



**SUMMER STRENGTH CONDITIONING AND
SPORTS SKILLS TRAINING
GUIDELINES DURING COVID-19**

PHASE ONE

SUMMER STRENGTH CONDITIONING & SPORTS SKILLS TRAINING GUIDELINES DURING COVID-19

PHASE ONE PLAN

SUMMARY

This is the Birdville ISD Athletics Phase One Plan (“the Plan”) to return our student-athletes to in-person on-campus training. The health and safety of our student-athletes is our number one priority and the following guidance is based on what is currently known about the coronavirus disease (COVID-19). The Plan has been designed as a guideline to help prevent workplace exposure to COVID-19 for all student-athletes, coaches, and staff and will be updated as additional information becomes available.

The Plan was compiled with the assistance of BISD Athletics administration, our licensed athletic trainers (“LATs”), high school campus coordinators, and the guidelines of the University of Interscholastic League.

BISD Athletics will continue to work closely with the UIL, campus administration, the state of Texas, and state health officials so timely and accurate information can guide appropriate responses. Local conditions will influence the decisions that public health officials make regarding community-level strategies.

We will expect staff and athletes to conduct themselves as if they are contagious. The policies in our Plan are designed to minimize risk for all. It is vital to the health and safety of everyone that our athletes and staff are fully conscious of this at all times, and that they take the responsibility for following these guidelines seriously.

- **Limiting personal interaction:** Social distancing guidelines and other mitigation measures which prevent the spreading of the coronavirus will be emphasized.
- **Hygiene:** Handwashing will be emphasized before, during, and after team activities when practicable.
- **Cleaning and Disinfecting:** Routine and enhanced cleaning and disinfecting measures will be implemented.
- **Safe access to facilities:** Facility entry and exit points will be coordinated to minimize personal interaction and facilitate social distancing.
- **Coach-to-student ratio:** UIL and District recommendations will be adhered to at all times.
- **Screening Procedures:** Daily symptom and temperature screening assessments will be required of all student-athletes and District staff.

GUIDELINES & RESPONSE STRATEGIES

CLEANING/DISINFECTING

Facilities and Equipment

- Athletic facilities will be disinfected and sanitized per industry guidelines, before, during and after workouts. Emphasis will be placed on disinfecting “high touch” surfaces and surfaces used by multiple student-athletes, all of which will be disinfected between users.
- Equipment (like bar bells) must be disinfected after each use and before a new athlete uses it. Disinfecting or antibacterial wipes and hand sanitizer will be placed at each station so athletes can thoroughly disinfect the bar and bench area after they use it.
- Any equipment, such as sports balls, must be regularly disinfected during workout sessions.

Athletes and Staff

- Both athletes and staff will disinfect their hands before, during, and after workout. Hand sanitizer will be placed at multiple stations throughout all conditioning and skills areas.
- There will be no high fives, back slaps, or any other form of physical encouragement.
- Six-foot social distancing must be actively kept at all times.

STUDENT-ATHLETE REQUIREMENTS

- A. Athletes will check in and complete a screening process each day.
- B. Athletes must stay home if they answer “YES” to any screening question or if they do not feel well.
- C. Athletes will park or be dropped off at their group’s predesignated area.
- D. Athletes will enter Check In line and keep social distancing at all times.
- E. Six-foot Rule: Maintain six feet of space between each other. This includes lift groups, run groups, and common areas including restrooms.
- F. Physical Contact: Limit physical contact with others. Do not shake hands, hug, fist-bump or high five.
- G. Athletes will use hand sanitizer before entering the facility, during workouts, and when exiting skills.
- H. Restrooms: Student-athletes are required to wash hands; utilize the “one in, one out” model; open the door with the paper towel used to dry hands; and disinfect hands after exiting. Locker room use is not allowed for any reason.
- I. Hydration: Student-athletes will be required to bring their own individual, labeled water bottles. Staff will not provide water stations (per UIL guidelines), but will have a designated coach or athletic trainer available to refill water bottles for those that need more.

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GUIDELINES & RESPONSE STRATEGIES (cont'd)

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STAFF REQUIREMENTS

- A. Staff will check in and complete the screening process each day. School licensed athletic trainers (“LATs”) will check staff.
- B. Staff must stay home if they answer “YES” to any screening question or if they do not feel well:
- C. Staff will have temperature checked by LATs and keep social distancing at all times.
- D. Staff will use hand sanitizer before entering the facility, during workouts, and skills.
- E. Staff will bring their own labeled water bottle.

SCREENING PROCESS – DAILY

All student-athletes are required to complete the online COVID-19 Daily Screening Questionnaire prior to leaving home, as well as checking their temperature if possible.

If a student answers “YES” to any screening question, they will not be allowed to participate.

Screening questions are as follows:

Have you had signs of any of the following in the past 14 days?

- Cough
- Shortness of breath or difficulty breathing
- Chills
- Repeated shaking with chills
- Muscle pain
- Headache
- Sore throat
- Loss of taste or smell
- Diarrhea
- Feeling feverish or a measured temperature greater than or equal to 100 degrees Fahrenheit
- Known close contact with a person who is lab confirmed to have COVID-19, if exposure to the active confirmed case occurred within the last 14 days.

A **temperature check** is required on first entry into the Screening Checkpoint. The Temperature Check Station will be staffed by Birdville ISD coaches and LATs wearing appropriate PPE. They will confirm receipt of student-athlete COVID-19 screening questionnaire answers and will make sure questions have been answered and temperature taken prior to entry. If a student-athlete has an elevated temperature, they will be directed to the LAT for further assessment.

A **Hand Disinfection Station** will be set up at the facility's Screening Checkpoint where all student-athletes must disinfect their hands prior to entry/re-entry into weight room and gym facilities.

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ENTRY PROCEDURES

All student-athletes are required to enter facilities via the entrance predetermined for their school. Parking will be predetermined for each group to minimize interactions when student-athletes are arriving and departing. Screening checkpoints will be managed by school coaches and LATs. These will be **THE ONLY permissible entry points** for employees/student-athletes. All other entry points will be inaccessible. ***Student-athletes are required to do the following:***

- **Maintain Social Distancing** while waiting to be screened prior to entering the indoor facility. Indicators will be placed six feet apart along the sidewalk to assist in keeping social distancing.
- Complete the Screening Questionnaire if they did not do so prior to arrival at the facility. Signage will be posted along the fence to aid student-athletes in filling out the Questionnaire while waiting in line.

WORKOUT / SKILLS GROUPS

Athlete Workout and Skills groups will be coordinated by school and LAT staff to minimize exposure by adhering to distancing guidelines.

INDOOR REGULATIONS

- Groups are limited to no more than 10 athletes. Groups must stay 10 feet away from other groups.
- There will be no more than 20 students allowed in a gym at any one time.
- Equipment (such as balls) must be disinfected after each use and before a new athlete uses it.

OUTDOOR REGULATIONS

Groups are limited to no more than 20 athletes per coach and must adhere to six-foot guidelines. Groups must stay 10 feet away from other groups.

WORKOUT PROCEDURES/POLICIES

- A. Both athletes and staff will disinfect their hands before, during, and after workout. Hand sanitizer will be placed at multiple stations throughout all conditioning and skills areas.
- B. There will be no high fives, back slaps, or any other physical encouragement.
- C. Six foot social distancing will be kept when not exercising and at breaks.
- D. Spotting is allowed, but recommended that the spotter cover their mouth and nose.
- E. Bars and other equipment will be sprayed and wiped after every use.
- F. Students may attend only up to two hours per day of Strength and Conditioning program and sport specific work as allowed by UIL regulations.

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GUIDELINES & RESPONSE STRATEGIES (cont'd)

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WORKOUT PROCEDURES/POLICIES (cont'd)

- G. Sport specific skill sessions may include specific sports equipment, but not contact equipment.
 - a. All equipment must be regularly disinfected during sessions.
 - b. Equipment should not be shared between groups.
- H. No competitive drills involving one or more students on offense vs. defense in skills.
 - a. No 1-on-1, 3-on-3, 5-on-5, 7-on-7, etc.

EXIT PROCEDURES

- A. Student-athletes must exit by the route predetermined and learned during orientation, while practicing social distancing to avoid contact with other student-athletes and staff.
- B. Students must disinfect their hands when they exit the facility.
- C. Parents must stay in their cars during pickup process.

Student-athletes who appear to have symptoms or who become sick during the day will immediately be separated from other student-athletes/staff and instructed to return home. Direction will be provided by BISD LATs regarding symptom monitoring, quarantine, and testing. **A symptomatic student-athlete will be managed as a presumptive COVID-19 positive and all precautions will remain in place until testing confirmation is received.**

PARENT/GUARDIAN COMMUNICATION PLAN

- Frequent emails will be sent to all parents/guardians outlining return to campus plan and safety measures.
- Coaches will educate the student-athletes via Zoom meetings or other correspondence before they show up on day one. Maps and information will be provided to share with student-athletes.
- Constant and detailed communication via email with parents/guardians is expected.

PREPARING STAFF AND STUDENT-ATHLETES

BISD Athletics staff will meet with Campus Coordinators and LATs to learn new procedures and protocols.

Student-athletes will be required to participate in a Zoom meeting or like correspondence with their coach to walk through the entry and exit procedures for their specific high school.

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GUIDELINES & RESPONSE STRATEGIES (cont'd)

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PREPARING STAFF AND STUDENT-ATHLETES (cont'd)

During this orientation, student-athletes will:

- Be given the parameters of the Screening Questionnaire;
- Learn how to save the Screening Questionnaire to their phone/device for easy access;
- Learn where to park for workouts;
- Experience the social distancing “waiting line” on the sidewalk prior to reaching the screening station;
- Use hand-sanitizing station prior to reaching the screening station; and
- Get acquainted with the regulations pertaining to the daily process.

PREPARING FACILITIES

- Disinfection supplies delivered, installed, and placed in predetermined places.
- Social Distancing, Restroom, Handwashing, and Check-In signs will be made and hung.
- Social Distancing indicators added on sidewalks for use during Check-In process.
- Social Distancing markings installed on each rack and throughout facility.
- Hand-sanitizing stations set up throughout the facility.

UIL Summer S&C/Sport Specific (COVID-19 Regulations)

COVID-19 Strength and Conditioning and Sport Specific Instruction

UIL schools may, but are not required to, begin UIL Summer Strength and Conditioning and Sport Specific Instruction beginning June 8, 2020 under the requirements described below. UIL will continue to work with state officials and monitor CDC and other federal guidance to determine any potential modifications.

Deciding Whether to Offer In-Person Summer Strength and Conditioning

Schools should take their local context into account when deciding whether to offer summer strength and conditioning on campus by monitoring the situation on the Texas Department of State Health Services dashboard. Schools should follow all local and state requirements when considering strength and conditioning activities.

Requirements for All Workouts

Attendance at workouts must be optional for students and in compliance with the rules for Summer Strength/Conditioning Programs & Sport Specific Skill Instruction. In addition to on-campus workout options, schools should consider providing students guidance for working out at home or remotely away from school. This can include virtual workouts, emailed or otherwise electronically delivered workout instructions, or any delivery model approved by the local school district.

Attendance records shall be kept, however, students shall not be required or allowed to make up missed days or workouts.

Fees, if any, shall be established by the superintendent and collected by the school. Any payment to coaches shall be from the school and from no other source.

Students may not be given access to locker rooms or shower facilities. Students should report to workouts in proper gear and immediately return home to shower at end of the workout.

During workouts, **schools must have at least one staff member per twenty students** in attendance to ensure appropriate social distancing, hygiene, and safety measures are implemented.

Schools must have hand sanitizer or hand-washing stations readily available in the workout area. Students and staff should be encouraged to use it frequently.

All surfaces in workout areas must be thoroughly disinfected throughout and at the end of each day.

No clothing or towels may be laundered on site or shared during workouts.

There can be no shared water or food.

Before the start of summer workouts, and at the start of every week of summer workouts, schools should consider pre-screening all students for COVID symptoms that they or others living in their house may experience. This can be completed by phone prior to the first day of workouts, in person or in writing. Students and staff must self-screen every day for COVID-19 symptoms for themselves and family members. Schools should consider taking the temperature of each student each day at the start of the conditioning sessions, if possible.

Schools should plan for entry and exit procedures that reduce the number of students and parents congregating outside and/or mixing around the workout areas and parking areas. Consider staggering start and end times, assigning students to entries and exits to ensure even distribution of students entering/exiting at each entry point, providing guidance to students to enter one at a time and wait six feet apart outside the entrance.

If the school is planning to offer transportation for summer activities, schools should follow all TEA guidance and local guidance related to such transportation.

* Schools should consider having students remain with a single group or cohort to minimize the number of students and staff that must isolate if a case is confirmed.