

North Boone High School

Home of the Vikings

Athletic Summer Guidelines and Operations in IHSA Phase 1

IHSA Phase 1 (current phase) allows athletics and activities to resume with strict social distancing and health and safety precautions and limitations. The Philosophy of Phase 1 summer is to provide students and coaches an opportunity to reconnect. *It is an opportunity to begin to return to normal, however it is not a return to normal.* Some coaches or athletes may choose to continue preparing for their season at home via virtual meetings and personal workouts and that is fine. Some coaches or athletes may choose not to take part at all for a multitude of reasons and that is fine as well. No summer activities can be deemed mandatory and cannot be held against any coach or student-athlete.

No coach will initiate summer contact for their sport without meeting with and being trained by Jessica Ballard, the athletic trainer, and Aaron Sullivan, the athletic director, on proper procedures for screening athletes and holding summer contact sessions that meet the approved regulations of Stage 2 of the IHSA and Phase 4 of the Restore Illinois Plan.

Guidelines must be followed. It is the sole responsibility of the coaches to adhere to all safety guidelines and requirements and any deviation of these guidance, depending on severity will result in disciplinary actions.

Below criteria is derived from the Illinois High School Association:

<https://www.ihsa.org/documents/board/2019-20/Stage%201%20RTP.pdf>

Participation Guidelines

These requirements must be followed when conducting voluntary strength and conditioning sessions:

- ✓ Maintain social distance by being 6 feet apart. Masks shall be worn when social distance cannot be maintained.
- ✓ Follow gathering guidelines of groups of 10 or less including the coach and medical personnel.
- ✓ Groups of 10 or less must be pre-determined.
- ✓ Once groups are determined, students may not switch from one group to another based upon sport.
- ✓ Students that participate in multiple sports for the year are encouraged

to be grouped, for summer participation, in their fall sport.

- ✓ Interaction between groups shall be avoided.
- ✓ Sessions can only include running, and exercises designed to promote physical fitness. Sport-specific drills are not permitted, and sport-specific equipment may not be used.
- ✓ Implement diligent and effective cleaning and disinfecting of frequently touched objects and surfaces following the guidance of the CDC and IDPH.
- ✓ Coaches must maintain a daily record of what athletes are participating, when participating, and the symptoms they may present (see IHSA link at the beginning of this document).
- ✓ Athletes should be monitored at the start of practice for temperature >100.4F/37C or symptoms of COVID-19 prior to entering the practice area (fevers, chills, cough, muscle aches, headache, sore throat, runny nose, nausea, vomiting, diarrhea, or loss of taste or smell). If symptoms are present they should not participate in practice, parents will be notified, Boone Co. Health Dept. will be notified, and will be referred to a physician for evaluation and encouraged testing.
- ✓ Players shall bring their own water bottle, shoes, towels, and other personal equipment. The use of locker rooms, shared water coolers with cups, and water fountains will be prohibited during this stage.

It is the responsibility of each IHSA member school to comply with the above requirements. Additionally, IHSA member school sponsored camps, clinics, and open gyms are prohibited in any sport at this time.

If available, it is encouraged that an Athletic Trainer or medical personnel be available for workouts. They should be masked for any interactions with athletes and maintain 6-foot distance when feasible.

Any person with positive symptoms reported should not be allowed to take part in workouts and should contact his or her primary care physician. Parents understand that any student who has symptoms cannot participate and will have to be picked up from the school immediately.

Daily Regimen

- ✓ Students screened and attendance documented on sheet provided
- ✓ Students sanitize hands
- ✓ Students participate
- ✓ Students screen out and documented

Coaches

- ✓ No Non-staff volunteer coaches will be allowed
- ✓ Follow the [CDC and IDPH Guidelines](#)
- ✓ Perform temperature checks
- ✓ Wear face coverings at all times
- ✓ Follow hand hygiene instructions and/or wear gloves
- ✓ Wipe down personal spaces
- ✓ Follow high touch cleaning protocols to wipe down areas after use

Students

- ✓ Wear a face mask if 6 feet distance is not possible – no mask needed during exercise
- ✓ Maintain a distance of 6 feet from another person at all times
- ✓ Sanitize their hands before and after participation
- ✓ Bring their own water and water bottles, drinking fountains are not permitted.

Facilities

- ✓ Outdoor facilities may be used as available.
- ✓ Students should come and go with only essentials needed for participation (locker rooms are not to be used)
- ✓ Bathrooms are not to be used.

Procedures

- ✓ Athletes will use online scheduling in order to sign up for the workout time slot they wish to participate in. Once they have chosen a time slot and been put in a group, they may NOT switch groups.
- ✓ Athletes will go to the North west corner of the senior parking lot and immediately go to their assigned station.
- ✓ Athletes MUST arrive between five and ten minutes prior to their scheduled workout time- IF THEY ARE LATE, THEY WILL NOT BE ABLE TO ENTER
- ✓ A coach will take attendance, check athlete's temperature, and administer the five question screening.
- ✓ After the session is over, athletes will leave campus and immediately go to their car / ride. Athletes may NOT group / gather before or after workouts.

IHSA Stage 2 Return to Play Plan

As a result of the Governor's Restore Illinois Plan, as regions reach Phase 4 on June 26th or after, IHSA member schools are permitted to begin use of voluntary summer contact days. School districts should work with their local health departments on current restrictions in their area prior to beginning contact. Local school administration determines the permitted activities at their school. Prioritizing the health and safety of all students and staff must remain the focus of each IHSA member school.

Stage 1 of the IHSA RTP Plan correlates to Phase 3 of the Restore Illinois Plan.

Stage 2 of the IHSA RTP Plan correlates to Phase 4 of the Restore Illinois Plan.

No coach will initiate summer contact for their sport without meeting with and being trained by Jessica Ballard, the athletic trainer, and Aaron Sullivan, the athletic director, on proper procedures for screening athletes and holding summer contact sessions that meet the approved regulations of Stage 2 of the IHSA and Phase 4 of the Restore Illinois Plan.

The following are best practices when conducting [summer contact days](#):

Students are limited to 5 hours of participation per day even if they participate in multiple sports.

All athletes must be screened prior to entering the building or practice area. North Boone high school will set up a screening tent at the northwest corner of the senior parking lot. Athletes will be dropped off and wait in line, six feet apart and then called forward to be screened by the coach or athletic trainer. All teams will provide two coaches to assist with the screening process.

Pre-Workout:

- Schools must maintain a daily record of what athletes are participating, when, symptoms they may present (see attachment). We recommend parents and athletes screen their symptoms prior to coming to practice. If an athlete has a fever, we encourage the parent to email the coach a notification their athlete will not be at the summer contact that day.
- Athletes will be screened prior to the start of the IHSA summer contact day for that athlete for temperature >100.4F/37C or symptoms of COVID-19 prior to entering the building (fevers, chills, cough, muscle aches, headache, sore throat, runny nose, nausea, vomiting, diarrhea, or loss of taste or smell). If a student leaves the school grounds and returns for a later summer contact, the athlete must be screened again.
- Any person with symptoms (refer to attached form) or a positive COVID-19 test, should not participate in practice, competition, or conditioning and should be referred to a physician for evaluation and only return after clearance to do so from a physician.
- Signage about [symptoms](#) and [transmission](#) of COVID-19 will be posted around facilities.

- Gatherings of up to 50 individuals, indoors or outdoors, are allowed. Thirty feet of space must be maintained between gatherings of 50.
- When students are not actively participating in a drill, practice, or contest, care should be taken to maintain social distance between individuals.
- **Locker rooms will not be available for purposes of changing. We ask that all athletes come prepared to participate.**
- Individuals should sanitize or wash their hands for a minimum of 20 seconds with warm water and soap before touching any surfaces or participating in workouts.
- Students must be encouraged to shower and wash their workout clothing immediately upon returning to home.

Facilities Cleaning:

- Adequate cleaning schedules, before and after each use by a group of athletes, should be created and implemented for all athletic facilities to mitigate any communicable diseases. **Coaches will be responsible for ensuring all equipment has been properly sanitized after use.**
- Prior to an individual or groups of individuals entering a facility, hard surfaces within that facility should be wiped down and sanitized (chairs, furniture in meeting rooms, locker rooms, bathrooms, athletic training room tables, etc.).
- Hand sanitizer should be plentiful and available to individuals as they transfer from place to place.

Please see [ISBE](#) and [CDC](#) for more cleaning details.

Physical Activity and Athletic Equipment:

- On June XX or when your region reaches Phase 4, summer contact days will begin. Coaches are encouraged to use a staged approach to build back up to full summer contact activity and competitions. Local districts should work with their health departments and local school officials to make decisions about team travel to summer competitions.
- Athletes who did not participate in Stage 1 are encouraged to follow the **fall acclimatization** schedule for any sport
- Football players should maintain their summer acclimatization schedule, per [IHSA By-Law 3.157](#).
- There should be no shared athletic towels, clothing, or shoes between students.
- Hand sanitizer or hand washing stations should be plentiful at summer contact events.
- Athletic equipment such as bats, batting helmets and catchers gear should be cleaned between each use. Other equipment, such as hockey helmets/pads, wrestling ear guards, football helmets/other pads, lacrosse helmets/pads/gloves/eyewear should be worn by only one individual and not shared.
- Shared equipment such as athletic balls, thud pads, sleds should be cleaned frequently during practice and competitions.

Hydration:

- All students shall bring their own water bottle. Water bottles must not be shared.

Contests:

- Group sizes should be limited to 50 total participants, coaches, and referees (no spectators will be allowed during summer contact days).
- Any additional team members can sit on the sidelines 6 feet apart from one another.
- During the use of summer contact days, multiple groups of 50 or fewer participants are permitted in a facility at once as long as:
 - Facilities allow for social distancing of students and coaches.
 - 30-ft of distancing is maintained between groups/ opposing teams on the sidelines, and areas for each group are clearly marked to discourage interaction between groups outside of competitive game play.
 - Schools must have information posted at entrances and around facilities explaining the **transmission** as well as **symptoms** of COVID-19, encouraging all visitors to maintain social distance, and reminding people to stay home if they feel sick or have any of the symptoms of COVID-19: temperature >100.4F/37C, fevers, chills, cough, muscle aches, headache, sore throat, runny nose, nausea, vomiting, diarrhea, or loss of taste or smell.
 - Visual markers shall be displayed at queue points (Check-ins, along sidelines, concessions, bleachers, etc.) to help people maintain social distance.
 - No handshakes, high fives, fist bumps, hugs, etc. can occur pre or post-match.
 - No spitting or blowing of the nose without the use of a tissue is allowed.

PPE:

- Coaches/ participants/ volunteers may choose to wear a mask.
- Officials may choose to wear a mask and use an electronic whistle (no blow horns).

It is the responsibility of each IHSA member school to comply with the above requirements.

If available, it is encouraged that an Athletic Trainer or medical personnel be available for workouts. They should be masked for any interactions with athletes and maintain appropriate social distance when feasible.

Any person with positive symptoms reported should not be allowed to take part in workouts and should contact his or her primary care provider or other appropriate healthcare professional.

Resources:

https://www.nfhs.org/media/3812287/2020-nfhs-guidance-for-opening-up-high-school-athletics-and-activities-nfhs-smac-may-15_2020-final.pdf

Restore Illinois Youth Sports Guidelines for Phase IV (link to be inserted when available)

IHSA Stage 2 Return to Play Plan

As a result of the Governor's Restore Illinois Plan, as regions reach Phase 4 on June 26th or after, IHSA member schools are permitted to begin use of voluntary summer contact days. School districts should work with their local health departments on current restrictions in their area prior to beginning contact. Local school administration determines the permitted activities at their school. Prioritizing the health and safety of all students and staff must remain the focus of each IHSA member school.

Stage 1 of the IHSA RTP Plan correlates to Phase 3 of the Restore Illinois Plan.

Stage 2 of the IHSA RTP Plan correlates to Phase 4 of the Restore Illinois Plan.

The following are best practices when conducting [summer contact days](#):

Students are limited to 5 hours of participation per day.

Pre-Workout:

- Schools must maintain a daily record of what athletes are participating, when, symptoms they may present (see attachment).
 - Athletes should be screened at the start of practice for temperature $\geq 100.4F/37C$ or symptoms of COVID-19 (fevers, chills, cough, muscle aches, headache, sore throat, runny nose, nausea, vomiting, diarrhea, or loss of taste or smell).
 - Any person with symptoms (refer to attached form) or a positive COVID-19 test, should not participate in practice, competition, or conditioning and should be referred to a physician for evaluation and only return after clearance to do so from a physician.
 - Signage about [symptoms](#) and [transmission](#) of COVID-19 should be posted around facilities.
- Gatherings of up to 50 individuals, indoors or outdoors, are allowed. Thirty feet of space must be maintained between gatherings of 50.
 - When students are not actively participating in a drill, practice, or contest, care should be taken to maintain social distance between individuals.
- If locker rooms are a necessity, capacity should be limited to ensure members can maintain 6 ft of social distance.
- Individuals should sanitize or wash their hands for a minimum of 20 seconds with warm water and soap before touching any surfaces or participating in workouts.
- Appropriate clothing/shoes should be worn at all times in the weight room to minimize sweat from transmitting onto equipment/surfaces.
- Students must be encouraged to shower and wash their workout clothing immediately upon returning to home.

Facilities Cleaning:

- Adequate cleaning schedules, before and after each use by a group of athletes, should be created and implemented for all athletic facilities to mitigate any communicable diseases.
- Prior to an individual or groups of individuals entering a facility, hard surfaces within that facility should be wiped down and sanitized (chairs, furniture in meeting rooms, locker rooms, weight room equipment, bathrooms, athletic training room tables, etc.).

- Hand sanitizer should be plentiful and available to individuals as they transfer from place to place.
- Weight equipment should be wiped down thoroughly before and after an individual's use of equipment.

Please see [ISBE](#) and [CDC](#) for more cleaning details.

Physical Activity and Athletic Equipment:

- **On June XX or when your region reaches Phase 4, summer contact days will begin.** Coaches are encouraged to use a staged approach to build back up to full summer contact activity and competitions. Local districts should work with their health departments and local school officials to make decisions about team travel to summer competitions.
 - Athletes who did not participate in Stage 1, are encouraged to follow the [fall acclimatization schedule](#) for any sport.
 - Football players should maintain their summer acclimatization schedule, per [IHSA By-Law 3.157](#).
- There should be no shared athletic towels, clothing, or shoes between students.
- Hand sanitizer or hand washing stations should be plentiful at summer contact events.
- Athletic equipment such as bats, batting helmets and catchers gear should be cleaned between each use. Other equipment, such as hockey helmets/pads, wrestling ear guards, football helmets/other pads, lacrosse helmets/pads/gloves/eyewear should be worn by only one individual and not shared.
 - Shared equipment such as athletic balls, thud pads, sleds should be cleaned frequently during practice and competitions.
- In Stage 2 spotters for weightlifting are allowed. Maximum lifts should be done only with power cages for squats and bench presses. Spotters should stand at each end of the bar.

Hydration:

- All students shall bring their own water bottle. Water bottles must not be shared.
- Hydration stations (water cows, water trough, water fountains, etc.) may be utilized to fill individual water bottles but must be cleaned after every practice/contest.

Contests:

- Group sizes should be limited to 50 total participants, coaches, and referees (i.e. excludes spectators).
 - Any additional team members can sit on the sidelines 6 feet apart from one another.
- During the use of summer contact days, multiple groups of 50 or fewer participants are permitted in a facility at once as long as:
 - facilities allow for social distancing of students, coaches, and spectators
 - 30-ft of distancing is maintained between groups/ opposing teams on the sidelines, and
 - areas for each group are clearly marked to discourage interaction between groups outside of competitive game play.
- Schools must have information posted at entrances and around facilities explaining the [transmission](#) as well as [symptoms](#) of COVID-19, encouraging all visitors to maintain social distance, and reminding people to stay home if they feel sick or have any of the symptoms of COVID-19: temperature $\geq 100.4F/37C$, fevers, chills, cough, muscle aches, headache, sore throat, runny nose, nausea, vomiting, diarrhea, or loss of taste or smell.
- If schools choose to permit spectators, there should be a designated area for spectators with **existing seating capped at 20% of capacity**.
- Visual markers shall be displayed at queue points (Check-ins, along sidelines, concessions, bleachers, etc.) to help people maintain social distance.

- Concession stands may open in line with restaurant businesses physical workspace [guidelines](#).
- Encourage spectators to bring their own chairs from home for outdoor activities.
- No handshakes, high fives, fist bumps, hugs, etc. can occur pre or post-match.
- No spitting or blowing of the nose without the use of a tissue is allowed.

PPE:

- Coaches/ participants/ volunteers may choose to wear a mask.
- Officials may choose to wear a mask and use an electronic whistle (no blow horns).

It is the responsibility of each IHSA member school to comply with the above requirements.

If available, it is encouraged that an Athletic Trainer or medical personnel be available for workouts. They should be masked for any interactions with athletes and maintain appropriate social distance when feasible.

Any person with positive symptoms reported should not be allowed to take part in workouts and should contact his or her primary care provider or other appropriate healthcare professional.

Should the conditions warrant, these requirements will be adjusted. Any further official updates will be posted on IHSA.org and the IHSA social media platforms.

COVID-19 Athlete/Coach Monitoring Form

Name	Time	Circle Yes/No below										Temp (if greater than or equal to 100.4°F)
		Fever, Cough, Chills, and/or muscle aches		Sore throat, runny nose, and/or loss of taste or smell		Nausea, vomiting, and/or diarrhea		Shortness of Breath and/or headache		Close contact, or cared for someone with COVID-19		
		Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	
		Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	
		Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	
		Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	
		Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	
		Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	
		Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	
		Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	
		Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	
		Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	

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Resources:

https://www.nfhs.org/media/3812287/2020-nfhs-guidance-for-opening-up-high-school-athletics-and-activities-nfhs-smac-may-15_2020-final.pdf

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