

Guidelines for Fall Practices 2020

As LCHS looks to allow athletes onsite for workouts during the COVID-19 pandemic, we will closely follow the guidance of Washington State and Clark County Department of Health, NFHS and WIAA. **The core underlying consideration for all decisions made during the process of returning athletics to La Center High School will be the health, safety, and protection of student athletes and coaches.**

Face coverings are required during all indoor activities. Cloth face coverings should be considered acceptable, so any athlete who prefers to wear a cloth face covering will be allowed to do so. Coaches will be required to wear a face covering when occupying the same space as other individuals indoors.

Plastic shields covering the entire face (or attached to a helmet) shall not be allowed.

Participation in fall practices activities is voluntary and not a requirement by LCHS, LCSD, or WIAA.

Coaches can choose to hold fall workouts or not. Workouts are open to fall, winter, spring sports and will be available until December 19, 2020. Coaches who choose to participate during this period are responsible for planning, implementing, and documenting all activities with adherence to social distancing guidelines. Athletes need to be under the supervision of a WSD trained coach at all times during workouts.

Facilities to Consider:

The following facilities must be considered: Stadium Football Field, Stadium Track, Stadium Bleachers, Practice Field next to the Stadium, Weight Room, Main Gym, Commons Area, Varsity Baseball and Varsity Softball Fields, Batting Cages, and the MS Field.

A schedule of use must be determined that is equitable to the needs of all programs.

Sanitizing stations and cleaning materials will be available at each site. Coaches will ultimately be responsible for sanitizing their space after each student group work session. We will provide direction on how to properly clean between student groups.

Entry, exit, and restroom doors should be propped open so that touching of door handles is limited.

Training:

All coaches who will oversee fall sports workouts will be trained by either our Athletic Director, Matt Cooke, or School District Nurses, Danielle Rivers and Erin Uskoski. Head coaches will be required to be trained before workouts within their program may begin. They will be expected to train each additional coach within their program – and must attend all of their program workouts.

Each coach will be trained on the following:

- Pre-workout screening
- Limitations on gathering
- Facilities cleaning
- Physical activity and athletic equipment

- Hydration
- Sport specific activities allowed per Stage.

Coaches will sign a document stating they have been trained and understand the expectations for each stage of our re-opening plan. Athletes will be trained by coaches and will sign off in the same manner.

Screening and Tracking

Each program will access to no touch thermometers to conduct pre-workout attestations. Coaches will train athletes to pre-screen before each workout and stay home if they have symptoms of COVID-19.

Each program will keep screening documentation in a sports specific binder.

Athlete Arrival and Departure:

Athletes must have coach's approval to be on campus. Athletes should time their arrival so that they are no earlier than 5 minutes before their scheduled workout time. Athletes will stay in their car until their scheduled workout time. There will be no gathering of athletes outside the facility as they wait for entrance.

Separate entrances and exits will be designated for each facility. During transitions of student groups and between facilities, coaches will ensure that students are not grouped and social distancing of 6 feet or more between individuals occurs at all times.

Upon arrival and before leaving, all athletes and coaches will wash their hands thoroughly with soap and water. In the event that hand washing is not possible, clean hands with hand sanitizer. Hand sanitizer will be available at each facility.

Athletes will be expected to bring their own mask.

Hydration:

Hydration is an essential component to athletic performance and safety. Athletes without their own hydration container will not be allowed to workout.

The following guidelines must be met during High and Moderate Activity Level of COVID-19 in Clark County

Pre-Workout/Contest Screening:

- All coaches and students should be screened for signs/symptoms of COVID-19 prior to a workout. Screening includes a temperature check with a no touch thermometer and an attestation form.
- Responses to screening questions for each person should be recorded and stored so that there is a record of everyone present in case a student develops COVID-19.
- **Any student with a fever greater than 100.4 degrees Fahrenheit or exhibits any COVID-19 symptoms will be sent home immediately and parents will be contacted.** If the athlete doesn't have a way home, they will be isolated in a designated area until someone can pick them up. Coach will report this to the

principal or athletic director and they will determine when the athlete may return to practices and the impact on the rest of their practice pod.

- High Risk individuals should not oversee or participate in any workouts.

Facilities Cleaning:

- Adequate cleaning schedules will be created and implemented for all athletic facilities to mitigate any communicable diseases.
- Prior to an individual or groups of individuals entering a facility, hard surfaces within that facility should be wiped down and sanitized. **Coaches will sanitize between student groups.**
- Individuals will wash their hands for a minimum of 20 seconds with warm water and soap before touching any surfaces or participating in workouts.
- Hand sanitizer should be plentiful and available to individuals as they transfer from place to place.
- Appropriate clothing/shoes should be worn at all times.
- Any equipment having holes with exposed foam should be covered.
- Students must be encouraged to shower and wash their workout clothing immediately upon returning to their home.

Hydration:

- All students shall bring their own water bottle. Water bottles must not be shared. “No touch” hydration fill stations may be used to refill water bottles.
- Hydration stations (water cows, water trough, water fountains, etc.) should not be utilized.

Coach Guidelines:

- Coach must keep a copy of each practice plan.
- Coach must have completed the following safe schools courses: COVID Awareness, Cleaning/Disinfecting Your Workplace before conducting practices.
- Coach must be trained on COVID procedures before conducting practices.
- Coach must adhere to the sport specific activities that are approved by LCSD.

State, local and school district guidelines for face coverings should be strictly followed.

I understand the expectations and procedures of the La Center School District Reopening Plan listed above and agree to follow all LCSD COVID-19 guidelines.

Signature

Date

Name