

City of St. Charles School District
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SCSD SPORTS/ACTIVITIES GUIDELINES

(Guidance provided by St. Charles County Department of Public Health)

RISK LEVELS

Engage in the lowest risk level activity possible (as appropriate)

- Lowest Risk: Performing skill-building drills or conditioning under supervision at school, home, alone or with family members.
- Increasing Risk: Team-based practice.
- More Risk: Within-team competition.
- Even More Risk: Full competition between teams from the same local geographic area.
- Highest Risk: Full competition between teams from different geographic areas.

HEALTH/SAFETY PROTOCOLS

To be completed before any activity...

-Student/Parent waiver will be turned in before the student's first work out

-Each coach/player will complete a self check/assessment. The following questions need to be answered. If the answer is "yes" to any of these questions, the coach/player needs to stay home and contact their supervisor/coach.

*Do you feel ill?

*Do you have a fever (100.4 or higher)?

*Do you have a cough?

*Do you have shortness of breath or difficulty breathing?

*Do you have chills?

*Do you have a sore throat?

*Do you have muscle aches/pains?

*Do you have a new loss of smell or taste?

*Have you or a close contact been diagnosed or presumably diagnosed with COVID-19 in the past 14 days?

-Each coach/player will have their temperature taken on-site. If the temperature is 100.4 degrees or greater the coach/player should be sent home and contact their supervisor/coach. Parents who are dropping off their child need to remain present until student entry is verified. Students will also be expected to leave as soon as the workout is over and not congregate. Parents, please be prompt in picking up your child.

-Attendance will be taken daily and turned into the AD office.

- Locker rooms will not be utilized, unless needed for games. If they are used, proper social distancing should apply within the locker room.
- Outdoor facilities will be utilized instead of indoor facilities when possible. If playing inside, ventilation systems or fans need to operate properly. The circulation of outdoor air will be increased as much as possible.
- Arrival and drop-off times and/or locations will be staggered (if at all possible) to limit the congregation of parents or caregivers as much as possible. When parents are picking up students, please remain in your vehicle.
- Visitors (such as non-family spectators, volunteers, non-participating athletes, etc) are not allowed during activities (training, workouts, and practices).
- When games are played, visitors and spectators should practice social distancing with those outside of their household, congregating should be limited in the parking lot and/or in athletic areas.
- The use of carpools or van pools should be limited. Players are encouraged to ride to the sports event with persons living in their same household.
- Self check/assessment will be completed by all players and coaches before boarding a bus (if and when games are being played and district transportation is needed).
- The number of players sitting in confined player seating areas (e.g., dugouts) will be limited by allowing players to spread out if more space is available.
- Individuals with pre-existing medical conditions that increase their risk for complications from COVID-19 should consider delaying participation or taking extra precautions before resuming athletic activities. Conditions include but are not limited to lung disease, moderate to severe asthma, heart disease, diabetes, pregnancy, kidney disease, liver disease, severe obesity, and conditions that compromise the immune system such as cancer, organ transplants, and HIV or AIDS.
- Unnecessary physical contact, such as high fives, handshakes, fist bumps, huddles, or hugs will need to be limited.
- Athletic trainer facilities should reflect social distancing measures.
- Social distancing, hand washing, and face coverings (especially during student screening) will be encouraged/promoted by placing signs in highly visible areas such as entrances and exits. Where possible, public service announcements will be provided, reminding of social distancing.
- If food/drink is offered to players, use only pre-packaged items for each attendee.
- If facilities offer concession/dining areas follow the Restaurant and Food Service Providers Guidelines.

CLEANING AND DISINFECTING

- Adequate supplies to support healthy hygiene behaviors, including soap, hand sanitizer with at least 60 percent alcohol (for staff and older children who can safely use hand sanitizer), paper towels, tissues, and no-touch trash cans will be provided.
- Increased, routine cleaning and disinfection will need to take place.
- Clean and disinfect frequently touched surfaces in the weight room and on the field/court/play surface at least daily, and/or between uses as much as possible.

- Shared spaces such as locker rooms and restrooms should be cleaned multiple times each day that they are in use.
- Safe and correct use of disinfectants, per the manufacturer's directions, will be followed/ensured. Only products that meet EPA disinfection criteria for COVID-19 with sufficient contact time (many require the surface to be wet for up to 10 minutes) will be used.
- Cleaning/sanitizing products will be securely stored away from children.
- Athletic trainer facilities and equipment will be disinfected after every use.
- Sharing of items that are difficult to clean, sanitize, or disinfect will be discouraged. Players will not share water bottles, towels, clothing, or other personal items.
- Players/participants need to provide their own water bottle (with their name on it).
- Water fountains will not be accessible until further notice. Water jugs will be available for (only) filling individual water bottles.
- Personal athletic clothing and equipment such as: jerseys, uniforms, helmets, etc. should not be shared between players and be cleaned after every use.
- Sufficient time for facility disinfection between games and practices will be ensured.

TRAINING AND STAFFING

- All staff and participants should be trained on the importance and expectation of increased frequency of handwashing, avoid the touching of hands to face, and the use of hand sanitizers with at least 60% alcohol.
- All coaches, officials, and staff will be trained on all safety protocols.
- Coaches/staff are encouraged to wear face coverings at all times.
- Proper cleaning and disinfection of objects and equipment (in weight rooms and on fields/courts/play surfaces), particularly for any shared equipment or frequently touched surfaces, will be enforced.

PREPARATION/PLAN FOR WHEN SOMEONE GETS SICK

- If someone does get sick during practice or at a game, the coach/player will be isolated (as much as possible) and transported to their home or healthcare facility.
- Immediately, coaches, staff, officials, and players with COVID-19 symptoms (i.e., fever, cough, shortness of breath) will be separated.
- In the event of a known COVID-19 positive case, the Health Department and people with direct contact with the infected person (athletes, coaches, officials, and spectators) will be contacted by a school district official (specifically from the high school that is holding the event).
- Return-to-play guidelines will be followed from the Health Department for athletes following COVID-19 infection.
- Areas used by a sick person will be closed off and will not be used until after cleaning and disinfecting them. If possible, wait 24 hours before cleaning the area.