

Waynesville Athletics & Activities Department COVID-19 Return to Participation Guidelines and Recommendations

Waynesville R-VI Schools and Athletics and Activities Department understands the mental and physical benefits associated to athletics and activity, while also acknowledging the need to keep student-athletes, coaches, and their families safe. This resource is intended to address the state-wide restrictions outlined in the “Show Me Strong Recovery Plan”, as well as guidelines set forth by the CDC and local health department.

Guiding Principles:

In addition to the usual requirements for sanctioning, all events must abide by all requirements of local, state, and federal guidelines applicable to the physical location of the **facility where the event will take place**. Implementing the Return-to-Participation Guidelines presented here will require a cooperative relationship between the Department, Coach, Parent, and Student-athletes. While the Department and Coach must create a safe environment, the Parent must make the decision for their child to return to play. Whereas there are many that will be excited to return to play, there are others who may be apprehensive. If a player, parent, or family is not comfortable returning to play – **THEY SHOULDN'T**. We must demonstrate respect and courtesy for everyone's decisions during this time and ensure that we provide a safe environment as we return to participation.

It is important for everyone to realize that this is not participation as usual. Teams will need to adjust their regular operation, coaches will need to modify their training session plans, parents need to understand and follow-through with safety precautions, and student-athletes need to respect and follow safety recommendations.

The following are recommendations for returning to play in phases designed to help keep all participants and our community safe. The following should always be applied regardless of the Return to Participation phase:

- Participation in any group activities is only allowed if you have had no signs or symptoms of Covid-19, no signs/symptoms that may have been Covid-19, and/or have not been exposed to someone who has had signs or symptoms of Covid-19 for a minimum period of 14 days before participation.

- Should an individual be exposed they will not be allowed to return without proper medical clearance.
- Any instance of a positive COVID-19 diagnosis of a participant or anyone in attendance of a session at any time, must be immediately reported to the athletic department, county health authority, and any other authority (i.e. FLW).
- Clear communication to and between all participants and their families about expectations and guidelines is essential to successfully implement return.
- Signage with guidelines will be prominently displayed within the facility.
- Parents should remain at the facility in their cars except to assist in responding to injuries or other interactions with student-athletes.
- Student-athletes need to be monitored closely at all times- arrival through departure
- Do not allow participants to treat spreading the virus as a joke- parents need to be a part of enforcing this.
- An RSVP and attendance system will be used both for planning and to record possible interactions in the event of a positive COVID-19 diagnosis.
- If you are sick or feel sick, STAYHOME
- At risk individuals, youth or adult, STAY HOME (if you are unsure if you are considered at risk, please consult your medical provider directly).
- Anyone who self-reports a temperature of 100 or more should be sent home and not allowed to participate for a minimum of 14 days.
- Designated area for each student-athlete to place their equipment, personal belongings, and that can utilize during breaks.
- All individuals must maintain 6 ft. of social distancing unless a phase permits otherwise.
- All equipment must be disinfected after each session as well as during sessions when possible.
- No one is to share water, towels, or any personal equipment. This includes, but not limited to: Shin guards, tape, hairbands, jersey/uniform, pinnies or bibs of any kind. (Please note you can assign a pinnie/bib to a player to take home and care for OR ask that each player brings/wears their own alternative color shirt).
- No centralized hydration or refreshment stations

- No spectators at practices.
- Sanitizing options available. This may include but is not limited to: (Hand sanitizer, Disinfectant wipes, disinfectant sprays and towels. (All laundry should be separated from clean laundry in designated baskets and laundry should be properly washed and dried before each practice or session.)
- Respect for each individual's choices must be the top priority. If a participant wishes to wear a face mask this should be allowed, and accommodations made if needed

This document is designed to be a starting point and framework for our student-athletes, parents, coaches, and staff to use as guidelines as each one continues to discuss their own return to participation. This document is by no means a blanket permission to return to the fields. Each member is expected to strictly follow state and local guidelines for the resumption of participation as individual counties and jurisdictions may have additional restrictions in place that effect your decisions.

It is important to note that the return to participation phases may not always proceed linearly, but rather a step backwards in phases may be required following continuous review of the ongoing situation and environment and further guidance from state or local authorities. Each phase breakdown is tied directly to the **Missouri Show-Me Strong Recovery Plan as well as, CDC and local health department recommendations.**

Regardless of which phase you are in, you should be prepared to step back and revert to an earlier phase if any of the following occur. Follow local public health official guidelines at all times.

- 1. Cluster of infections occur.*
- 2. Inability to maintain Covid-19 prevention and response protocols*
- 3. Inability to track and/or isolate players or staff.*
- 4. External factor exposes a Covid-19 risk to your team or department.*
- 5. Changes to state public health official guidelines regarding group gatherings and/or sports and activities.*

PHASE I

- Individual and small group strength and conditioning training of 10 or less.
- Focused on return to activity with individual training (one player, one piece of equipment) and small group training.
- No balls will be used nor will sport-specific work be done in order to prioritize physical fitness, promote social distancing and eliminate the potential for contact with commonly touched surfaces.
- A maximum of two coaches/staff allowed per half field during sessions.
- No more than 10 student-athletes within a group. (In areas where social distancing can be kept multiple groups may be utilized).
- 10 Student-athletes are recommended per 2 adults/coaches. (1 adult may focus on implementing these guidelines while 1 adult is focused on the training session goals and providing instruction).
- Groups/cohorts will formed and documented to allow for contact tracing of students and coaches.
- No physical contact should occur between any two individuals.
- Student-athletes are screened for COVID-19 symptoms.
 - Is anyone running a temperature? (NO - proper answer)
 - Does anyone have a persistent cough, difficulty breathing, sore throat? (NO - proper answer)
 - Does everyone feel well & healthy? (YES - proper answer)
- No sharing of water, foods, clothing, or personal equipment.
- All students should provide their own water bottle.
- At the end of each training all equipment will be sanitized properly.
- Participants are to remain a minimum of 6 feet apart.
- Masks are mandatory for each training session.
- The space each student-athlete is allowed to occupy should be clearly defined and strictly enforced. The amount of space required for each student-athlete will vary depending on the location being utilized for participation (i.e. weight room, turf field, gymnasium, etc.). Remember- no two student-athletes can ever come within 6 ft.
- Practice times set to maximize social or physical distancing to include ‘turnover’ time between different teams/groups to allow for proper sanitation.
- When possible group activities will take place outside.
- **Scrimmaging, small-sided games, rondos, possession games, partners, etc. all violate social distancing guidelines and must be avoided.**

- Lines should be avoided when possible and must delineate appropriate distance for student-athletes to stand if used.
- Participants may never gather in a huddle or small group, as is common when giving instruction.
- All physical contact between student-athletes must be monitored and strongly discouraged (high-fives, horseplay, hugging, etc.).
- Athletic trainers will be the on-site medical professional.
- No athletes will be allowed in the training room unless necessary for injury. Trainers will document attendance and disinfect commonly touched surfaces after use.
- Parents/Guardians are asked to stay in vehicles when students are participating in activities to limit unnecessary exposure to students and staff.
- No spectators are allowed.
- Participation is voluntary.

This document is designed to be a starting point and framework for our affiliate members to use as guidelines as each one continues to discuss their own return to participation. This document is by no means a blanket permission to return to the fields. Each member is expected to strictly follow state and local guidelines for the resumption of participation as additional restrictions may be placed into effect.

All items and information in this Phase II and beyond are subject to change based on information and guidance from State, County and local municipalities and health authorities. Before implementing your protocols for Phase 2 and regularly thereafter be sure to be familiar with applicable health authorities for the most up to date information and guidance.

PHASE II

- Focused on bringing teams back together for individual and small group skill development, drills, and continued strength and conditioning training of 10 or less.
- Focused on return to activity with small group training (sanitized shared equipment).
- A maximum of two coaches/staff allowed per quarter of a 100 yard field during sessions.
- No more than 10 student-athletes within a group. (In areas where social distancing can be kept multiple groups may be utilized).
- 10 Student-athletes are recommended per 2 adults/coaches. (1 adult may focus on implementing these guidelines while 1 adult is focused on the training session goals and providing instruction).
- Groups/cohorts will formed and documented to allow for contact tracing of students and coaches.
- No physical contact should occur between any two individuals.
- Student-athletes are screened for COVID-19 symptoms.
 - Is anyone running a temperature? (NO - proper answer)
 - Does anyone have a persistent cough, difficulty breathing, sore throat? (NO - proper answer)
 - Does everyone feel well & healthy? (YES - proper answer)
- No sharing of water, foods, clothing, or personal equipment.
- All students should provide their own water bottle.
- At the end of each training all equipment will be sanitized properly.
- Masks are required of staff any time social-distancing cannot be maintained.
- Masks are recommended for student-athletes during participation, but not mandatory. A mask could however become mandatory for students at any phase.
- The space each student-athlete is allowed to occupy should be clearly defined and strictly enforced. The amount of space required for each student-athlete will vary depending on the location being utilized for participation (i.e. weight room, turf field, gymnasium, etc.). Remember- no two student-athletes should have contact and all should maintain social-distancing (6 ft. goal).
- Practice times set to maximize social or physical distancing to include 'turnover' time between different teams/groups to allow for proper sanitation.

- When possible group activities will take place outside.
- Personal lockers will not be utilized and no student-athlete and/or coach should keep personal belongings at the facility.
- **No Scrimmages, small-sided games, rondos, possession games, partners, etc. that violate social-distancing. (If these types of activities can be done without contact between participants then they are allowed).**
- Lines should be avoided when possible and must delineate appropriate distance for student-athletes to stand if used.
- Participants may never gather in a huddle or small group, as is common when giving instruction.
- All physical contact between student-athletes must be monitored and strongly discouraged (high-fives, horseplay, hugging, etc.).
- Athletic trainers will be the on-site medical professional.
- No athletes will be allowed in the training room unless necessary for injury. Trainers will document attendance and disinfect commonly touched surfaces after use.
- Parents/Guardians are asked to stay in vehicles when students are participating in activities to limit unnecessary exposure to students and staff.
- No spectators are allowed.
- Participation is voluntary.

PHASE III

Before proceeding to Phase III, it is recommended that you should have actively participated in Phase II for a minimum of 2 weeks.

- Focused on implementing controlled scrimmages/small-sided games and limited physical contact. (Physical contact should be for a limited duration each training session).
- Training sessions should have a balance between individual non-contact skill building activities and limited duration for small sided games including contact.
- Camps, team activities, and scrimmages may occur upon parental approval.
- If transportation is required all teams must adhere to the recommendations set-forth by the Waynesville R-VI Transportation Department.
- No more than 50 student-athletes within a group. (In areas where social distancing can be kept multiple groups may be utilized).
- Groups/cohorts will formed and documented to allow for contact tracing of students and coaches.
- Student-athletes are screened for COVID-19 symptoms.
 - Is anyone running a temperature? (NO - proper answer)
 - Does anyone have a persistent cough, difficulty breathing, sore throat? (NO - proper answer)
 - Does everyone feel well & healthy? (YES - proper answer)
- No sharing of water, foods, clothing, or personal equipment.
- All students should provide their own water bottle.
- At the end of each training all equipment will be sanitized properly.
- Masks are required of staff any time social-distancing cannot be maintained.
- Masks are recommended for student-athletes during participation, but not mandatory. A mask could however become mandatory for students at any phase.
- The space each student-athlete is allowed to occupy should be clearly defined and strictly enforced. The amount of space required for each student-athlete will vary depending on the location being utilized for participation (i.e. weight room, turf field, gymnasium, etc.).

- Locker rooms may be utilized, but no personal gear may be stored in lockers. (All lockers should be secured so personal belongings are not stored in the facility).
- Practice times set to maximize social or physical distancing to include ‘turnover’ time between different teams/groups to allow for proper sanitation.
- When possible group activities will take place outside.
- Lines should be avoided when possible and must delineate appropriate distance for student-athletes to stand if used.
- Participants should maintain social-distancing when gathering in a huddle or small group.
- All physical contact between student-athletes must be monitored and strongly discouraged (high-fives, horseplay, hugging, etc.).
- Athletic trainers will be the on-site medical professional.
- No athletes will be allowed in the training room unless necessary for injury. Trainers will document attendance and disinfect commonly touched surfaces after use.
- Parents/Guardians are asked to stay in vehicles when students are participating in activities to limit unnecessary exposure to students and staff.
- No spectators are allowed.
- Participation is voluntary.

Additional Measures to Keep Students and Staff Safe:

- Disinfect the venue and all equipment (weights, balls, etc.—anything that can be touched) prior to and after each activity every day.
- Disinfect misting of all facilities after each session or group activity.
- Verify that coaches and participants are symptom-free before activity each day. Staff and student attendance at each day's activities.
- Student-athletes and coaches will utilize hand sanitizer and soap and water to wash hands before each session to mitigate contamination.
- Prepare and schedule frequent hand washing/sanitation opportunities during activity.
- Minimal use of restrooms.
- All laundry (masks and towels used) will be placed in laundry bins after each session and then taken to be cleaned using approved cleaner. (Each basket will be disinfected before each use.)
- Require participants to bring own water bottles and avoid the use of water fountains.
- Modify drills and activities to limit or reduce potential violations of social distancing guidelines including events like high fives, huddles, team meetings, etc.
- Regularly disinfect items that are most often touched during activities
- Avoid using whistles when possible to reduce droplet spread.