



KENSTON

S C H O O L S

ATHLETICS COVID-19 PROTOCOL AND MASTER PLAN

The following represents our updated protocol and master plan for Kenston Athletics as adjusted by the August 19, 2020 State of Ohio order for the full return of sports. All plans previously approved by the Geauga County Health Department shall be considered foundational to our plans and incorporated herein. All descriptions of these plans apply to activities throughout the district K-12 and their respective athletic programs.

INTRODUCTION

The safety of our student-athletes, coaching staff and Kenston community is our primary focus as we 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.

The governmental leadership in the state of Ohio and county of Geauga, 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 must 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 must follow social distancing guidelines with designated space for each student-athlete 6 feet apart. It is required for student-athletes to stay 6 feet apart when not participating in workouts or sport activity.

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 now permitted but only contact that is part of the game is acceptable. Congregation must not occur before or after the training, practice session, or contest.

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.

Prior to the start of each team activity coaches will ask all in attendance if they are exhibiting any symptoms. All those answering affirmatively will be sent home.

5. CONTACT TRACING: Coaches will maintain attendance information at all activities 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 be made available in a limited fashion until further notice (see section on locker room plan herein). It is recommended that when possible, students arrive in the clothing and equipment they will need for the activity and must leave the area immediately following the activity.

8. OUT-OF-AREA AND SHORT-SPACED COMPETITION: No Kenston teams will travel out-of-state for any competition until further notice. All potential opponents outside a local radius will be given more scrutiny. To limit exposure of players, no team shall play against more than a single opponent team in any 24-hour period; provided that two teams can play multiple games or matches against each other within that 24-hour period, if desired.

9. STUDENT RELEASE FORMS: All students and parents have been required to sign the OHSAA Pledge prior to participation.

10. VIDEO TRAINING: We have shared internally and externally a list of resources on COVID-19. Where applicable and when available, coaches will be provided safety training videos to enhance preparedness for return to play protocols.

All fall sport coaches have completed the NFHS COVID-19 Course and winter and spring sport coaches will also be required to complete the course prior to resumption of their team activities. Course is available here: <https://nfhslearn.com/courses/covid-19-for-coaches-and-administrators>

GENERAL TOPICS

The remaining information addresses the full return to play in all fall sports and is presented alphabetically by topic area.

ATHLETIC TRAINING

COVID-19 Athletic Training Room Protocols

- Training tables have been placed 6 feet apart
- Taping and tables will be sanitized between each use
- Common surfaces will be disinfected regularly
- Cold or hot tubs if used, will be limited to one individual at a time

INJURY EVALUATIONS IN TRAINING ROOM

To maintain social distancing, any athlete that wants to be evaluated for an injury that occurred over 12 hours ago must request an appointment via email with our Athletic Trainer Viv McKinney at viviani.mckinney@kenstonapps.org.

- Students will be sent an appointment time and location
- Students must wear a mask to the appointment
- Temperatures will be taken upon arrival
- Any student with a temperature over 100.4° F will not be treated and will be sent home with an instruction that they must not participate in athletics until asymptomatic or receive a negative COVID-19 test result. Only then will treatment be provided.
- Any suspected cases will reported to the Athletic Director and Principal

For injuries that happen either in the immediate presence of the trainer or while the trainer is on duty on the Kenston campus, students may see the trainer the same day. Upon arrival to the training room:

- Students must sign in and be masked unless it is a medical emergency.
- Students must wait to be called in (to maintain social distancing only 2 athletes allowed in the training room at a time).
- Temperatures will be taken upon arrival. Any individual with a temperature over 100.4°F will be isolated and sent home.

TREATMENTS AND TAPING

- Only athletes that have been previously evaluated for need fall into this category.
- Students must sign in and be masked.
- Students must wait to be called in (to maintain social distancing only 2 athletes allowed in the training room at a time).
- Temperatures will be taken upon arrival. Any individual with a temperature over 100.4°F will be isolated and sent home.

Gameday Considerations

- Visiting opponents must bring their own water jugs and provide their own accommodations.
- Student-athletes are not permitted to share water bottles. Each student must provide their own. Kenston has purchased touchless water jug spigots to provide a no-touch application for our students.
- Sidelines will be limited to participants and essential personnel only.
- Benches will be sanitized in between each event.
- All individuals must be masked when not on the field of play.
- Band and cheerleaders will be placed in designated areas where it is possible for them to be socially distanced.
- Benches have been set to allow for 6 foot social distancing at all times in all sports. For larger rosters like football, students and coaches will be encouraged to stand during position meetings and will not sit within 6 feet if rest is needed.

AED Use

- Event sponsors, coaches and participants shall specifically review protocols for cardiopulmonary resuscitation (CPR) and the use of automated external defibrillators (AED's). Effective CPR and the use of an AED can be life-saving interventions for an athlete with a cardiac arrest related to high-intensity exercise after recovery from myocarditis due to COVID-19.
- All Kenston coaches, the Athletic Director and the Athletic Trainer have been certified in the appropriate use of an AED, CPR and First Aid. Each have also received COVID-19 training as a requisite to returning to employment prior to the start of the year and will act quickly in an emergency response situation.

COMPLIANCE OFFICERS

Kenston will have at least one compliance officer present for each home event. Their responsibilities will be to ensure the ODH requirements are met and to serve as liaison to law enforcement officials. These individuals include:

- Administrators
 - Tom Gabram, KHS Principal
 - Katie Phillips, KHS Associate Principal
 - Kenny Fisher, KHS Assistant Principal
 - Reid Guarnieri, KHS Athletic Director
 - Adam Fender, KMS Principal
 - Larry Klimkowski, KMS Assistant Principal/KMS Athletic Director
 - Additional district administrators based on availability
- Game Operations Managers:
 - David Colicchio
 - Brian Munday
 - Michael Rendlesham
- Athletic Trainer: Viv McKinney

COMMUNICATION OF POLICIES

- Our protocols will be published to our Kenston website and will be shared via our Final Forms software with all registered families of student-athletes and related participants
- Regular updates will also be shared via social media
- We maintain an online facilities website where anyone may see our activity schedules and we also provide links to all sports teams Google Calendars

CONCESSIONS

- We will have two venues where concessions are present – Kenston Bomber Stadium and Kenston High School outside of our Main Gymnasium
- Attendants will follow all Ohio Department of Health Protocols
- Only pre-packaged food and drink will be sold
- We will limit workers in the booth to three at a time and will require they be masked
- Glass partitions have been installed for protective barriers
- Individuals in line must practice social distancing
- Our concession stand workers will be identifiable and will gain access to their sales facilities with an ID badge

HEALTH SCREENINGS, TREATMENT, SANITATION AND ADVOCACY

Health Screenings and Treatment

Coaches and student-athletes must do a self-symptom check at their homes daily. Anyone experiencing symptoms or who has a confirmed diagnosis of COVID-19 must stay home.

Prior to the start of each team activity coaches will ask all in attendance if they are exhibiting any symptoms. All those answering affirmatively will be sent home. At the conclusion of each activity, head coaches will remind students to wear their masks, socially distance and wash their hands regularly.

Our athletic trainer will be available to perform symptom checks on any individual, particularly those exhibiting outward signs of potential symptoms. Sick individuals will be removed to an isolated area and assessed by the athletic trainer. If necessary local emergency medical units will be contacted. In the case of a minor, parents of the individual will be contacted. The compliance officer on site will record the incident and report details including contact information and school district of the spectator and report back to the Athletic Director and Principal.

Compliance officers will greet officials and visiting teams and confirm each have conducted a self-screening prior to entrance into the competition areas.

Sanitation

Time will be allotted between practice sessions to allow teams to exit fields and facilities prior to new teams arriving and for proper sanitizing for shared spaces and high-touch surfaces (benches, equipment, etc.) This is a shared responsibility among coaches, administrators, game managers, compliance officers and custodial staff.

All areas related to athletics and more specifically locker rooms, weight training rooms, restrooms, and athletic training rooms will be cleaned and sanitized frequently. Individuals must

maintain social distancing while in these rooms. Face coverings must be worn at all times while in these rooms. Use of enclosed shared spaces, such as locker rooms, must be and have been staggered and cleaned and disinfected between use. Facility access for teams has been coordinated to space out and eliminate the possibility of multiple team traffic.

Sanitation stations have been placed in mass numbers at all indoor and outdoor facilities on the Kenston campus.

Advocacy

We will communicate with spectators before each event (“know before you go”) the importance of staying home if sick, face covering requirements, and the need to maintain physical separation while attending our events. This will be achieved not only through static resources on our website and in this shared document but with regular reminders via social media, our Final Forms software, and additional means via coaches and administrators to students and families.

Public announcements will be made at all events instructing attendees of self-assessment and directive to leave the premises if they develop symptoms on site. Athletic trainer will be available to provide assistance to any such individuals. Additional announcements on immediate exit and non-congregation will also occur throughout the contest.

Six foot spaced dots and prominent signage like that illustrated here have been placed throughout the Kenston campus indoor and outdoor facilities:



IN-GAME PROTOCOLS

Kenston has adopted the following OHSAA recommended game protocols:

- Here is the link to **cross country** specific recommendations and/or considerations:
<https://bit.ly/CovidXCRecs>
 - Particular to cross country, participating athletes at a cross country race are limited to a total of 150 per race and smaller numbers are encouraged. With any home meet, our spectators will comply with social distancing, including at the finish line. We will have a number of volunteers at all home meets whose specific task will be to set up safe zones and monitor face coverings and social distancing.
- Here is the link to **football** specific recommendations and/or considerations:
<https://bit.ly/FBRecs>
- Here is the link to **golf** specific recommendations and/or considerations:
<https://bit.ly/CovidGORecs>
- Here is the link to **soccer** specific recommendations and/or considerations:
<https://bit.ly/SORecs>
- Here is the link to **tennis** specific recommendations and/or considerations:
<https://bit.ly/TERecs>
- Here is the link to **volleyball** specific recommendations and/or considerations:
<https://bit.ly/CovidVBRecs>

INVOLVEMENT OF YOUNG CHILDREN

Our athletic programs are limited to the athletics activities of students participating from grades 7-12. We will not be permitting the involvement or interaction between members of our athletic programs and any young children.

LOCKER ROOM USAGE

Prior to the start of school on August 31, no locker room use will be provided. Once school is in session we will provide limited access for changing only. Out-of-season teams will not be provided locker room access. Rooms will be cleaned daily. Each locker room will be limited to the same particular set of students and placed on a regular schedule for access.

Please see sport specific information:

CHEER

- HOME TEAM
 - Practice days: students will be placed on a regular schedule for access to change for practice following the conclusion of school. Supervised by coaches and limited to small groups in waves.
 - Competition days: students will be placed on a regular schedule for access to change for home competition or travel following the conclusion of school. Supervised by coaches and limited to small groups in waves.
- AWAY TEAMS
 - No locker room access provided

CROSS COUNTRY

- HOME TEAM
 - Practice days: students will be placed on a regular schedule for access to change for practice following the conclusion of school. Supervised by coaches and limited to small groups in waves.
 - Competition days: students will arrive in uniform with no access to locker rooms
- AWAY TEAMS
 - No locker room access provided

FOOTBALL

- HOME TEAM
 - Practice days: students will be placed on a regular schedule for access to change for practice following the conclusion of school. Supervised by coaches and limited to small groups in waves.
 - Competition days: supervised by coaches and limited to small groups in waves.
- AWAY TEAMS
 - Our middle school locker rooms will be provided with the instruction that teams arrive already in uniform. Access will be supervised by coaches and limited to small groups in waves. No halftime access – teams will meet in grass area to the west of our stadium during band performance. Following game, access in waves, immediate departure.

BOYS & GIRLS GOLF

- HOME TEAM
 - Practice days: students will be placed on a regular schedule for access to change for practice following the conclusion of school. Supervised by coaches and limited to small groups in waves. These students typically go directly home on non-game days before travel to golf course.
 - Competition days: students will be placed on a regular schedule for access to change for travel following the conclusion of school. Supervised by coaches and limited to small groups in waves.
- AWAY TEAMS
 - No locker room access provided

BOYS & GIRLS SOCCER

- HOME TEAM
 - Practice days: students will be placed on a regular schedule for access to change for practice following the conclusion of school. Supervised by coaches and limited to small groups in waves. These students typically go directly home on non-game days before returning for practice.
 - Competition days: students will be placed on a regular schedule for access to change for travel following the conclusion of school. Supervised by coaches and limited to small groups in waves.
- AWAY TEAMS
 - No locker room access provided

GIRLS TENNIS

- HOME TEAM
 - Practice days: students will be placed on a regular schedule for access to change for practice following the conclusion of school. Supervised by coaches and limited to small groups in waves.
 - Competition days: students will be placed on a regular schedule for access to change for home competition or travel following the conclusion of school. Supervised by coaches and limited to small groups in waves.
- AWAY TEAMS
 - No locker room access provided

VOLLEYBALL

- HOME TEAM
 - Practice days: students will be placed on a regular schedule for access to change for practice following the conclusion of school. Supervised by coaches and limited to small groups in waves.
 - Competition days: students will be placed on a regular schedule for access to change for home competition or travel following the conclusion of school. Supervised by coaches and limited to small groups in waves.
- AWAY TEAMS
 - No locker room access provided
 - Student-athletes shall place any team bags or personal items near their bench seat or in visiting stands when not in play. A team area will be designated to the opponent in the visiting stands.

MASKS AND FACE COVERINGS

- Spectators, coaches, athletic trainers, volunteers, and officials must wear face coverings at all times, and players must wear face coverings when not on the field or court of play, except for one of the reasons stated in the Director's Order for Facial Coverings throughout the State of Ohio, signed July 23, 2020, or as it may thereafter be amended.
- The Order's exceptions include, but are not limited to:
 - The individual is under 10 years of age;
 - The individual has a medical condition, including respiratory conditions that restrict breathing, mental health conditions, or disabilities that contraindicate the wearing of a facial covering;
 - The individual is communicating or seeking to communicate with someone who is hearing-impaired or has another disability, where the ability to see the mouth is essential for communication;
 - The individual is seated and actively consuming food or beverage in a restaurant or bar; or
 - Facial coverings are prohibited by law or regulation; or
 - The individual is actively participating in broadcast communications.
- To allow the use of whistles or to be heard when coaching or officiating, coaches and officials are not required to wear facial coverings during games and practices. Nothing in this Order prohibits a player, coach, or official from wearing a facial covering while on the field of play if it is practical to do so. Written justification must be immediately provided to local health officials, upon request, explaining why an athlete, student athlete, coach, or

volunteer is not required to wear a facial covering when not on the field of play. At minimum, facial coverings (masks) should be cloth/fabric and cover an individual's nose, mouth, and chin.

- Players, coaches, athletic trainers, and officials must strictly follow Ohio's face coverings Order when out in public to reduce the risk of contracting COVID-19 and potentially spreading it during Sports activities.
- Players will regularly be encouraged by coaches and messages provided by the administration to wear face coverings while at home to protect family and household members who may be at higher risk of developing complications from COVID-19.

SPECTATOR AND TICKETING INFORMATION

OUR VENUES

At no time will the maximum number of individuals gathered in any enclosed outdoor sports venue exceed 1,500 or 15% capacity, whichever is lower. Some signage and markings in place may be temporary until permanent adjustments can be made.

Spectators must conduct daily self-assessments and not attend any events if symptomatic. Family and household members will be encouraged to sit only amongst each other. At-risk spectators are encouraged to stay home.

Entrance and exit pathways have been created at all venues and appropriate signage has been posted to direct spectators. Seating charts and pathways will be shared with each specific sport's spectator base prior to all events.

Spectators are restricted from competition areas and from visiting with students and personnel before events. They must sit in marked seats or will be asked to leave the premises. There can be no congregating in aisle ways, gate entrances, parking lots, or common areas before, during and after games.

We will not allow access as general admission within enclosed playing facilities to lawns, infields; nor will we issue standing room only admission. Any spectators who linger along the fence or sidelines/open gym space will be instructed to find their seats. Police security will be deployed at all events where near 15% capacity is expected to help us enforce crowding issues.

Unless meeting a legal exception, all spectators must approach and enter our venues with masks on and keep them on at all times after entering the venue. All competitors and spectators will be instructed to immediately leave the venue at the conclusion of the contest and to not congregate in the area.

SITES

- Kenston Bomber Stadium (Football, Soccer)
 - Regular Maximum Capacity: 5,000
 - Adjusted COVID-19 Capacity: 750
 - Ensuring Social Distancing: Bleachers have been marked for social distancing. We have skipped rows and sections in a checkerboard fashion. The press box will hold essential personnel only.
 - Spectators will enter our main gate and exit our northeast blowout gate
 - Home spectators will enter the stands along our fence line and exit their seats through the galleys that exit to the east side of the bleacher
 - Weather Considerations: Depending on squad size, home teams will be provided shelter in the nearest locker room or school building; spectators will be instructed to go to their vehicles; opponent teams will be instructed to go to their buses
- Kenston Cross Country Trails and Abutting Soccer Fields (Cross Country, Soccer)
 - Estimated Area: 200,00 square feet
 - Regular Maximum Capacity (Cross Country): We have hosted large scale cross country meets with over 40 teams and been able to provide space for an estimated number of attendees in the thousands
 - Adjusted COVID-19 Capacity (Cross Country and Soccer): We will limit any home cross country meets to less than 10 teams and 150 runners and in both sports place a maximum two-person per student-athlete limit on attendees. Game managers will see to compliance.
 - Ensuring Social Distancing: In cross country we will set up specific spectator zones and have parent volunteers on hand to ensure masking and social distancing of groups
 - Weather Considerations: Depending on squad size, home teams will be provided shelter in the nearest locker room or school building; spectators will be instructed to go to their vehicles; opponent teams will be instructed to go to their buses
- Kenston High School Auxiliary Gymnasium (Volleyball)
 - We will not use this venue for competition or spectating for any events this fall
 - Regular Maximum Capacity: 350
 - Adjusted COVID-19 Capacity: 53
 - Ensuring Social Distancing: This is a practice venue for freshman and JV volleyball only.
 - Spectators will enter Door 3 near our cafeteria and exit through Door 4 outside our rear exit of the gym
- Kenston High School Main Gymnasium (Volleyball)
 - Regular Maximum Capacity: 2,294
 - Adjusted COVID-19 Capacity: 300 (15% capacity is 344, but order sets max at 300)
 - Ensuring Social Distancing: Bleachers have been marked for social distancing. We have skipped rows and sections in a checkerboard fashion. The sideline scoring table will hold essential personnel only and be sat 6 feet apart.
- Kenston Middle School Gymnasium (Volleyball)
 - Regular Maximum Capacity: 768
 - Adjusted COVID-19 Capacity: 115

- Ensuring Social Distancing: Bleachers have been marked for social distancing. We have skipped rows and sections in a checkerboard fashion. The sideline scoring table will hold essential personnel only and be sat 6 feet apart.
- Kenston Tennis Courts (Tennis)
 - We have adopted the state regulations on tennis court facility management
 - Ensuring Social Distancing: families of student-athletes have been instructed to not exceed two family members per student-athlete in attendance, wear masks, socially distance and have been encouraged to bring their own seats
 - Weather Considerations: Depending on squad size, home teams will be provided shelter in the nearest school building; spectators will be instructed to go to their vehicles; opponent teams will be instructed to go to their buses
- Punderson Golf Course (Golf)
 - We will follow the rules of the course. Operators have instituted the state guidelines on golf course management and require all spectators to be masked and socially distanced.

TICKETING

- To meet the recommended avoidance of point-of-entrance gate sales, all ticketing will be processed by pre-sale.
- Ticketing will be limited to two tickets per student-athlete (and cheerleader for home and away football games) at all events. We will also issue the same number of tickets to members of our band for home football events.
 - Band members will not travel to away events.
- Ticket policies for each game will be communicated and posted to our media outlets for home and away contests
- Our conference, the WRC has entered into agreement to sell all tickets for our home and away shared events to our own spectators.
- Pre-sale arrangements will be made with all non-conference opponents and conducted by mutual agreement with opposing Athletic Departments.
- All events where admission will be charged have been set at \$6 per ticket. Events where admission will not be charged will still be controlled by ticketing issuance and/or strict venue policing by our compliance officers.
- Despite smaller attendance, staffing will be increased to assure compliance with the state orders

STUDENT-ATHLETE COVID-19 EDUCATION

- Coaches have been educated through multiple outlets, most notably through the NFHS COVID-19 Course and will regularly share this knowledge with the student-athletes and educate their players on how to help prevent the spread of COVID-19.
- At the conclusion of each activity, head coaches will remind students to wear their masks, socially distance and wash their hands regularly.
- The administration has distributed the following resource to all students and families via our Final Forms message delivery system:
<https://coronavirus.ohio.gov/wps/portal/gov/covid-19/responsible-restart%20ohio/sector-specific-operating-requirements/sector-specific-operatingrequirements>

- All student-athletes have been educated via the OHSAA Pledge and have been required to sign off on having reviewed the following information. This has been made a prerequisite prior to any student's participation in Kenston athletics. The pledge reads:
 "All participants in the interscholastic athletic programs in OHSAA member schools have an important role to play in keeping other students within the school, their opponents and their community members safe by doing their part to stop the spread of COVID-19. As a student-athlete in an OHSAA member school, I know that I must take steps to stay well in order to protect others and promote a safe return to school and full participation for all student athletes in my school. Because of this challenge, I pledge to take responsibility for my own health and help stop the spread of the COVID-19."
 NOTE: For more information on how Ohio and the OHSAA projects to handle the 2020-21 school year at this time, please click to open and read the [OHSAA COVID-19 Return to Play Recommendations.](#)"
- Kenston will communicate via district email, website, signage and announcements the proper protocols for social distancing and safety guidelines in all sports and accompanying facilities.

SUSPECTED AND CONFIRMED CASES

GENERAL

Student-athletes, coaches, officials, gameday staff and spectators must stay home if they feel sick, have any COVID-19 symptoms, have contact with anyone with COVID-19 or have tested positive for COVID-19.

Student-athletes, coaches, officials, gameday staff and spectators who have come in close contact with individuals who tested positive for COVID-19 (within 6 feet for at least 15 minutes) must self-quarantine for 14 days following exposure.

ON SITE

Any student-athlete, coach, official, gameday staff or spectator who becomes ill or develops symptoms will be isolated and asked to seek medical care. Individual will be taken to their vehicle or high school training room isolation room until the individual is able to leave the property. School administrator of suspected individual will contact their local health department.

Student-athletes, parents, coaches and administrators will work with local health boards to identify individuals potentially exposed to facilitate contact tracing. If affected individuals participated in competitive play, the school must notify all opponents played between the date of the positive test (date when test taken) and two (2) days prior to the onset of symptoms, plus insure all local health boards are notified. If the teams, schools, or clubs reside in different counties, the health departments in each county must be notified to help facilitate effective contact tracing.

POSITIVE TESTS

Individuals who test positive for COVID-19, whether symptomatic or asymptomatic, shall not return to sports activities until a documented medical exam is performed clearing the individual prior to the individual returning to participation in practice or contests. The documented medical

exam must specifically include an assessment of the cardiac/heart risk of high-intensity exercise due to the potential of myocarditis occurring in COVID-19 patients.

When a player, coach, or athletic trainer tests positive for COVID-19, team members who are not close contacts requiring self-quarantine as determined by the local health department, must conduct (1) daily symptom assessments and stay home if sick, and (2) and temperature checks before each activity for 14 days.

FAMILY EXPOSURES AND POSITIVE TESTS

If a household member of a student, coach or athletic trainer suspects symptoms and will be tested, the individual should not attend activities for 14 days or until the household member receives a negative test result.

If a household member of a student, coach or athletic trainer tests positive, the individual should not attend activities for 14 days from last exposure.

TRANSPORTATION

- All Kenston-provided transportation to and from sporting events will meet the state recommendations
- Individuals seeking separate travel will be granted alternate accommodations upon receipt of a written request provided by the student's parent or guardian sent to the head coach and Athletic Director
- Hand sanitizer is made available for use upon entering the bus
- All individuals on the bus are required to be masked at all times
- Head coaches will be responsible for confirming students are not experiencing any COVID-19 symptoms before permitting them on the vehicle at every stop and reboarding
- No food or drink will be permitted to be consumed on the bus

From the Kenston Transportation Department

Coaches need to ensure that players wear masks before entering and during the entire trip. The coaches should be positioned in a manner that gives them the ability to monitor the players. Ultimately the coach should be addressing the players and ensuring that the rules are followed.

We ask coaches to remind the players that there is no eating or drinking permitted on the bus. This will help keep our efforts focused on a healthy environment while the players are being transported. All food should be stored in a box in the front if being transported with the team. Water bottles should always remain with the player. Please take the time to have the players eat outside the confines of the bus before departure if meals are provided.

Coaches should also walk the bus after the team exits. They should look for and remove all trash and all belongings that the players have left behind every time the players exit the bus. Buses will be sanitized once they leave during the game. This would be a good time for the coaches to remind the players of cleaning-up after themselves and taking all their belongings.

While entering the bus we should load back to front and unload front to back. When possible, each player should sit closest to the window when sitting one to a seat. When seating two

players to a seat, family should always sit together. After that then two players per seat in the order as they load. The aisle must remain free from any items and people at all times.

WEIGHT ROOM

- Room usage is limited to 20 participants at a time
- Face coverings must be worn at all times while in these rooms
- Cardiovascular equipment like treadmills and elliptical machine should only be used in the absence of weight lifters and in groups of 5 or less total individuals in the room, socially distanced
- The room is on a reduced usage schedule and multiple cleanings occur daily and between groups
- Currently only allowing fall sport programs to use
- Limits have been determined by phases in OHSAA guidelines
 - Phase One: weight room is closed
 - Phase Two and Three: 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
- Coaches will create groups and sub-groups, depending on Phase
- Workout groups must remain consistent
- If workout partner is absent, coach may substitute for spotting and must wear face covering
- Coaches must enforce all current social distancing and sanitizing regulations
- Student-athletes must wipe down their equipment before and after use
- Non-Kenston student-athletes and adults may not use Kenston facilities