

LANCASTER CATHOLIC RETURN TO TRAINING FOR JUNIOR HIGH AND HIGH SCHOOL SPORTS – June 2020

INTRODUCTION

Lancaster Catholic is happy to present the following guidelines that will allow our athletes to return to workouts, preseason practices, summer leagues and ultimately the start of high school sports on August 17 (Heat acclimatization on August 10 for HS football).

The Covid-19 pandemic has affected athletics across the world with many challenges. Although reports seem to change often, we do know that this is a highly contagious disease and can affect people of all ages. The steps we are taking are designed to reduce the risks to students, coaches and their families. It is vital to the health and safety of all involved that our student/athletes and staff are fully conscious of this at all time and take responsibility for these guidelines with the utmost seriousness.

LCHS PLAN

1. Screen all athletes, coaches and staff upon arrival to any workout, practice, meeting or event.
 - a. See Check in Procedure below.
2. All athletes and coaches MUST provide their own water bottle – with water.
 - a. Water bottles cannot be shared.
 - b. Water coolers will not be provided.
3. Promote Healthy Hygiene Practices –
 - a. Wash hands before, during and after practices,
 - b. Avoid touching face with unwashed hands.
 - c. Wear face mask as feasible. Mask will not be used by athletes during workouts, practice or competition. Coaches should wear masks unless it restricts proper breathing or health.
 - d. Hand sanitizer will be available for each team.
4. Frequent cleaning, disinfecting in all facilities.
 - a. See Disinfecting/Cleaning below.
5. Encourage social distancing through increased spacing, smaller groups and limited team intermixing.
6. Summer workouts are optional.
7. Separate entrance and exit locations to promote social distancing.
 - a. See Entering And Exiting Facility below.
8. All coaches and staff are expected to follow all guidelines listed.

CHECK IN PROCEDURE

- Each athlete and coach will have his/her temperature checked before entering facility each day. Health questions will also be asked.
- If a temperature is 100.4 or higher, the person will be sent home.
 - If no other symptoms are present, then athlete/coach may return when cleared by a physician.
 - If other symptoms are present, then athlete/coach must follow protocol listed below under “Symptoms, Testing & Management”.
- Athletes/Coaches should stay home if they do not feel well or exhibit any symptoms.
- Athletes/Coaches who develop or display symptoms during a workout session will be sent home immediately.

DISINFECTING/CLEANING

- Locker room use will be limited. Athletes must come dressed for summer workouts.
- Athletic facilities and equipment will be disinfected and sanitized before, during and after work out sessions.
- Spray bottles and disposable wipes will be in close proximity to all workout stations (if applicable)
- All sports balls and equipment used during training will be sanitized

throughout and after each session.

- Restrooms – Student athletes are required to wash their hands, utilize the “one in one out” model and sanitize hands after exiting.

ENTERING AND EXITING FACILITY

1. Entrance
 - a. Parents should enter at Marshall Ave entrance and drop off at main gate.
 - b. Get temperature checked and use hand sanitizer station.
 - c. Proceed to workout area to check in.
 - d. Do NOT arrive earlier than 10 minutes before scheduled workout time.
 - e. Practice social distancing while waiting to be screened and start workouts.
 - f. Parents are expected to stay in their car and not enter the facility.
2. Exit/Pick up
 - a. Parents should enter at the Stadium Ave entrance to pick up.
 - b. Students will exit the stadium at the gate along the pole buildings.
 - c. Parents stay in car and wait for students.
 - d. PLEASE be on time for pickup.
3. If athlete is driving to workouts on their own.
 - a. Enter via Marshall Ave. and park in one of the lined parking spots.
 - b. Follow direction above for entering.
 - c. Exit on the Main gate side to your car.
 - d. Do NOT linger or congregate with others.

WORKOUT GROUPS

1. Ensure that student and staff groupings are as static as possible by having the same group of student/athletes stay with the same staff where possible.
2. Limit mixing between groups if possible.
 - a. If an athlete develops symptoms of COVID-19, all athletes in that group will be removed until the athlete has been cleared by medical officials.

ATTENDANCE

1. Attendance in summer workouts for all athletes is optional.
2. Attendance will be kept in order to track athletes & coaches in case of someone getting ill.

COVID-19 SYMPTOMS, TESTING & MANAGEMENT

Athletes/Coaches who appear to have symptoms or who become sick during the day will be immediately separated from other student athletes/staff and instructed to return home. If a student/athlete displays symptoms, the Athletic Trainer or Administrator on duty will contact a parent/guardian. A symptomatic student/athlete will be managed as a presumptive COVID-19 positive and all precautions will remain in place until testing confirmation is received. Student/Athletes who are presumed or confirmed COVID-19 positive cannot report to campus until cleared to do so by a physician by meeting the criteria listed below:

- 1) Resolution of fever without the use of fever-reducing medications AND Improvement in respiratory symptoms (cough, shortness of breath), AND
- 2) Negative results of an FDA Emergency Use Authorized COVID-19 test, OR
- 3) The student/athlete is symptom free for 72 hours without the use of Medication, and at least 10 days have passed since symptoms first appeared.

POSITIVE TEST CONFIRMED:

When to Seek Emergency Medical Attention

- Look for emergency warning signs* for COVID-19. If someone is showing any of these signs, seek emergency medical care immediately.
- Trouble breathing
- Persistent pain or pressure in the chest
- New confusion
- Inability to wake or stay awake

- Bluish lips or face

*This list is not all possible symptoms. Please call your medical provider for any other symptoms that are severe or concerning to you.

If a student athlete tests positive for COVID-19, they are to self-isolate until 10 days from onset of symptoms AND 72 hours of being symptom free without medications. If a student athlete has been in close contact with someone who has tested positive for COVID-19 or has a family member that lives with them that has tested positive for COVID -19:

- 1) The student athlete should inform Miss Newill, Athletic Trainer, immediately and quarantine for 14 days. Miss Newill will notify student athletes who may have been exposed to COVID-19 and provide guidance. Fellow student athletes may be sent home to self-quarantine for at least 14 days or until a confirmed negative test result is received.
- 2) Other suggestions for recovery:
 - a. Stay home. Most people with COVID-19 have mild illness and can recover at home without medical care. Do not leave your home, except to get medical care. Do not visit public areas.
 - b. Take care of yourself. Get rest and stay hydrated.
 - c. Stay in touch with your doctor. Call before you get medical care. Be sure to get care if you have trouble breathing, or have any other emergency warning signs, or if you think it is an emergency.

These plans are for return to practice and directed to team activities. This plan does not address actual games and plans for fans attending games. If we are still in the yellow or green phases when games start, we will provide an additional plan. Currently fans are not allowed in the yellow phase and either not allowed or very limited in the green phase.