



## Covid-19 Summer Athletics and Activities Guidelines for Parents/Guardians and Students

(This document is subject to change based on emerging evidence, experience, and evolving public standards.)

The St. Tammany Parish School System is working to protect students participating in all senior high athletics, marching band, dance, cheerleading, and Junior Reserve Officer Training Corps (JROTC) or any other extracurricular programs on our campus from COVID related illnesses. Our high school athletic programs will begin workouts in preparation for the 2020-21 school year on June 8, 2020 with the LHSAA Summer Rules in effect at that time for all sports.

Attendance at workouts will be **optional** for students with no penalty assigned if students do not participate. In addition to on-campus workout options, coaches may provide students guidance for working out at home or remotely, away from school. This will include virtual workouts, emailed or otherwise electronically delivered workout instructions, or any approved delivery mode.

Several steps will need to be taken, **PRIOR**, to your son or daughter being allowed to participate in these sessions. They are:

- I. Prior to participation in our summer sessions, a **parent/guardian waiver** must be completed and on file for a student to participate as well as the parent/guardian and student signature sheet for the understanding of guidelines documents.
- II. A health monitoring form will be completed **daily** by coaches/sponsors prior to attending a workout. Responses to screening questions for each person will be recorded. If not in compliance, attendance will be disallowed and the student will be sent home. If the student answers yes to any of the questions on the health screener, the student should not attend workouts.
- III. **PPE (Personal Protective Equipment) will not be provided.** Each student must provide their own.

We are excited to have our students engaging in activities this summer and we will not lose sight that the safety of our students and staff are our top priority. It is because of this priority that we have established the following procedures and guidelines that everyone involved in summer activities must follow. **If there is a reason that you cannot abide by our guidelines and procedures, you should not participate in our summer activities.** Our guidelines are set forth to protect all students. The health and well-being of your child as well as that of their teammates is the responsibility of all that are participating in these activities.

“Vulnerable individuals” are defined by the CDC as those with serious underlying health conditions, including high blood pressure, chronic lung disease, diabetes, obesity, asthma, and those whose immune systems are compromised such as by chemotherapy for cancer and other conditions requiring such therapy. If you identify as a “vulnerable individual”, you are at a high risk of complications from COVID-19. The decision to participate in summer activities should be in your best interest. Summer activity participation is not mandatory and participation is your choice and at your own risk.

Per LHSAA, all student physicals will be valid until October 1, 2020. However, schools are encouraged to have physicals of students conducted as soon as possible. You must notify your coach if the student's health status has changed since their last physical on file at school. Based on the change in health status, the student may be required to have a physical or bring a clearance note from their physician.

### **Universal Safety Precautions**

**Phase I** - All groups will be under **10** total (Students and Coaches) and will continue to maintain social distancing at **6 feet**.

**Phase II** - All groups will be under **25** total (Students and Coaches) and will continue to maintain social distancing at **6 feet**.

**Phase III** - All groups will be under **50** total (Students and Coaches) and will continue to maintain social distancing at **3 feet**.

*To reduce the risk of spreading the virus and in an attempt to contain those affected should someone test positive for COVID-19, the groups must remain in static pods, meaning these groups will only interact with the same group of students and coaches throughout the duration of summer activities. It is recommended that students do not carpool and if they do, they should only carpool with students that are in their static group. If students in one static group carpool and one student in the carpool fails the screening process, all students in that carpool will be sent home.*

**Until other information is provided, we will continue to follow all precautionary guidelines outlined below regardless of which phase we are deemed to be in.**

- Coaches are responsible for checking completion of the daily Covid-19 Monitoring Form for all students and coaches in attendance. This includes a touchless temperature scan. We must encourage athletes to arrive early enough to ensure that they reach resting core temperature (Ex: if walking to school from home students need time to cool down).
- **Anyone with a temperature of 100.4 degrees or greater will be sent home;** therefore, students cannot be dropped off at school. Parents/guardians must remain on-site until the student has cleared the screening process. A clearance note from a physician, physician assistant, or nurse practitioner is required for the student to return to activities on campus if they present with a temperature of 100.4 degrees or greater.
- Hand washing/hand sanitizing stations will be used prior to entering the facility (Weightroom, Gym, Baseball Complex, Softball Complex, Etc.)
- **Locker room facilities will not be used (unless a severe weather emergency requires shelter).** Students will have access to restroom facilities. Restroom facilities will have hand washing disinfectant and will be disinfected and/or sanitized hourly.
- All surfaces, equipment, and facilities used will be disinfected after each group's use.

If a student tests positive for COVID-19, the student, parent or guardian must notify the coach immediately. The coach will then inform the athletic director, who in turn will notify the school principal and the athletic trainer. The students and coach(es) in the group/pod of the student will be notified and that group must quarantine and will not be allowed at practice for 14 days. The student that tested positive must bring a clearance note from a physician to return to any activity on campus.

## Student Responsibilities

- **Do not come to workouts if you are not feeling well.**
- **Items cannot be shared among students.**
- **All students and coaches must wear face coverings. Exceptions: swimming, distance running, or other high intensity aerobic activities. Cloth face coverings are acceptable. Medical grade face coverings are not expected.** Reducing potential exposure to respiratory droplets is the guiding principle behind social distancing and the use of face coverings. The CDC advises “the use of simple cloth face coverings to slow the spread of the virus and help people who may have the virus and do not know it from transmitting it to others.”
- **Health screening form must be completed daily.**
- **All items must be labeled with the student’s name. Students must bring a bag, labeled, with all of their items inside labeled.**
- **Students are to report to workouts in proper gear** and immediately return home to shower at the end of workouts.
- Towels cannot be provided or laundered at school. Students must bring their own and it must be labeled.
- **Continue to practice good hygiene.**
  - Wash your hands with soap and water or use hand sanitizer, especially after touching frequently used items or surfaces.
  - Avoid touching your face.
  - Sneeze or cough into a tissue, or the inside of your elbow.
  - Disinfect frequently used items and surfaces as much as possible.
  - No high five’s, chest bumps or hugs are permitted.
  - All students must have a full shirt on at all times.
- Remain 6 feet apart from others at all times.
- **If you find yourself breathing heavy, step out from your group/partner to expand the 6 foot distance.**



## Parent/Guardian and Student Covid-19 Athletics and Activities Form

**RETURN THIS SHEET ONLY** to your coach/sponsor following the procedures outlined by your school. Keep the handouts that outline the guidelines and procedures for your future reference of expectations.

**Student's Printed Name:** \_\_\_\_\_

**Parent or Guardian's Printed Name:** \_\_\_\_\_

**Student Signature:**

I, (print name) \_\_\_\_\_ have read and understand the guidelines and expectations outlined in this document. I agree to abide by all guidelines and procedures.

Signature of Student: \_\_\_\_\_

Date: \_\_\_\_\_

**Parent or Guardian's Signature:**

I, (print name) \_\_\_\_\_ have read and understand the guidelines and expectations outlined in this document. I agree to abide by all guidelines and procedures.

Signature of Parent or Guardian: \_\_\_\_\_

Date: \_\_\_\_\_

**Health Status:**

There has been a change in my health status since I submitted my physical for last school year. If you have checked this box, you must notify your coach and/or the athletic training team of this change.