



## **AHSAA Medical Advisory's Best Practices**

### **Athletic Activities for when Schools return to Campuses on June 1, 2020.**

**Objective:** To educate our coaches and student-athletes how to safely live with the COVID-19 virus by following the ADPH, ALSDE & CDC guidelines and fostering an educational athletic environment.

**Mission:** To develop our student-athletes physically and safely, while maintaining a static environment, over the next seven weeks in order to begin fall practice on July 27<sup>th</sup> as scheduled.

**Note:** As information and data are updated, the AHSAA will re-evaluate these best practices and adjust accordingly.

**IMPORTANT:** ALL student-athletes must have a current pre-participation physical, 2020-21 Consent Release and Concussion form on file prior to participating in summer activities including, but not limited to, workouts, practice sessions, skill development, etc.

(Schools may accept 2019-20 physicals until the school's first fall practice date. All new athletes must have an up-to-date physical on file.)

The following best practices are suggested for all AHSAA summer athletic activities.

### **Education**

- It is the responsibility of the local school (system) to follow all guidelines provided by the ADPH, ALSDE and local county/city health departments. *Before beginning any athletic activities, check your local government policy as their policies may be more restrictive.*
- Local school administration should provide coaches, student-athletes, and parents the supportive ALSDE, AHSAA and ADPH guidelines and educate all parties involved regarding the seriousness of COVID-19 and discuss all safety and cleanliness expectations.

### **Screening**

*Please follow all ALSDE/ADPH Symptom Monitoring Guidelines. The Guidelines may be found at [www.ahsaa.com](http://www.ahsaa.com). In addition, check your local government and/or local board policies as their policies may be more restrictive.*

- All coaches, athletes and personnel may be screened **each day** for signs and symptoms of COVID-19 infection prior to participating in any workout or gathering. To assist schools with the screening process, sample questionnaires may be found on the AHSAA website at the following link <https://www.ahsaa.com/Schools/COVID-19-Screening-Tools>
- Only school personnel, coaches, athletic trainers, and student-athletes should be present during activities. Non-essential personnel should not be present.
- Individuals having or experiencing any COVID-19 symptoms should follow ALSDE/ADPH guidelines listed at [www.ahsaa.com](http://www.ahsaa.com).

## **Physical Distancing**

*Please follow all ALSDE/ADPH Group Size and Physical Standards Guidelines listed below. The Guidelines may be found at [www.ahsaa.com](http://www.ahsaa.com).*

- *Establish and maintain static groups for the maximum duration of any summer activity.*
  - *Space large enough to accommodate 36 square feet per participant, including adults*
  - *Supervision of one adult per 12 students*
  - *Maintain distance of six feet between person whenever possible*
  - *If activity requires closer than six feet, wear facial coverings*
  - *Wear facial coverings when entering common areas and to the greatest extent possible*

Maintain the physical distancing (6 FEET) standards set forth by the ADPH and ALSDE.

- Avoid groups at the end of workouts or practice sessions unless all group members are 6' apart or wearing protective facial cloth covering.
- While on the field of play or court, all athletes and coaches should maintain physical distancing of 6 feet. Based on the activity or drill, if physical distancing cannot be maintained, students and coaches should wear a protective facial cloth covering.
- During group or position meetings, physical distancing should be maintained.
- Students should remain in static (same) groups— **do not interchange group members.**
- When possible, have one specific entry and a separate exit point when arriving and departing the facility (gym, field house, weight room, etc.).
- Keep different teams separated. (Ex: Do not allow the volleyball team to cross paths with the basketball team.)
- Multi – sport athletes may attend more than 1 workout per day provided the athletes change clothes before attending the second, or third, workout and follow all ADPH hygiene guidelines concerning hand washing and cleanliness.

## **Face Coverings**

- When physical distancing cannot be maintained, cloth face coverings should be worn by all individuals (including all coaches and staff). Medical grade surgical masks or N-95 masks are not necessary.



- Plastic face shields should not be used – including those attached to a helmet – **in lieu of a cloth facial covering**. All plastic shields must comply with NFHS rules.

## **Hygiene**

*Prior to use of any school athletic facilities, school personnel should check with school administration regarding ALSDE/ADPH environmental cleaning responsibilities.*

*Please follow all ALSDE/ADPH Hygiene Protocols. A link may be found at [www.ahsaa.com](http://www.ahsaa.com).*

- Upon arrival, students **should wash hands** and before starting any workout/practice session. *In accordance with ALSDE/ADPH guidelines, if a sink with soap and water is not available, provide hand sanitizer with at least 60 percent alcohol and supervise its use.*
- Avoid “shared” personal items – towels, cups, water bottles, gloves, etc.
- **ALL** equipment including balls, bats, helmets, gloves, etc. should be **wiped down and cleaned after** each group activity, workout, skill development session, etc. Avoid sharing equipment whenever possible.
- As soon as the workouts are complete, all student-athletes should leave the facility immediately. Students are encouraged to shower and wash all clothing that was worn during activities as soon as possible after returning home.

## **Weight Room Guidelines**

- All surfaces including, but not limited to, door handles, sinks, faucets, knobs, toilets, tables, soap dispensers, locker handles etc., should be cleaned and sanitized thoroughly before groups arrive and once groups have left the area.
- Maintain recommended spacing based on ADPH and ALSDE guidelines. (When possible, mark off or outline areas for the correct spacing.)
- Spotters should wear a cloth facial covering.
- When athletes end a set, all equipment should be **wiped down before the next athlete begins**. (Ex: Once Player A finishes a set of bench press, the bar, bench, and any weights that were changed out should be adequately sanitized before allowing another student/group to use.)
- After one group leaves the weight room and before the next group enters, the room should be completely cleaned and sanitized.