

# MARBURY HIGH SCHOOL

## COVID-19 ATHLETIC IMPLEMENTATION PLAN

Beginning June 1, 2020

- Prior to the beginning of workouts, coaches will require the athletes to provide a current physical, consent and release form, and concussion form required by the AHSAA.
- Athletes will be required to check in for daily wellness checks using the nurse checklist and to answer correctly to the questions on the checklist. *(This checklist will also serve as the daily record of attendance.)*
  - Temperature check, a normal temperature does not exceed 100.4 degrees Fahrenheit
  - Have not been in close contact with a confirmed case of COVID-19
  - Are not experiencing a cough, shortness of breath or sore throat
  - Have not had a fever in the last 72 hours
  - Have not experienced new loss of taste or smell
  - Have not experienced vomiting or diarrhea in the last 24 hours

**Any answer to the above questions that does not fall within the appropriate response category will prevent the athlete from participating in athletic activities until the answers to the questions can be satisfied. Appropriate steps will be taken depending on responses given.**

### GENERAL GUIDELINES

- Any athlete with a preexisting condition will be monitored according to his/her healthcare plan. Nurses will be on staff as required by healthcare plans to assist in medical need. Additionally, athletic trainers will be available or on call to assist with medical needs.
  - Only essential personnel and athletes will be allowed during workouts and practices. Parents will be instructed on the pick-up and drop-off procedures for each facility so that all athletes and families meet the social distancing requirements.
  - All entries will be through the Entry designated through the outside entry of the weight room and exiting will be through the doors between the gym and ticket booth. At the weight room entry we will have hand sanitizing upon entering the facility and the exit doors between the gym and the ticket booth will have hand sanitizing prior to exiting the facility. All athletes and coaches will be required to utilize the sanitation stations at each entry and exit point.
  - Coaches will be positioned in the pick-up and drop-off area outside the weight room or athletic facility to ensure social distancing guidelines are met.
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- Athletic groups will be limited to a ratio of 12:1 (athlete : coach) or 36 square feet per athlete which will also include the same 36 square feet for the coach.
- Athletes will provide their own labeled water bottle. **(There will be no drinking stations or shared water bottles, cups, or other drinking devices.)**
- Masks or facial coverings will be worn inside all athletic facilities.
- Athletes will provide their own facial covering to ensure both the nostrils and mouth are covered.
- All locker rooms will be restricted unless granted individual permission by a coach.
- All breaks will be supervised by coaches so that social distancing guidelines are maintained and proper cleaning is completed following each break.

## **DURING THE ACTIVITY:**

- Players, coaches, officials, and spectators shall not congregate within 6 feet of a person from another household except to the extent necessary and only to the extent necessary for players, coaches, and officials to directly participate in the athletic activity.
  - Players, coaches, officials, and spectators shall refrain from high fives, handshakes, and other physical contact except to the extent necessary and only to the extent necessary for players, coaches, and officials to directly participate in the athletic activity.
  - All athletes and coaches must wear facial covering when within six feet, except when directly participating in the athletic activity.
  - All spotters during lifts must wear facial covering **(Note: Side spotting is recommended.)**
  - Athletic groups and coaches will not interchange during the day. **(One coach designated to each group of athletes per day.)**
  - Equipment will be wiped and sterilized after each athlete has completed the activity.
  - Athletic groups will exit through the designated Exit (B) and use the hand sanitizing station.
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## **OUTSIDE ACTIVITIES:**

- Teams will maintain social distancing guidelines and enter the appropriate designated entrance (A) for the athletic facility needed to participate in the athletic activity.
- Players, coaches, officials, and spectators shall not congregate within 6 feet of a person from another household except to the extent necessary and only to the extent necessary for players, coaches, and officials to directly participate in the athletic activity.
- Players, coaches, officials, and spectators shall refrain from high fives, handshakes, and other physical contact except to the extent necessary and only to the extent necessary for players, coaches, and officials to directly participate in the athletic activity.
- All athletes and coaches must wear facial covering when within six feet, except when directly participating in the athletic activity
- Athletes will provide their own labeled water bottle. **(There will be no drinking stations or shared water bottles, cups, or other drinking devices.)**
- Athletic groups and coaches will not interchange during the day. **(One coach designated to each group of athletes per day.)**
- Athletic groups will exit through the designated Exit (B) and use the hand sanitizing station.

## **DROP-OFF/PICK-UP:**

- Athletes will be picked-up and dropped-off in the front parking lot of each facility. Coaches will supervise pick-up and drop-off procedures to ensure that students report directly to assigned locations and that they follow social distancing guidelines.

**REFERENCES:** ALSDE P-12 Supportive Summer Guidance 2020, Alabama Department of Public Health State Order and the Alabama High School Athletic Association Medical Advisory's **Best Practices**

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# SIGNATURE PAGE

## ACKNOWLEDGEMENT OF RECEIPT OF COVID-19 ATHLETIC IMPLEMENTATION PLAN

I, hereby acknowledge by our signatures that we have received the above notice and understand that we have read and reviewed the COVID-19 Athletic Implementation Plan. We further acknowledge and agree to be bound by the provisions in the Athletic Implementation Plan.

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**Signature of Principal**

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**Date**

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**Signature of Athletic Director**

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**Date**

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**Signature of Coach**

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**Date**