



ATHLETE COVID-19 CAMPUS PLAN

FOR

ILTexas ATHLETICS SPORT

**Craig Q. Timberlake,
Chief of Student Leadership
Development**

**Victor Cathey,
Executive Director of Athletics and
Physical Fitness**

**BJ Wortham, Harris/ Brazos
County Area Coordinator**

**D'Waylon Crosby, Tarrant County
Area Coordinator**

**Travis Conger, Athletic Business
Manager**

**Courtney Marino, Physical
Fitness & Title IX Coordinator**

SUMMARY

On behalf of The International Leadership of Texas Athletics and Physical Fitness, we are pleased the start of athletics for the 2020-2021 school year. Tryouts and practice will begin on October 10th and games on October 24th. This is our blueprint to return our athletes to their respective sports on our campuses. The health and safety of our student-athletes is our number one priority and the following guidance based on what is currently known about the coronavirus disease (COVID- 19). ILTexas Athletics designed this guidance to help prevent workplace exposures to COVID-19 for all student-athletes, coaches, and staff and will be updated as additional information becomes available.

The following guidelines were compiled with the assistance of ILTexas athletic administration, ILTexas Director of Health Services, our Nursing Staff, our Area Superintendents, and the guidelines of the University of Interscholastic League, Texas Education Agency, and Texas Charter School Academic and Athletic League. With social distancing requirements, it will take many more HOURS and AREAS to provide our student-athletes a quality athletic experience.

Athletics will continue to work closely with the, campus administration, the State of Texas, Dallas, Tarrant, Harris and Brazos County and city health officials so timely and accurate information can guide appropriate responses. Local conditions will influence the decisions that public health officials make regarding community-level strategies.

We will expect staff and athletes to conduct themselves as if they are COVID-19 positive. The policies in our plan are designed to minimize risk for athletes and staff. It is vital to the health and safety of everyone that our athletes and staff are fully conscious of this at all times and take responsibility for following these guidelines seriously.

A. Key Principles:

- Limiting personal interaction – face-to-face interaction and person-to-person contact will be limited to essential activities that cannot be performed in an alternative (virtual or remote) fashion. When such activities are required, social distancing and other infection-spreading mitigating measures will be emphasized.
- Hygiene – hand washing will be emphasized before, during, and after team activities when practicable.
- Cleaning and sanitation – routine and enhanced cleaning and sanitation measures will be implemented.
- Screening Procedures for Student-Athletes – Daily symptom and temperature screening assessment will be required of student-athletes.
 - Staff will continue to be screened daily

OVERALL GUIDELINES AND RESPONSE STRATEGIES

SANITATION

- **Disinfection and Sanitation**
 - ILTexas custodians will be present and maintaining sanitization during athletic practices and events.
 - Facilities Cleaning – athletic facilities will be disinfected and sanitized per industry guidelines, continuously before, during, and after ILTexas practices and events. Emphasis will be given to ensuring disinfecting high touch surfaces and surfaces that are used by multiple student-athletes, disinfecting between users. (Checklist for Custodial and staff)
 - Cleaning – specific athletic facilities in which an individual with a confirmed COVID-19 positive has been identified will undergo enhanced disinfection per CDC and industry guidelines.
 - Sanitizing all balls after practice sessions.
- **Athletes and Staff**
 - **Masks are required at all times except when actively exercising or socially distanced.**
 - Both athletes and staff will sanitize their hands before, during, and after workout. There will be multiple hand sanitizing stations spread out through all athletic areas
 - There will be no high fives, back slaps, or any other physical encouragement.
 - 6-foot social distancing will be kept when not actively exercising.

STUDENT ATHLETE REQUIREMENTS

- A.** Athletes will be required to have the following on file with ILTexas before participating.

ILTexas Compliance Forms

- Physical
- Completed Screening Questionnaire
- Online Forms Completed
- Emergency Contact Form

Athletes will stay home if they have a fever greater than 100.0, or feel any COVID-19 symptoms, or they do not feel well.

- B. 6 Foot Rule** – Maintain 6 feet of space between each other. This includes lift groups, run groups, and common areas including restrooms.
- C. Physical Contact** – Limit physical contact with others. Do not shake hands, hug, fist-bump or high five.
- D.** Athletes will use hand sanitizer before entering the facility, during workouts, and when exiting skills.
- E. Restrooms** – Student-athletes are required to wash hands and make every effort to minimize athletes in the restroom at any one time.
- F. Hydration** – Student-athletes are encouraged to bring their own individual labeled water bottles. They are prohibited from sharing water bottles.

ILTexas STAFF REQUIREMENTS

- A. **Masks are mandatory.**
- B. Staff will check in and complete the screening process each day when they arrive to campus.
- C. Staff will stay home if they notice symptoms or if they do not feel well.
- D. Staff will get temperature checked and maintain social distancing at all times.
- E. Staff will use hand sanitizer before entering the facility, during workouts, and skills.
- F. Staff will bring their own labeled water bottle.

SCREENING PROCESS - DAILY

- A. **BEFORE Arriving to Facility – Every student must answer the following screening will have filled out screening questions. If a student answers “YES” on any question they will stay at home and inform the coach.**

All student-athletes are required to complete the screening questionnaire for symptoms prior to leaving home, including checking your temperature if you can.

Screening questions:

- Any contact with person who is/was positive for COVID-19; or
 - New or worsening cough or shortness of breath/difficulty breathing; or
 - Fever (subjective or >100.0); or
 - At least two of: chills, repeated shaking with chills, muscle pain, headache, sore throat, new loss of taste or smell, diarrhea.
- B. A **temperature check** is required on first entry into the screening check point. Temperature check station will be staffed by ILTexas coaches and staff wearing appropriate PPE. They will confirm student-athlete COVID-19 screening questions and will make sure questions have been answered and temperature has been taken prior to entry. If a student-athlete has a temperature greater than 100 they will be directed to Campus Nurse for further assessment.
 - C. A **hand sanitizing station** will be set up outside the indoor facilities screening checkpoint where all student-athletes must sanitize their hands prior to entry/re-entry into the indoor facility.

ENTRY PROCEDURES

- A. All student-athletes are required to enter indoor facilities via the entrance predetermined for your school.
- B. Six feet **social distancing** indicators will be set up along the gym and or turf.

COVID-19 SYMPTOMS, TESTING & MANAGEMENT

A. COVID-19 Symptoms or Positive Test

Management of COVID-19 Positives – confirmed COVID-19 positives will be managed by the ILTexas Chief Equity Officer Regina Jones and Lead Nurse Karen Barnes per current public health guidelines. Management will include reviewing testing results, isolation, and symptom management as well as return-to-sport clearance.

Student-athletes who appear to have symptoms or who become sick during the day will be immediately separated from other student-athletes/staff and instructed to the Campus Aide Station. Direction will be provided by ILTexas nurse regarding symptom monitoring, quarantine, and testing. **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, or student-athlete has obtained a medical professional's note clearing the individual for return based on an alternative diagnosis.**

Student-athletes who are presumed or confirmed COVID-19 positive cannot report to campus until cleared to do so by the ILTexas Campus Coordinator/Campus LAT, or campus nurse by meeting the criteria listed below.

B. Positive Test Confirmed

In the case of an individual who was diagnosed with COVID-19, the individual may return to school when all three of the following criteria are met:

- at least three days (72 hours) have passed since recovery (resolution of fever without the use of fever-reducing medications)
- the individual has improvement in symptoms (e.g., cough, shortness of breath)
- at least ten (10) days have passed since symptoms first appeared.

PARENT/GUARDIAN COMMUNICATION PLAN ATHLETICS

- Return to Athletics Plan will be posted on the ILTexas Athletic website.
- An email will be sent to all parents/guardians outlining return to campus plan & safety measures.
- Coaches will organize Zoom meeting for all parents/guardians.
- Coaches will educate the athletes via Zoom meetings before the first practice they are to attend.
- Constant and detailed communication via email with parents/guardians.

ILTexas

- Athletic practices and contests will be conducted following all safety protocols provided by guidance from UIL, TCSAAL and ILTexas. This will include COVID screening, sharing & sanitizing of equipment, locker room usage, laundry, etc.
- Hand sanitizing stations will be in athletic areas and hand washing will be emphasized before, during, and after activities. Equipment will be sanitized on a regular basis.
- Cleaning and sanitation of all athletic facilities will happen routinely.
- All locker room space will be utilized according to the guidelines.
- ILTexas is looking into LIVESTREAM Varsity Games. This may become an option to view.
- Bus travel will follow transportation guidelines provided by the TEA, CDC, and ILTexas.
- **Per TCSAAL, spectators will not be allowed attend games and contests.**
- All aspects of all athletic events will continually be evaluated to minimize the risk of exposure for both coaches and athletes.

If athletes choose Option 2 Self-Paced they will not be allowed to compete in any extracurricular activities.

PREPARING FACILITIES

- Sanitation supplies will be delivered, installed, and placed in predetermined places.
- Social Distancing Signs, RR Signs, Hand washing signs, check in Signs will be made and posted.
- Hand Sanitizing stations will be set up throughout the facility for use.

LOCKER ROOMS (Currently Under Review)

- Athletes are expected to wear masks in the locker room, with the exception of taking showers.
- Every effort will be made to alternate smaller groups through the locker room to minimize exposure with other athletes. Coaches will devise plans based on the number of athletes and the space available.
- Social Distance measures will be in effect throughout all locker rooms
- Athletes entering the locker room will be monitored to ensure minimal athletes in the locker room at one time.
- Any equipment WILL NOT be kept in student lockers. All lockers should be cleared and cleaned out by the athlete to allow for proper cleaning.

PRACTICES/GAMES

- Masks will be worn during games while sitting on the bench. Masks will be worn during practices and games.
- Every athlete is expected to attend all practices and games
- If an athlete misses practice time or games due to COVID-19, there will not be disciplinary consequences.
- TIMELINE FOR THE SEASONS SEE APPENDIX TCSAAL Calendar

Physical Fitness PERIOD

- Coaches will develop plans to mitigate risk of spreading COVID-19, including plans for social distancing, breath breaks, equipment, etc.
- Classes will take place Monday, Tuesday, Thursday, and Friday

| <u>Grade Level</u> | <u>Period of Fitness</u> | <u>Duration of Fitness</u> | <u>Time /schedule allotted prior to COVID-19</u> |
|--------------------------------|--------------------------|----------------------------|---|
| Kinder | 1:24pm-2:09pm | 45 minutes | Students didn't dress out |
| 1st grade | 10:58pm-11:43pm | 45 minutes | Students didn't dress out |
| 2nd grade | 10:09am-10:54am | 45 minutes | Students didn't dress out |
| 3rd grade | 11:47am-12:32pm | 45 minutes | Students didn't dress out |
| 4th grade | 9:21am-10:06am | 45 minutes | Students didn't dress out |
| 5th grade | 12:36pm-1:21pm | 45 minutes | Students didn't dress out |
| 6th grade | 7:45am-8:30am | 45 minutes | Arrive to school in Fitness Attire 5 minutes on back end of class to change |
| 7th grade | 8:33am-9:18am | 45 minutes | 5 minutes on front end of class 5 minutes on back end of class to change |
| 8th grade | 2:12pm-2:57pm | 45 minutes | 5 minutes on front end of class finished the day in Fitness attire |
| <u>HS Fitness A Day</u> | | | |
| 2nd period | 9:29am- 11:29am | 90 minutes | 5 minutes on front end of class 10 minutes on the back end of class |
| 3rd period | A Day 11:33am-1:03pm | 90 minutes | 5 minutes on front end of class 10 minutes on the back end of class |
| | B Day 11:03am-12:33pm | 90 minutes | 5 minutes on front end of class 10 minutes on the back end of class |
| 4th period | 1:07pm-2:37pm | 90 minutes | 5 minutes on front end of class 10 minutes on the back end of class |
| 5th period | 2:41pm-4:11pm | 90 minutes | 5 minutes on front end of class and leave school in athletic attire |
| <u>HS Fitness B Day</u> | | | |
| 6th period | 7:55am-9:25am | 90 minutes | 5 minutes on front end of class 10 minutes on the back end of class |
| 7th period | 9:29am-10:59am | 90 minutes | 5 minutes on front end of class 10 minutes on the back end of class |
| 8th period | A Day 11:33am-1:03pm | 90 minutes | 5 minutes on front end of class 10 minutes on the back end of class |
| | B Day 11:03am-12:33pm | 90 minutes | 5 minutes on front end of class 10 minutes on the back end of class |
| 9th period | 1:07pm-2:37pm | 90 minutes | 5 minutes on front end of class 10 minutes on the back end of class |
| 10th period | 2:41pm-4:11pm | 90 minutes | 5 minutes on front end of class and leave school in athletic attire |

NOTES:

1. Showers will not be allowed under any circumstances without prior approval until further notice.
2. Same sex performance coaches will be in the locker-room to supervise during uniform change-over/disinfect prior to next usage.
3. No more than 10 students will be in the changing areas at any one time—social distance must be maintained at all times.
4. Masks remain mandatory at all times in the changing areas.
5. Students are not permitted to store anything in the lockers at any time.
6. Doors will remain open to assist in proper ventilation and to limit touches.

GAME ATTENDANCE (Reviewed after January 1, 2021)

- Groups should maintain six feet of distance from other groups, and a group is defined as no more than 10 people including members of the household and those persons who traveled together to the facility.
- Visible signs will be posted stating any individuals who are confirmed to have, suspected of having, are experiencing symptoms of, or have been in close contact with an individual who has been confirmed to have Covid-19 should not enter the facility.

TCSAAL CALENDAR 2020-2021

| <u>Event</u> | Revised Calendar |
|---|-------------------------|
| Coaches Conference (Virtual) | 10/9/2020 |
| Start of Flag Football | 10/24/2020 |
| Start of Volleyball | 10/26/2020 |
| Flag Football & Volleyball Regionals (early rounds in large regions may start a week earlier) | 11/30-12/5 |
| Flag Football & Volleyball State | 12/12/2020 |
| | |
| Start of Basketball Season | 1/5/21 |
| Basketball Regionals | 2/1-2/6/21 |
| Start of Soccer Season | 2/8/21 |
| Basketball State | 2/12-13/21 |
| Start of Baseball/Softball (Could start 1 week earlier pending Spring Break) | 3/22/21 |
| Soccer Regionals - <i>See regional webpages for location information</i> | 3/29-4/3/21 |
| State Soccer | 4/9-10/21 |
| ET Track & Field Open Meet | 4/15/21 |
| CT Track & Field Open Meet | 4/17/21 |
| NT Track & Field Open Meet | 4/17/21 |
| ST Track & Field Qualifier Meet | 4/20/21 |
| ET Track & Field Qualifier Meet | 4/22/21 |
| CT Track & Field Qualifier Meet | 4/24/21 |
| NT Track & Field Qualifier Meet | 4/24/21 |
| Baseball & Softball Regionals | 4/26-30/21 |
| Track & Field State Meet | 5/1/21 |
| State Baseball & Softball | 5/7-8/21 |
| Cross Country | TBD |
| | |