



# KENSTON

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## S C H O O L S

### KENSTON LOCAL SCHOOLS

#### GUIDELINES FOR OPENING OF ATHLETIC FACILITIES ON JUNE 8, 2020

##### INTRODUCTION

The safety of our student-athletes, coaching staff and Kenston community is our primary focus as we start to resume school-sponsored athletic activities for our athletic programs. The following guidelines and procedures will be implemented until further notice and will be updated as needed, based on new information and guidance from national, state and local governments and agencies.

The information in this document has been gathered from mandates, recommendations and guidelines provided by the Centers for Disease Control and Prevention (CDC), Ohio Department of Health (ODH), National Federation of High Schools (NFHS) and Ohio High School Athletic Association (OHSAA), along with the approval from the Geauga County Board of Health (GCBH) and Kenston Administration.

Per the OHSAA, each member school should start at Phase One of this program and remain there for at least 14 calendar days. If there is a downward/flat trajectory of documented cases within a 14-day period, a school may progress to Phase Two, where a new 14-day period of tracking of cases should begin. If there is another 14-day downward/flat trajectory of cases, schools may progress to Phase Three.

The governmental leadership in the state of Ohio, or that of the school district, may halt or regress the phases described herein if deemed necessary.

##### POINTS OF EMPHASIS

1. **FACE COVERINGS:** Decreasing potential exposure to respiratory droplets is the guiding principle behind social distancing and the use of face coverings. The use of cloth face coverings is meant to decrease the spread of respiratory droplets. Ohio recommends the use of face coverings, especially by coaches, parents and student-athletes when not training or competing.

Recognizing the benefits and potential drawbacks of the use of cloth face coverings during conditioning and physical activity, the OHSAA recommends the following:

- ODH and/or school district guidelines for cloth face coverings should be followed.
- Cloth face coverings are acceptable. There is no need to require or recommend “medical grade” masks for athletic activity.
- Exceptions include swimming, distance running or other high intensity aerobic activity. In these activities, cloth face coverings may be worn when not engaging in vigorous activity, such as before or after instruction, or any time spent on the sidelines when physical activity is not being performed.

- Plastic shields covering the entire face (or attached to a helmet) shall not be allowed during play. Their use during practices increases the risk of unintended injury to the person wearing the shield or teammates.
- Coaches are recommended to wear cloth face coverings during instruction.

2. SOCIAL DISTANCING: All activities should follow social distancing guidelines with designated space for each student-athlete 6 feet apart during phases 1 and 2. For phase 3, it is recommended for student-athletes to stay 6 feet apart when not participating in workouts or sport activity. For the weight room, maximum lift with spotters can only be done during phase 2 and 3, with a two person spotter system being used with spotters on each end of the bar.

3. NO TOUCH RULE: All individuals must avoid physical contact with others including high fives, huddles, or other close contact occurring before, during, and after skills sessions unless the contact is for the purpose of safety. Scrimmages and games are not permitted. No congregation should occur before or after the training or practice session.

4. DAILY SYMPTOM CHECKS: Coaches and student-athletes must do a self-symptom check at their homes daily. Symptoms include body temperature in excess of 100.4° F, cough, sore throat, or shortness of breath. Anyone experiencing symptoms or who has a confirmed diagnosis of COVID-19 must stay home.

5. CONTACT TRACING: Coaches will check in student-athletes at each workout and maintain attendance information for potential contact tracing. Coaches and student-athletes are asked to keep track of contact with any individual throughout their day for potential contact tracing.

6. SANITATION MATERIALS: Kenston will provide sanitation materials including but not limited to soap, hand sanitizer, sanitizing wipes, sanitizing spray, and paper towels. Student-athletes and coaches are encouraged to bring their own product to supplement sanitizing materials at our facilities. Such materials will be made available to coaches in the High School and Bomber Stadium training rooms.

7. LOCKER ROOMS: Locker rooms will not be made available for use until further notice. Students should arrive in the clothing and equipment they will need for the activity and must leave the area immediately following the activity.

8. COMPETITION: Per the State of Ohio and OHSAA, all competition is prohibited until further notice. Additionally, even if competition is ruled permissible in the State of Ohio, no Kenston teams will travel out-of-state for any competition until further notice.

9. STUDENT RELEASE FORMS: All students and parents should complete and return the Kenston COVID-19 Release Form prior to participation. Copies will be provided near the copier in the Athletic Office.

10. VIDEO TRAINING: Where applicable and when available, coaches will be provided safety training videos to enhance preparedness for return to play protocols.

## **OVERALL RETURN TO PLAY GUIDELINES FOR STUDENT-ATHLETES AND COACHES**

### **BEFORE ACTIVITIES**

- Be symptom free for 14 days prior to athletic activity
- Stay home if you are sick or do not feel well
- Wash and sanitize your hands often; avoid touching your face, eyes or mouth
- Cover your mouth and nose with a tissue or your elbow if you cough or sneeze
- Practice social distancing regularly
- Wear face covering to reduce potential exposure to respiratory droplets
- Keep list of people you have been in contact with each day
- Be aware and disclose any potential contacts with affected individuals
- Coaches and student-athletes must do a self-symptom check at their homes daily
- Student-athletes and coaches must wash their hands before starting activities

### **DURING ACTIVITIES**

- Refrain from attending any activity if displaying any COVID-19 symptoms
- Comply with all state and local regulations
- Wash and sanitize your hands often; avoid touching your face, eyes or mouth
- No touch rule applies to all activities
- Practice social distancing as often as possible
- Student-athletes wear face covering before and after activities
- Coaches wear face covering throughout activity
- Bring your own water bottles, hand sanitizer and sanitizing wipes
- Student-athletes must not share water bottles, clothing, or other personal items
- Properly dispose of sanitizing wipes and/or paper towels when used
- Keep list of people you were in contact with during activity

### **AFTER ACTIVITIES**

- Wash and sanitize your hands often; avoid touching your face, eyes or mouth
- Monitor your health and report any symptoms after every activity

- Practice social distancing regularly
- Wear face covering to reduce potential exposure to respiratory droplets
- Wash and sanitize all gear, uniforms and apparel used during the activity
- There will be no lost and found for left items; any item left will be thrown away

### **SPORT AND FACILITY LIMITATIONS**

- Phase 1 will begin with fall sport activities only.
- Additional sports activities may be added in Phases 2 or 3 based on successful operations during Phase 1 and 2 and may be limited by the availability of facilities.
- Use of Bomber Stadium will be limited to three program groups daily, Monday through Friday only, to allow for proper facility sanitation. The first group may not start before 8:00am and the last group may not conclude later than 8:00pm. One hour increments must be placed between group transitions to allow for sanitation.
- Locker rooms will not be used until the resumption of normal activities

## **OHSAA RETURN TO PLAY GUIDELINE PHASES FOR SUMMER 2020**

### **PHASE ONE (June 8 to June 21)**

#### ***PRE-WORKOUT SCREENING***

- Coaches and student-athletes must do a self-symptom check at their homes daily.
- Symptoms should be recorded and stored for contact tracing purposes if a COVID-19 infection occurs.
- Any person with symptoms should not attend any activities and should contact their medical provider. During activity, student-athletes exhibiting visible symptoms will be sent home and parents contacted.
- Vulnerable individuals should not oversee or participate in any workouts during Phase One.

#### ***LIMITATIONS ON GATHERING***

- Gatherings should not consist of more than 10 people at a time (inside or outside), which includes all participants and coaches. Multiple areas within a given facility may be spaced in groups of 10 if properly socially distanced (e.g. 100-yard field could be split into four divisions with a group of 10 in each division).
- Locker rooms may not be used during Phase One. Students should report to workouts in proper gear and immediately return home to shower at the end of the workout.
- The weight room will not be used during Phase One.

- Indoor workouts should be conducted in groups of students with the same 5-10 people (including coaches) always working out together. Smaller subgroups should be used for weight training when those activities commence.
- There should be a minimum distance of 6 feet between each individual at all times. If this is not possible, the number of individuals in the area should be decreased until proper social distancing can occur.

### ***FACILITIES CLEANING***

- Adequate cleaning schedules will be in place for all athletic facilities.
- Prior to an individual or group entering a facility, all hard surfaces within that facility will be wiped down and sanitized. Hard surface examples include but are not limited to chairs, furniture, locker rooms, weight room equipment, bathrooms, and training tables.
- Individuals should wash their hands for 20 seconds with warm water and soap before touching any surfaces or participating in workouts.
- Hand sanitizer will be plentiful and available to individuals.
- Shirts and shoes should be worn at all times.
- Students should be encouraged to shower and wash their workout clothing immediately upon returning home.

### ***PHYSICAL ACTIVITY AND ATHLETIC EQUIPMENT***

- There should be no shared athletic equipment (balls, towels, clothing, shoes, or sport specific equipment) between students.
- Students should wear their own workout clothing, and clothing/towels should be washed and cleaned after every workout.
- All athletic equipment, including balls, should be cleaned after each use and prior to the next workout.
- Individual drills requiring the use of athletic equipment is permissible, but the equipment should be cleaned between uses of each individual.
- There should be a focus on resistance training with bodyweight, sub-maximal lifts, and use of resistance bands.
- Free weight exercises that require a spotter should not be conducted, as they cannot be conducted while observing social distancing.

### ***HYDRATION***

- All students should bring their own water bottle with their names clearly marked on the bottle. Water bottles should not be shared.
- Hydration stations (water fountains, water troughs, etc.) may not be used.

## **PHASE TWO (June 22 to July 5)**

### ***PRE-WORKOUT/CONTACT SCREENING***

- Coaches and student-athletes must do a self-symptom check at their homes daily.
- Symptoms should be recorded and stored for contact tracing purposes if a COVID-19 infection occurs.
- Any person with symptoms should not attend any activities and should contact their medical provider. During activity, student-athletes exhibiting visible symptoms will be sent home and parents contacted.
- Vulnerable individuals should not oversee or participate in any workouts during Phase Two.

### ***LIMITATIONS ON GATHERINGS***

- Gatherings should not consist of more than 10 people at a time (inside or outside), which includes all participants and coaches. Multiple areas within a given facility may be spaced in groups of 10 if properly socially distanced (e.g. 100-yard field could be split into four divisions with a group of 10 in each division).
- Locker rooms may not be used during Phase Two. Students should report to workouts in proper gear and immediately return home to shower at the end of the workout.
- Indoor workouts should be conducted in groups of students with the same 5-10 people (including coaches). Smaller subgroups should be utilized for weight training.
- There should be a minimum distance of 6 feet between each individual at all times. Appropriate social distancing should be maintained on sidelines and benches. Consider using tape or field paint as a guide for students and coaches.

### ***FACILITIES CLEANING***

- Adequate cleaning schedules will be created and implemented for all athletic facilities.
- Prior to an individual or group entering a facility, all hard surfaces within that facility will be wiped down and sanitized. Hard surface examples include but are not limited to chairs, furniture, locker rooms, weight room equipment, bathrooms, and training tables.
- Individuals should wash their hands for 20 seconds with warm water and soap before touching any surfaces or participating in workouts.
- Hand sanitizer will be plentiful and available to individuals.
- Weight equipment should be wiped down thoroughly before and after each individual uses the equipment.
- Shirts and shoes should be worn at all times.
- Students should be encouraged to shower and wash their workout clothing immediately upon returning home.

### ***PHYSICAL ACTIVITY AND ATHLETIC EQUIPMENT***

- Lower risk sports practices may resume.

- Modified practices may begin for moderate risk sports/activities.
- There should be no shared athletic towels, clothing, or shoes between students.
- Students should wear their own appropriate workout clothing, and individual clothing/towels should be washed and cleaned after every workout.
- All athletic equipment, including balls, should be cleaned between practices/sessions.
- Hand sanitizer will be readily available.
- Maximum lifts should be limited and power cages should be used for squats and bench presses. Spotters should stand at each end of the bar.

### ***HYDRATION***

- All students should bring their own water bottle with their names clearly marked on the bottle. Water bottles should not be shared.
- Hydration stations (water fountains, water troughs, etc.) may not be used.

### **PHASE THREE (July 26 until further notice)**

#### ***PRE-WORKOUT SCREENING***

- Coaches and student-athletes must do a self-symptom check at their homes daily.
- Symptoms should be recorded and stored for contact tracing purposes if a COVID-19 infection occurs.
- Any person with symptoms should not attend any activities and should contact their medical provider. During activity, student-athletes exhibiting visible symptoms will be sent home and parents contacted.
- Vulnerable individuals can resume public interactions, but should practice physical distancing, minimizing exposure to social settings where distancing may not be practical, unless precautionary measures are observed/implemented.

#### ***LIMITATIONS ON GATHERINGS***

- Gatherings sizes of up to 50 individuals, indoors or outdoors, may resume.
- When not directly participating in practices or workouts, care should be taken to maintain a minimum distance of 3 to 6 feet between each individual.

#### ***FACILITIES CLEANING***

- Adequate cleaning schedules will be created and implemented for all athletic facilities.
- Prior to an individual or group entering a facility, all hard surfaces within that facility should be wiped down and sanitized. Hard surface examples include but are not limited to chairs, furniture, locker rooms, weight room equipment, bathrooms, and training tables.

- Individuals should wash their hands for 20 seconds with warm water and soap before touching any surfaces or participating in workouts.
- Hand sanitizer will be plentiful and available to individuals.
- Weight equipment should be wiped down thoroughly before and after each individual uses the equipment.
- Shirts and shoes should be worn at all times.
- Students should be encouraged to shower and wash their workout clothing immediately upon returning home.

### ***PHYSICAL ACTIVITY AND ATHLETIC EQUIPMENT***

- Moderate risk sports practices may begin.
- Modified practices may begin for high risk sports/activities.
- There should be no shared athletic towels, clothing, or shoes between students.
- Students should wear their own appropriate workout clothing, and individual clothing/towels should be washed and cleaned after every workout.
- All athletic equipment, including balls, should be cleaned between practices/sessions.
- Other equipment, such as wrestling ear guards, football helmets, etc. should be worn by only one individual and not shared.
- Hand sanitizer will be readily available.
- Maximum lifts should be limited, and power cages should be used for squats and bench presses. Spotters should stand at each end of the bar.

### ***HYDRATION***

- All students should bring their own water bottle with their names clearly marked on the bottle. Water bottles should not be shared.
- Hydration stations (water fountains, water troughs, etc.) may be used but must be cleaned intermittently and after every practice/workout.

### **NFHS/OHSAA RISK BY SPORT CATEGORIES**

Potential infection risk by sport (modified from United States Olympic and Paralympic Committee – Sports Medicine recommendations)

**Higher Risk:** Sports that involve close, sustained contact between participants, lack of significant protective barriers, and high probability that respiratory particles will be transmitted between participants.

**Examples:** Wrestling, football, lacrosse, competitive cheer, dance



**Moderate Risk:** Sports that involve close, sustained contact, but with protective equipment in place that may reduce the likelihood of respiratory particle transmission between participants OR intermittent close contact OR group sports OR sports that use equipment that can't be cleaned between participants.

**Examples:** Basketball, volleyball\*, baseball\*, softball\*, soccer, gymnastics\*, ice hockey, tennis\*, swimming relays, pole vault\*, high jump\*, long jump\*, 7 on 7 football

\*Could potentially be considered "Lower Risk" with appropriate cleaning of equipment and use of masks by participants

**Lower Risk:** Sports that can be done with social distancing or individually with no sharing of equipment or the ability to clean the equipment between uses by competitors.

**Examples:** Individual running events, throwing events (javelin, shot put, discus), individual swimming, golf, weightlifting, sideline cheer, cross country running (with staggered starts)

### RETURN TO ACTIVITY GUIDELINES FOR KENSTON FACILITIES

**WEIGHT ROOM:** limits determined by phases in OHSAA guidelines; Kenston will not open its weight room during Phase 1.

- Coaches will create groups and sub-groups, depending on phase.
- Workout groups must remain consistent throughout the summer.
- If workout member is absent, coach may substitute for spotting and must wear face covering.
- Athletic Department will schedule teams/programs, allowing time in between groups for sanitizing the weight room and minimize congregating between groups. The group that has just finished has the responsibility of sanitizing the equipment that was used.
- Coaches will take daily attendance.
- Coaches must enforce all current social distancing and sanitizing regulations.
- Student-athletes must wipe down their equipment before and after use.
- Coaches must sanitize weight equipment after each group session.
- Non-Kenston student-athletes and adults may not use Kenston facilities.
- Locker room facilities will be closed until further notice. Student-athletes should come dressed and ready to participate in workouts.
- Students should bring the minimum amount of personal items into the weight room. Personal items should be left in one of the hallway cubbies and students must wipe down area after use.

**OUTDOOR PLAYING FIELDS/COURTS:** limits determined by phases in OHSAA guidelines

- Coaches will create groups and/or sub-groups, depending on phase.
- Workout groups must be the same as the weight room groups, if applicable. Multiple groups can be combined when the outdoor limit is higher than the indoor limit, but social distancing should be used to spread out groups on the field.
- Athletic Department will schedule teams/programs, allowing time in between groups for sanitizing any athletic equipment and minimize congregating between groups.
- Coaches will take daily attendance.
- Coaches must enforce all current social distancing and sanitizing regulations.
- Student-athletes must wipe down their equipment before and after use.
- Coaches must sanitize athletic equipment after each group session.
- Non-Kenston student-athletes and adults may not use Kenston facilities.
- Locker room facilities will be closed until further notice. Student-athletes should come dressed and ready to participate in workouts.

**GYMNASIUMS:** limits determined by phases in OHSAA guidelines

- Coaches will create groups and/or sub-groups, depending on phase.
- Workout groups must be the same as the weight room groups, if applicable.
- Athletic Department will schedule teams/programs, allowing time in between groups for sanitizing any athletic equipment and minimize congregating between groups.
- Coaches will take daily attendance.
- Coaches must enforce all current social distancing and sanitizing regulations.
- Student-athletes must wipe down their equipment before and after use.
- Coaches must sanitize athletic equipment after each group session.
- Non-Kenston student-athletes and adults may not use Kenston facilities.
- Locker room facilities will be closed until further notice. Student-athletes should come dressed and ready to participate in workouts.

## COACHING GUIDELINES

- REMINDER: Our ability to safely return to sport activities will have a huge impact on our ability to have sports next school year.
- Prior to being placed on any facility schedule, head coaches must submit a detailed plan and calendar for approval from the Athletic Director.
- Keeping accurate attendance records for players and coaches at every activity is mandatory.
- The coaching staff are responsible for keeping the facilities secured and free from non-Kenston students and adults.
- Limit the number of interactions and the size of the groups as much as possible.
- Train your athletes to show up, do their work, and go home.
- Hold team meetings virtually.
- Anyone that shows signs or symptoms of illness needs to be documented, and reported to the Athletic Director immediately. The ill student should be sent home with a phone call to their parents.
- Summer participation in workouts/training sessions is voluntary and may not be used toward team or program selection.