

FBISD Athletics Tennis Template

COVID-19 is a fluid and actively changing virus. This template uses the current knowledge from the CDC, TEA, and UIL. Communication with the Athletic Trainer throughout this process will provide you with changes that are made by the governing bodies (UIL, TEA, and CDC).

COVID-19 Management Plan

All confirmed COVID-19 positives will be managed by the FBISD District Head Athletic Trainer, and the campus COVID-19 team. Richard Gregoire should be notified in the athletic office of positive cases, and contact tracing parties involved in each case. The current public health guidelines will be followed

General Policy

1. Schools must require staff, students, and visitors to self-screen for COVID-19 symptoms (rank one daily questionnaire) before participating or attending UIL activities or entering areas where UIL activities are being conducted, which should include taking individuals temperature.
2. Individuals should inform campus personnel if they themselves have a lab-confirmed with COVID-19 or have been in close contact with any individual who is lab-confirmed with COVID-19.
3. Schools are permitted to prevent any individual who fails the screening criteria from being admitted into school facilities or sites where UIL activities are being conducted until they meet the criteria for re-entry. Any individual for whom screening cannot be confirmed should be presumed symptomatic until confirmed otherwise.
4. All staff, visitors, and students two (2) years of age or older must wear face coverings or face shields upon entry to an area where UIL activities are being conducted and when not actively exercising.
5. Athletic staff should assist with custodial staff to ensure daily cleaning of all athletic facilities

Daily Student Screening Process

- Student-athletes will answer a daily health questionnaire via Rank One Health prior to entering any athletic facility if they have not been screened on campus already.
- Students will be required to have a mask and water bottle before entering the building
- Students must use hand sanitizer or wash their hands before entering the building.

Daily Coaching Screening Process

1. Coaches will answer a daily health questionnaire via Rank One Health prior to entering any athletic facility or working with student-athletes or athletic staff
2. Coaches must use hand sanitizer or wash their hands before entering the building.

COVID-19 Suspected or Confirmed Case

1. A student-athlete experiencing symptoms or has a lab confirmed test for COVID-19, they should self-isolate throughout the entire infection period and must meet the following criteria

COVID-19 Symptoms:

- Feeling feverish or a measured temperature of 100.0° Fahrenheit or higher.
- Loss of taste or smell
- Cough
- Difficulty breathing
- Shortness of breath
- Fatigue
- Headache
- Chills
- Sore throat

- Congestion or runny nose
 - Shaking or exaggerated shivering
 - Significant muscle pain or ache
 - Diarrhea
 - Nausea or Vomiting
- a. Diagnosed with COVID 19 (lab- confirmed test)
 - i. One day (24 hours) since the resolution of fever without the use of medications.
 - ii. Improvement in symptoms (e.g. cough, shortness of breath)
 - iii. A minimum of 10 days has passed since symptoms first appeared.
 - iv. Written clearance from a physician prior to returning to UIL activities
 - b. Symptoms of COVID-19 but no lab-confirmed test
 - i. One day (24 hours) since the resolution of fever without the use of medications.
 - ii. Improvement in symptoms (e.g. cough, shortness of breath)
 - iii. A minimum of 10 days has passed since symptoms first appeared.
 - iv. Written clearance from a physician prior to returning to UIL activities
2. If a student-athlete has been in close contact with someone who has tested positive for COVID–19 or has a family member that lives with them that has tested positive for COVID -19:
 - Student-athlete should inform coaches and quarantine for the set amount of days that has been given to them by the Campus Covid-19 team. Reference FBISD COVID-19 Handbook
 - Athletic Coordinator will notify FBISD Athletic Trainer and be provided guidance.

Return to Play Process

1. Student-athletes who appear to have symptoms will be immediately separated from other student-athletes/staff and instructed to return home. Direction will be provided by FBISD COVID-19 campus team or the Athletic Staff.
2. Symptomatic student-athlete will be managed as a presumptive COVID-19 case and will follow all guidelines as a positive COVID-19 case.
3. Student-athletes must be cleared by the COVID-19 campus team before returning to campus
4. Student-athletes must go through a return-to-sport process with the campus Athletic Trainer.
 1. Rule: every 1 day a student-athlete is out with symptoms equals 2 days of return-to-sport process (E.g. Symptoms: 5 days = Return-to-Sport Process: 10 days)

Return to Play Process following release of Campus COVID-19 team (Cite)

5. Student-athletes must be cleared by the COVID-19 campus team before returning to campus. Each student athlete must submit a release for sport from a physician
6. Student-athletes must go through a return-to-sport process with the campus Athletic Trainer.
 1. Rule: every 1 day a student-athlete is out with symptoms equals 2 days of return-to-sport process (E.g. Symptoms: 5 days = Return-to-Sport Process: 10 days)

Quarantine vs. Hospitalization return to play (Cite- Methodist information)

Sport-Specific Activity

Tennis Balls

- Practice caution with the tennis balls and avoid letting the participants touch them.
- Try to restrict balls to a particular group. One idea is to label them with a permanent marker.
- Replace all balls if someone suspected to have COVID-19 comes in contact with them.
- Consider spraying tennis balls briefly with a disinfectant spray (e.g., Lysol or Clorox) at the conclusion of play. Using new balls on a very regular basis is highly encouraged.

Tennis Equipment

- Tennis equipment should be touched only by the student athlete/coach and should be cleaned frequently.
- Alcohol-based disinfectant to clean all tennis gear, including racquets, target cones, ball machines, etc.
- Using a ball machine is a great option, as it avoids having people touch the balls. Using ball tubes and basket pickups to pick up loose balls after a ball machine rotation also limits contact.

Tennis Practice / Matches

- Do not make physical contact with them (such as shaking hands or a high five).
- When changing sides on the court student athletes should use opposite sides (right and left side)
- Avoid touching your face after handling a ball, racquet or other equipment. Wash your hands promptly if you have touched your eyes, nose or mouth.
- Avoid sharing food, drinks or towels.
- Use your racquet/foot to pick up balls and hit them to your opponent. Avoid using your hands to pick up the balls.
- If a ball from another court comes to you, send it back with a kick or with your racquet.
- When playing doubles, coordinate with your partner to maintain physical distancing.

After Matches

- Leave the court as soon as reasonably possible.
- Wash your hands thoroughly or use a hand sanitizer after coming off the court.
- Do not use the locker room or changing area. Shower at home.
- No extra-curricular or social activity should take place. No congregation after playing.

Spectators

- Practice good hygiene and regularly wash hands throughout the event.
- Practice social distancing (at least 6 feet) and minimize contact with others.
- Wear cloth face coverings at all times.
- You should only sit near individuals with whom you have regular contact and leave at least 6 feet between you and other parties.

References

United States Tennis Association. "Covid 19 - Playing Tennis Safely." 1 June 2020. *United States Tennis Association*. Guidelines. 03 August 2020.

DULLES TENNIS COVID SPECIFIC PLAN

DAILY CHECK-IN PROCEDURES

1. As you arrive to DHS Tennis Courts, wearing a mask, you will initially be screened and complete the COVID 19 Form on Rank One and Temp Check at the entrance to Tennis Courts.
2. Upon clearance from a coach, Student Athlete would be ready to participate

A. Dulles Sports Medicine department will be making TikTok videos to demonstrate procedures for Student Athletes at Dulles High School.

(See Attached Diaphragm)

HYDRATION

Practice

1. Student Athletes would be required to bring their own water bottles to all practices or workouts
2. Dulles Sports Medicine Department will set up a few water stations to refill their water bottles during practices
3. The Water Stations will be staffed by Dulles Athletic Trainers/Dulles Student Athletic Trainers Aides (SATAs)/ Coach wearing the appropriate PPEs.

LOCKER ROOMS

Coaches will assign each student-athlete to “groups” or “pods” with designated times for entry and exit into assigned locker rooms (if needed). Sanitation of the locker room and any area leading into the locker rooms will be sanitized prior to and following each “group” or “pod” entry and/or exit into the designated locker room area. **Locker rooms will no longer serve as a “hang out” or “lounge” area for student-athletes. Student-athletes must enter for purposes of changing or collecting gear or equipment for practices only.**

SANITATION PROCEDURES

Below are the sanitization procedures to be implemented within the athletics facilities to help to minimize spread of COVID-19 and other viruses and/or bacterial infections.

LOCKER ROOM SANITATION

Locker room sanitation will be the shared responsibility of the student-athletes, coaches, sports medicine, and athletic custodian staff. Student-athletes will be responsible for keeping their locker and clothing/equipment tidy and clean. Coaches will be tasked to wipe down all high touch areas with provided disinfectant sprays and wipes daily. Athletic custodian staff and/or sports medicine staff will be responsible for fogging the locker room space down with CDC approved disinfectants on a daily basis (while in season) and as appropriate out of season.

APPENDIX

