No visitors – Parents must wait in cars, or drop off and leave the area. No one is allowed in the area outside their car without temperature and waiver check. We will post signage around the facility reminding of check in requirement, covid risk, signs of sickness, and preventive requirements.
- No spitting, chewing seeds, or gum. No inter-student physical contact including high fives, fist bumps, etc or team huddles.
- Students are only allowed to attend assigned sessions and time slots. Staff will make arrangements and attempt to minimize any problems, but that must be done prior to attending a session.
- No shared water or drinks – **students must bring their own hydration daily.** In the event of school provided drinks they will be provided by training staff and utilize disposable/ single use or bottles.
- No shared towels, shoes, masks, phones, headphones or other personal belongings or equipment. Any school provided towels/ uniforms will be washed daily and will not be shared.
- Athletic Training stations will be outside when possible and limited to 1-1 interactions with both parties wearing masks.
- We will provide sanitizing stations but it is advised to also have your own hand sanitizer.
- **If feeling sick or a family member feeling sick stay home** – communicate with coach as soon as reasonable with any absence
- Locker Rooms Closed – we will concession restrooms – 1 person use at a time, no touching surfaces and no loitering
- No loitering – all students must leave immediately after the session, or wait for rides outside at the assigned spot. If waiting for a ride students will stand on appropriately distanced markings outside the stadium on the sidewalk
- All staff will wear masks at all times. Students will wear masks when indoors or not able to socially distance at least 10 feet students must wear masks. Students must provide their own masks, we hope to have limited masks available as backup, if none are available the student will be asked to leave the session.
- Maintain social distance of 10 feet when possible at all times. Students must wait in cars if possible before sessions until the session begins, then move to the assigned area. If waiting for a ride students will stand on appropriately distanced markings outside.
- Sessions will be cancelled or moved to another day in the event of inclement weather. No waiting for the weather to clear. When we can know in advance we will cancel. When we cannot, we will ask parents to be available to pick up students within 30 minutes. We will designate a safe area in either the field house or alumni hall where distancing can be observed depending on numbers of students waiting for rides. Students must have their own phone to communicate with parents.
- Coaches and staff will clean and set up equipment, students will not be allowed to assist to avoid contact until conditions improve.
- Any time equipment is shared a staff member will clean before and after. Staff will spray the weight room between each group as well as wipe down surfaces.
- Athletes Clean/ wipe any surface they have touched before and after using, indoors or outdoors to create a second level of security and cleanliness.
- Everyone will be consistently reminded about hand washing and not touching face
- AC must stay on at Fieldhouse 7 days a week to help with Humidity and Temp, all doors stay open during any training periods with fans to help ventilation

- Follow fieldhouse cleaning protocols checklist as per NCSA (Attached)
- For the first 6 weeks max occupancy of the Weight room is 15 bodies total – coaches, staff, and students all counted. Raising this limit will be assessed at the end of this time frame.
- *Only varsity athletes in fall sports in the first few weeks in order to maintain reasonable numbers and assist in smooth reopening without unintended risks then expand to fall JV athletes, then all athletes if appropriate. A coach from the team (not strength staff) must be present for every session and assist in check in. Coaches count in group number totals for occupancy.*

### **Answers to questions we had.**

- *To return to play a student must have the note of a doctor.*
- *All students must pass the Medical Screening every day they enter campus.*
- *If an athlete develops COVID 19, we will continue to take an abundance of caution but baring an adjustment based on Admin. Team meetings we will continue as per the guidelines set forth by the SCHSL. Some students will probably test positive for COVID 19 at some point in time. We will continue activity but closely monitor the situation and make adjustments as needed. The key is that administration, the diocese and the parent must all be notified, and we must discuss.*
- *The School will develop a plan at a later date.*
- *All students will sign all the necessary waivers that we have generated as per DIOCESAN, SCISA and SCHSL guidelines.*
- *If students forgets their masks, we will have extra masks on hand. When students are in their 15 foot x 15 foot area outside performing their exercises, they can remove their masks. When they are exercising they can remove their masks. When they are NOT exercising, they MUST wear their masks.*
- *Students will be allowed to carpool as their parents allow. If a student in a carpool tests positive or fails the medical screening, we will question the parents and students to determine if a quarantine is necessary.*

### **Functioning Protocols, Policies and Procedures from Check-in to Drop-off to Pick-up**

#### Check in - Procedures and Protocols

1. We will have 1 method of entry and check-in to the campus.
2. Student Drivers / Parent Drivers will pull through the Carpool line as they do for the school day by the Main Gym.
3. When they reach the front of the Gym they will park and a CN Coach/Staff will direct them to either wait in their car, or exit and wait in front of the Gym Lobby to enter the Gym Lobby.
4. There will be 2 spots to wait outside the Gym Lobby. 1 Next to the door and another 10 feet behind that.
5. When the student at the door enters the student 10 feet back will move up and the next student will be directed by the CN Coach / Staff member to exit their vehicle and line up 10 feet behind the door.
6. A CN Coach / Staff Member probably an intern will be at the door to help the student's effectively social distance and control the flow of students at the door.
7. Once a student enters the Gym Lobby they will be asked a series of questions and have their temperature taken. The answers to these questions will be recorded as either a Y or N for Yes or No in a Google Sheet. The temperature will be recorded as well if it is above 100.1
8. A Trained CN Staff member such as the Nurse or Athletic Trainer or Senior Athletic Department Staff (Coach Deter etc.) will be responsible for using the infrared thermometer and cleaning it as needed after each use.

9. Another CN staff / Coach, probably an intern will log the answers to the questions and the temperature as needed into the Google Sheet under the direction and supervision of either the Nurse or Athletic Trainer or Senior Athletic Department Staff (Coach Deter etc.).
10. If a student does NOT pass the Medical Screening the Nurse / AT / Senior Athletic Department Staff Member will approach the Parent if the student rides with the Parent and begin Medical Counseling at the Parent Vehicle on what the individual plan of care will be for that student. If a student is turned away for failing the Medical Screening the Athletic Department Staff and Administration will be immediately notified and made aware of the failed screening and discussions as to any adjustments will be made immediately. If the student drove themselves the Parent will be contacted immediately and determinations will be made as to the next course of action before the student is released to drive. If need be the student can pull their car to the parking lot to wait and depending on the weather (heat, rain, storm, etc.) arrangements may need to be made as to whether to have the student wait in the Aux Gym away from other people or in their car.
11. If the student does NOT pass the Medical Screening the student must see a doctor and bring documentation that they can return to play/training as directed.
12. If the student passes the Medical Screening and is cleared to participate in training or practice for the day they will report to their parked car in the carpool line and have either parent drive them to their location or drive themselves to their location.
13. If they drive themselves and are reporting to the practice field they will park alongside the practice field in designated spots with cones that a Coach will flag them into. At the end of the session they will drive out the back gate.
14. If they are dropped off by a parent the parent will drop them at the practice field and continue out the back gate.
15. When training is over students being picked up will wait in socially distanced marked areas at the end of the practice field with a CN Coach who will help make sure that social distancing is followed and that the students are safe. These areas will be marked with spray paint.
16. When we open up training on the Track and Tennis courts we will address lines of Transportation that allow for the drop off of students and parking of students.

### **Timeline Guidelines**

All Subjects to Approval by the Governor, Department of Health, SCISA / Diocese of Charleston and CN Administration.

See COVID-19 Protocols, Policies and Procedures - Arrive 15 minutes before start to begin check in procedures

Week -1 - Train Heroic Workouts - Coaches Zoom meet with Teams

Week 0 - Practice Protocols, Policies and Procedures

Week 1 - Begin FB Strength and Conditioning

Week 2 - Begin Organizational Meetings for Fall Sports

Week 3 - Begin Fall Sports Strength and Conditioning

Week 4 - We will assess the state of the COVID-19 and Winter / Spring sports and make appropriate adjustments.

### **Sample 6 week integration (Football)**

Other varsity fall sports will follow similar timelines and progressions utilizing all of our field space. This allows for safely reintroducing exercise as recommended by NSCA for return to activity while minimizing risk of overtraining or heat issues while taking current health guidelines into consideration.

### **Phase 1 - First 2 weeks**

Monday/ Wednesday / Friday – 3 groups limited to 10-15 athletes and 3 coaches

- Group A – 7:30-8:30/ Group B 8:30-9:30/ Group C 9:30-10:30
- All work outside, fieldhouse closed – no equipment week 1, limited equipment week 2 (no sharing)
- 10 foot spacing, groups will not intermix with other groups (same 10 -15 athletes together every day)
- Need practice fields

### **Phase 2 - Second 2 Weeks**

Monday/Tuesday/ Thursday/ Friday – 2 groups limited max 25 each plus 3 coaches

- Group A 8:00-9:20/ Group B 9:40-11:00
- Groups split between outside stations and inside stations, stations under 9 athletes
- No more than 9 athletes and 1 coach inside at 1 time, no shared stations (disinfect between)
- 10 foot spacing, groups will not intermix with other groups, maintain student pods from phase 1
- In fieldhouse each athlete stays in a rack (1 athlete/ 1 rack)
- Need practice fields/ Fieldhouse

### **Phase 3 - Third 2 weeks**

Monday/Tuesday/ Thursday/ Friday – 1 group 8:00-10:30

- Split group between outside and inside stations, no more than 13 at a station
- No more than 13 in fieldhouse at 1 time, no shared stations (disinfect in between)
- In fieldhouse each athlete stays in portion of rack utilizing half racks (13 stations)
- 10 foot spacing when possible, 6 foot as minimum.
- Need practice fields/ fieldhouse/ track

### **Facility Maintenance and Cleaning**

Safety and function are top priorities in managing a weight room facility. All weight room surfaces and equipment should be cleaned regularly with germicidal (i.e. anti-fungal, anti-bacterial, and antiviral) cleaner to prevent the growth of microbes which can increase the spread of disease.

We will adhere to specific cleaning schedules, which are outlined in the NSCA's Safety Checklist for Exercise Facility and Equipment Maintenance (attached). Appropriate cleaning and sanitation supplies should be kept on-hand in the weight room, including: disinfectant (germicide), hand sanitizer ( $\geq 60\%$  alcohol), specialty cleaners (e.g. wood, walls, upholstery, and glass), paper towels, disinfectant wipes, spray bottles, cloth towels and rags, sponges, brooms and dustpans, vacuum cleaner, and mop supplies.

If cloth towels and rags are being used, they should not be shared. Special attention should be taken to store and launder cloth towels and rags using sanitary measures (e.g. Sanitizing cycle, washing with hot water, and using separate hampers for clean and dirty). Non-essential equipment should be removed from the training floor and stored to minimize cleaning surfaces.

Where applicable cleaning and sanitation procedures should also be extended to restrooms, locker rooms, carpet and flooring, exercise mats, water fountains, athlete nutrition "Fueling" stations, and commonly shared pieces of equipment—e.g. Medicine balls, dumbbells, kettlebells, weight belts, bars and plates. Fresh air

circulation, ventilation, and sunlight (if possible) should be emphasized, as this shortens the time for respiratory droplets to be removed from the air. To prevent bacterial and microbial growth, the relative humidity should not exceed 60%.

**ROUGH DRAFT of Coaching Assignments and Locations** - POSSIBLY how we would spread out.

3 Locations we can utilize outdoors

1. Practice Field
2. Track and Field in Stadium
3. Tennis Courts

Week Date	Monday	Tuesday	Wednesday	Thursday	Friday
#1 6/8	Dutton/V/Holmes Practice Field FB1 8-9am FB2 9-10am FB3 10-11am	OFF	Dutton/V/Holmes Practice field FB1 8-9am FB2 9-10am FB3 10-11am	OFF	Dutton/V/Holmes Practice Field FB1 8-9am FB2 9-10am FB3 10-11am
#2 6/15	Dutton/V Practice Field FB1 8-9am FB2 9-10am FB3 10-11am  Dimapan / Holmes Volleyball Organizational Meeting in Front of Gym at 8am	OFF	Dutton/V Practice Field FB1 8-9am FB2 9-10am FB3 10-11am  McKee Cross Country Organizational Meeting 730am at Track  Nied Swimming Organizational Meeting 830am at Track	OFF	Dutton/V Practice Field FB1 8-9am FB2 9-10am FB3 10-11am  Walker Tennis Organizational Meeting 815am at Tennis Courts
#3 6/22	Dutton Practice Field FB1 8-9am FB2 9-10am FB3 10-11am  Holmes / Dimapan Tennis Court #1 VB1 8-9am VB2 9-10am VB3 10-11am  McKee / Intern Track XC 730-830am  Nied / Intern Track	OFF	Dutton Practice Field FB1 8-9am FB2 9-10am FB3 10-11am  Holmes / Dimapan Tennis Court #1 VB1 8-9am VB2 9-10am VB3 10-11am  McKee / Intern Track XC 730-830am  Nied / Intern Track	OFF	Dutton Practice Field FB1 8-9am FB2 9-10am FB3 10-11am  Holmes / Dimapan Tennis Court #1 VB1 8-9am VB2 9-10am VB3 10-11am  McKee / Intern Track XC 730-830am  Nied / Intern Track

	Swim 1 830-930am Swim 2 930-1030am  Walker / V Tennis Court #2/3 TN1 815-915am TN2 915-1015am  Holmes / Deter/ Dozier Tennis Court #1/Gym Basketball 6-8pm Baseball 6-8pm		Swim 1 830-930am Swim 2 930-1030am  Walker / V Tennis Court #2/3 TN1 815-915am TN2 915-1015am  Holmes / Deter/ Dozier Tennis Court #1/Gym Basketball 6-8pm Baseball 6-8pm		Swim 1 830-930am Swim 2 930-1030am  Walker / V Tennis Court #2/3 TN1 815-915am TN2 915-1015am
#4 6/29	4th of July Week OFF	OFF	OFF	OFF	OFF
#5 7/6	Phase 2	OFF	Phase 2	OFF	Phase 2
#6 7/13	Phase 2 Possibly add younger level athletes	OFF	Phase 2	OFF	Phase 2
#7 7/20	Phase 3	OFF	Phase 3	OFF	Phase 3
#8 7/27	Phase 3	OFF	Phase 3	OFF	Phase 3
#9 8/3	Dead Period OFF	OFF	Dead Period OFF	Phase 4	Phase 4
#10 8/10	Phase 4	Phase 4	PHase 4	Phase 4	Phase 4