

COVID Extra-Curricular  
Health Plan  
Guideline Training

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# Screening Process

- Each student participating in out of season activities must complete the Voluntary Participation Form before participating and must be signed by a parent.
  - This is a one time signature
- Vulnerable individuals will not oversee or participate in any meetings/workouts during Phase II. Accommodations may be available to allow participation in a substantially similar manner.
- On day of meeting/workout, student must complete the Pre-Screening form
  - This form needs to be completed each day of participation and reviewed by coach/sponsor/teacher.
  - Responses/Screening forms will be recorded and stored confidentially for purpose of contact tracing in case a student develops COVID-19.

# Screening Process

## Procedure for Yes Answers on Screening form

- Individual will not participate in meeting/workout and should be isolated.
- Parent/guardian will be notified immediately.
- Individual will notify his or her primary care physician or appropriate health-care professional.
- Coach/sponsor/teacher should notify school-based administrator immediately. School based administrator will notify School Community Health Coordinator, Executive Director of Student Services, or Deputy Superintendent.

# Limitations on Gatherings

- Number of participants must be limited to the number that can meet the 10 feet social distancing requirement guideline, including on sidelines/benches.
- If locker rooms or meeting rooms used, individuals must maintain 10 feet social distancing at ALL TIMES.
- Workouts will be conducted in “pods” with the same 5-12 students always working out together. (This limits exposure if someone develops infection.)
  - Smaller pods for weight training
  - All students i pod must remain on schedule with pod, without exception, to minimize cross-exposure or contact with others.
- Consider marking 10 feet with tape to aid in enforcing social distancing.

# Facilities Cleaning/Sanitation Precautions

- Cleaning schedules will be created and implemented for all facilities to mitigate any communicable disease.
- Prior to individual/groups entering, hard surfaces within will be wiped down and sanitized.
  - Chairs, furniture in meeting room, locker rooms, weight room equipment, bathrooms, training room tables, etc.
- All individuals will wash hands a minimum of 20 seconds with soap and water before touching any surfaces or participating in meeting/workout.

# Facilities Cleaning/Sanitation Precautions Cont.

- Hand sanitizer will be available to individuals as they transfer from place to place.
- Weight equipment will be wiped down thoroughly before and after each individual use of equipment
- Appropriate clothing/shoes will be worn at all times in all areas to minimize body fluids/sweat on equipment and surfaces. SHIRTS WORN AT ALL TIMES.
- Students are encouraged to shower and wash workout clothing immediately upon returning home.

# Physical Activity and Equipment

- No sharing towels, clothing or shoes between students
- Hand sanitizer will be at all contests, meetings, practices.
- Sharing of equipment/materials should be minimized to the greatest extent possible.
- Athletic equipment such as bats, batting helmets and catchers gear will be cleaned between use.
- All athletic equipment or other equipment will be cleaned intermittently during practices and contests
- Students will wear own appropriate workout clothing (DO NOT SHARE), and individual clothing/towels will be washed and cleaned after every workout.
- Face coverings should be worn by all when indoors, except not required for individuals while actively exercising.

# Hydration

- All students will need to bring/use own water bottles. NO SHARING!
- Hydration stations such as water cows, water trough, water fountains, etc, will not be utilized.



# Conclusion

- Additional guidelines and regulations will be provided to individual sports,, coaches, activity sponsors as needed.
- We will continue to follow guidelines of the phases of reopening of the Commonwealth of Virginia and VHSL;including any variance we will be allowed.
- Our mitigations strategies will be reviewed by the local health authority.