

# FBISD Athletics Football 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)

### **Sport-Specific Activity**

#### **Hydration**

1. Each head athletic trainer will create a plan for hydration needs on campus (practice, sub varsity games, varsity- stadium games)
2. Each student should bring their own water container to use for practice
3. Extra water breaks are advised
4. Extra time for duration of water breaks will be advised

#### **Locker room**

1. Each campus (head athletic trainer and coaches) will create a specific plan for groups of students
2. Coaches should have designated times to watch the group of students (prevent gathering, and encourage social distance)
3. Students and staff must wear a mask while in the field house at all time. Coaches should monitor locker room to enforce social distancing.
4. Only school-issued items, cleats, and weight room shoes are allowed to be housed in the locker overnight.

- Helmets and shoulder pads should be cleaned after each practice

## **Laundry**

1. Clothes should be placed in a trash bag not the cloth bin.
2. Coaches should wear gloves, mask, and eye protection and gowns when handling clothes (FBISD Athletics will provide)
3. Coaches responsible for each locker room should handle the clothes in their specific locker room

## **DULLES FOOTBALL COVID SPECIFIC PLAN**

### **DAILY CHECK-IN PROCEDURES**

1. As you arrive to DHS Fieldhouse, wearing a mask, you will initially be screened and complete the COVID-19 Form on Rank One at the main door.
2. Upon clearance from a coach, enter the main door and go straight to your assigned locker room.
3. Change into necessary practice gear and exit assigned locker room door to the practice field.
4. At the close of practice, student-athletes will re-enter the assigned locker room door and change from their practice gear. Place all school-issued athletic equipment on a clip.
5. Once student-athlete is changed, they will exit their locker room to the laundry room where they will place the clip with gear into the washing machines. Then exit the fieldhouse through the laundry room door.

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

(See Attached Diagram)

## **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 or Dulles Student Athletic Trainers Aides (SATAs) wearing the appropriate PPEs.

### **Games**

Dulles Sports Medicine and Dulles Football has decided to purchase a water bottle for each student athlete playing football for all levels (Freshman-Varsity) which would be used for each game (home and away).

## **LOCKER ROOMS**

Locker room use by Dulles Football Teams will dramatically change for the 2020-21 year. Dulles Football Athletes will be permitted to use locker rooms with strict social distancing practices in place. Coaches will assign each student-athlete to “groups” or “pods” with designated times for entry and exit into assigned locker rooms. 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.

### **WATER BOTTLES**

Each student-athlete will be provided with an individual water bottle for games usage. It is the responsibility of the student-athlete and the coaches to make sure that their water bottle is appropriately sanitized. It is also the responsibility of the student-athlete and coaches to make sure that the student-athlete brings their water bottle to each game. Failure to do so may result in removal from practice until the water bottle is procured.

### **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.

### **WEIGHT ROOM SANITATION**

Weight room facilities and equipment should be sanitized on a daily basis using CDC approved sanitizers or virucides. It is the responsibility of the coaching staff to ensure that all equipment (dumbbells, bars, weights, etc are sanitized between users). Sprays and wipes/towels will be provided to student-athletes and staff to clean equipment before and after use. The weight room facilities will also be sprayed with a fogger daily (m-f unless used on weekends/holidays as well) to disinfect larger areas that would not be ideal to use spray/wipes for (floors, mats, turf room, etc).

## **ATHLETIC TRAINING ROOM PROCEDURES**

1. The athletic training room will have a student-athlete capacity limit to accommodate social distancing.
2. Rehab sessions will operate on an appointment only format, and student-athletes may only enter the athletic training room for rehab.
3. Pre-practice treatments (heat pack, Theragun, cupping, etc.) are eliminated.
4. There will be a set time for which student-athletes may receive pre-practice taping.
5. Post-practice treatment will be eliminated. Ice bags will be placed in teams' locker rooms.
6. Student-Athletes will be required to wear masks in the athletic training room.
7. Evaluations for injury will be performed outside at makeshift Athletic Training Room outside on the Track

## APPENDIX

### Entering and Exiting the Fieldhouse

1. As you arrive to DHS Fieldhouse, wearing a mask, you will initially be screened and complete the COVID-19 Form on Rank One at the main door.
2. Upon clearance from a coach, enter the main door and go straight to your assigned locker room.
3. Change into necessary practice gear and exit assigned locker room door to the practice field.
4. At the close of practice, student-athletes will re-enter the assigned locker room door and change from their practice gear. Place all school-issued athletic equipment on a clip.
5. Once student-athlete is changed, they will exit their locker room to the laundry room where they will place the clip with gear into the washing machines. Then exit the fieldhouse through the laundry room door.

