



Mt. Carmel High School Athletic Department

Return to Participation during COVID-19

The following protocols are based on the NFHS/SMAC Guidelines and USOPC/SMAC Guidelines for return to sports activities published May 2020. Guidelines that are released by CIF and/or PUSD during this time will be implemented immediately.

These protocols must be followed by every person that is attending a sports related workout or practice.

General Information:

- Parents will not be allowed on campus to watch practices. Students must be dropped off and picked up using the bus pick up/drop off route.
- Parents/athletes/coaches will receive a CDC informational sheet about COVID-19 signs/symptoms. Parents/athletes/coaches will be required to sign a consent form acknowledging they received the CDC info sheet and understand the following terms/conditions/rules. Parents must give permission for their student to participate.
- Participation is voluntary. Athletes will not be penalized if they do not attend and they will not be required to “make up” any missed practice times. Conversely, students that decide to attend will not be given “special treatment” or any advantage for attending (e.g. point system based on attendance).
- There will be one entrance into the athletic facilities and one exit.
- There will be one location for temp/symptom screenings.
- Everyone must have their own mask, hand sanitizer, and filled water bottle (at least 32 ounces/1 Liter) before entering the athletic facilities. Drinking fountains/coolers will not be used.
- Everyone must wear appropriate clothing (shirt, shorts, shoes) and be ready for the workout when arriving. Locker rooms will not be used.

1. Pre-workout Screening

- Everyone must have a daily temperature screen with a non-contact infrared thermometer before entering the athletic facility. Anyone with a temperature above 99.9° Fahrenheit will not be allowed to participate and may not return for 14 days. He/she will be sent home immediately and parents will be informed to watch for other COVID-19 related symptoms and will be referred for physician evaluation if signs/symptoms worsen.
- Name of athlete/coach, body temperature, date/time, along with other related symptoms of COVID-19 will be documented for each person daily (see form at the end of this document). Coaches will be required to print and bring the form with them each day. AD and/or AT will keep and file these documents.



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- **Vulnerable populations with underlying health conditions will not be allowed to participate.** This includes but not limited to: anyone with moderate to severe asthma or other respiratory concerns, anyone with heart disease, autoimmune disease, diabetes, or with a compromised immune system (cancer patients).

2. Cleaning

- All equipment (weights, benches, etc.) should be cleaned with an EPA registered cleaning product between each possible contamination (before a different person will use it) following the MCHS Athletic Department Cleaning protocols.
- Athletes should use their hand sanitizer or wash their hands for at least 20 seconds with warm water and soap before and after workouts.
- Any benches/padding/equipment that have holes exposing foam should be covered or not used.

3. Activity/Equipment

- Everyone will be expected to wear their mask when they're not exercising. Athletes may remove their mask during workout time frame only. Coaches should wear their mask at all times.
- Athletic activity should only happen outside (no indoor workouts until further notice) with groups of 12 or less and with adequate space for 6 feet distancing at all times.
- No sharing towels, water bottles, equipment, etc.
- Athletes will be encouraged to return home, shower immediately, and wash their clothing/water bottles between each use.

4. Expectation from Coaches

- Coaches should make it very clear to athletes that they are not to touch anything or anyone else while they are on campus except the equipment that will be used. Being allowed to participate in these workouts is a privilege.
- Coaches must create visual markings (chalk/tape/paper/paint/cones) that are measured at least 6 feet apart and show students where to place their belongings in stadium or along fence/wall at the beginning of each workout.
- Athletes that need to use the bathroom must ask the coach first and must go one at a time (no two people in the bathroom at the same time). They should only use the bathroom opened in the stadium (no locker rooms, no gym).
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Other important considerations:

- We are returning from a long period of rest. All staff must assume each athlete is completely deconditioned regardless of at-home workouts that were available during stay-at-home orders. Off-season training holds the highest risk for catastrophic injuries such as exertional heat illness/heat stroke. As a prevention measure, there will be no “testing” of strength/endurance during this time.
- If the coach of a group has a fever or symptoms:
 - A. He/she should isolate for 14 days and be referred to a physician if signs/symptoms worsen.
 - B. May return earlier than 14 days if he/she provides written clearance by physician (will need to check with PUSD guidelines).
 - C. Athletes will need an administrator to supervise while the coach is isolating or two groups can divide the space with increased distancing (more than 20 feet) between the groups and the coach of the second group can supervise from afar while staying closer to their original group.
- There will be no sharing of water sources (fountains/coolers). If an athlete runs out of water during their workout, parents/teams should look into providing cases of single use water bottles.
- In the rare event of a summer storm with lightning, the gym and attached rooms will be used for shelter. Each group will have their own room or corner of the gym and must continue to follow social distancing guidelines while waiting for the storm to pass.