

Norwalk CSD (HS & MS) Summer Activities Guidance

(All guidance is fluid and subject to change with little lead time to adjust)

Purpose

This guidance was formed from recommendations from the Warren County Department of Public Health, Iowa High School Athletic Association (IHSAA), Iowa Girls High School Athletic Union (IGHSAU), and National Federation of State High School Associations (NFHS) as a resource for mitigation efforts to help ensure student athlete and coach safety.

School sponsored athletics/activities allowing coach/director contact may begin July 1, 2020 unless circumstances dictate a change in date. The District has determined that the first date coach/director & athlete/participant contact can begin is ***July 1***, however if there is additional guidance from the IHSAA, IGHSAU, and Warren County Health Department that we will need to incorporate that date may change. The following mitigation efforts that are required of coaches and sponsors to help ensure player, coach, and participant safety:

Screening

- NCSA will post signage prominently indicating no one should attend or participate in practice if they currently have [symptoms](#) or have been in contact with anyone with a confirmed COVID-19 diagnosis in the last 14 days.
- Participants and coaches/sponsors should check their temperatures BEFORE attending activities. We would ask coaches to remind participants of this expectation on a daily basis.
- Anyone with [symptoms](#) of illness is not allowed to participate
 - Fever or chills (Fever is a temperature greater than 100.3 degree fahrenheit)
 - Cough
 - Shortness of breath or difficulty breathing
 - Fatigue
 - Muscle or body aches
 - Headache
 - New loss of taste or smell
 - Sore throat
 - Congestion or runny nose
 - Nausea or vomiting
 - Diarrhea
- Coaches/sponsors are responsible for tracking attendance for the purpose of noting potential COVID-19 cases, and for contact tracing purposes.

- Public Health will be contacted if a positive case of COVID-19 is reported.
- Coaches/sponsors should be knowledgeable of their students with pre-existing health conditions and work with school nurses or other health officials to take additional precautions as needed.

Facilities

- When facilities are permitted to reopen, access to the remainder of the school building is not permitted unless authorized by NCSO.
- Parents must remain in their cars during drop off or pick up of participants, and during practice time.
- Students are asked to maintain social distancing in the facility parking lot before and after activities. Social distancing is defined as keeping 6 feet or more of distance between yourself and other people.
- NCSO will establish a sanitizing schedule for utilized facilities, bathrooms, & common areas.
- Facility capacity limits, and group size limits (if applicable) will be supervised by coach/sponsor.

Equipment

- Participants will be required to bring hand sanitizer & a face mask to activities.
- Sharing equipment items is discouraged. If shared equipment is necessary, use of hand sanitizer immediately after use of shared equipment is recommended.
- Coaches/sponsors will sanitize shared equipment after each activity conclusion.
- Personal items and equipment bags need to be spaced at least 6 feet apart.
- Participants must bring their own water/beverage, labeled with their name, to consume before, during, and after activity.
- No shared drinking fountains, portable hydration stations, or coolers may be used.

Activity Guidelines

- Spitting and use of sunflower seeds are NOT allowed.
- Participants will be encouraged to limit the amount of touching their face during activities.
- Participants will be encouraged to apply hand sanitizer frequently (ie. during water breaks and transitions between activities).
- Coaches/sponsors are responsible for ensuring social distancing is maintained between participants as much as possible. This means additional spacing during certain activities, and no congregating of participants before/during/after activities.

- As much as possible, activities will be conducted in “pods” of participants with the same 5-10 participants always performing activities together to potentially limit exposures if an illness develops.
- Participants will be encouraged to shower, wash their clothing, and sanitize equipment immediately following activities upon returning to home.
- Other reasonable measures may be implemented by NCSD to ensure social distancing of staff, students, and community members to reduce the risk of transmission of COVID-19 consistent with guidance issued by the IDPH.

Athletic Training Services

- If athletic healthcare services are needed, athletes will be required to wear a face mask when working with the athletic trainer.
 - A face mask or face shield will be provided to athletes as necessary.
- Athletic training room access will be by appointment only.
 - Appointments can be made with the athletic trainer personally, through email, or through coaching staff.

Activities, Open Gyms, Turf

- Supervisors / Coaches will be required to log attendance for each open gym, open turf, or activity session in school facilities for the purpose of contact tracing if necessary.
- At this point the Department of Education and the IDPH have provided their new guidelines (June 25) . However, we are still in need for potential additional information from the IHSAA, IGHSAU, and the Warren County Health Department concerning open gyms and coach/sponsor contact and may require additional guidelines .

Weight Room

- Weight Room attendance will be recorded using the Team Builder software system.
- All participants working out in the weight room will be required to wear masks.
- Participants in the weight room shall be required to sanitize their hands after each completed lift.
- Sanitizing of weight room equipment will be completed by school custodial services and coaches.

See the additional required guidelines below from the Iowa High School Athletic Association for safety:

- Strength and Conditioning activities may resume July 1.
- Outdoor workouts are highly encouraged over indoor workouts, to reduce transmission.
- These requirements must be followed when conducting voluntary strength and conditioning sessions:
 - Maintain social distance by being 6 feet apart.
 - Masks should be worn when social distance cannot be maintained.
 - Follow gathering guidelines of workout groups (pods) of 10 or less including the coach and medical personnel.
 - Note that some facilities may be large enough to have multiple pods of 10 working out at the same time.
 - Groups (pods) 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.
 - 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, symptoms they may present (see attachment).
 - Athletes should be monitored at start of practice for temperature >100.3F or symptoms of COVID-19 (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 and should be referred to a physician for evaluation and testing.
 - When free weight exercises require a spotter, a spotter should be positioned at each end of the bar and both should wear masks.
 - Safety measures in all forms must be strictly enforced in the weight room.
 - Students should 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 these sessions.
 - It is the responsibility of each 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 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 provider or other appropriate healthcare professional.

Should the conditions warrant, these requirements will be adjusted. Any further official updates will be posted on IHSAA and IGHS AU websites.

Link:

<https://www.iahsaa.org/wp-content/uploads/2020/05/IHSAA-IGHSAU-Summer-Guidance-6.26.20.pdf>