

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)

COVID-19 Cross Country Policies & Procedures

- FBISD is committed to providing the highest quality of safety for athletics to return during COVID-19
- The following recommendations are provided for cross country practice:
 - At the beginning of the season, there should be designated practice pods. These pods would contain 2-3 athletes (no more than 5) of close conditionings that can provide a challenge to one another for proper training in preparation for competition.
 - Practice pods can provide a clear picture for contact tracing in the event a student athlete tests positive for COVID-19.
 - Screening questions can be answered before student-athletes arrive on campus for practice
 - Temperature checks can be done by properly trained coaches or ATC's as the student-athletes arrive to practice
 - Recommendations for off campus training would be for coaches to go through adequate training for screening and temperature checks
- The following recommendations are provided for competition and are further divided to specific details of race day
 - Before any student-athletes, coaches, officials, ATCs arrive on site for competition day, they should answer whether or not they have any symptoms of COVID-19 as well as take their temperature
 - The questions should be answered prior to arriving to corresponding school and any yes answers should stay home from competition
 - The temperature checks can be done prior to getting on the transportation to the meet
 - Team Camp Sites at the meet should be spaced accordingly
 - 10+ feet between each school camp site
 - At the starting line of the race, each team should be delegated a box that is 6 ft between another team's box.
 - Students athletes should clearly label all clothing that will be taken off before the race and designated into a bag. The team should not throw all clothes into the same bag/pile.
 - At the starting line, student athletes may take off their mask along with necessary clothing.
 - During the race, it is recommended to widen all possible narrow points in the cross-country course to 6 ft. if possible
 - During the race, student athletes should be weary of passing other athletes on the course and do their best not to touch them during this pass.
 - At the end of the race, it is recommended to have 1-3 chutes for athletes to enter so that social distancing can still take place post-race.
 - At the end of the race, coaches should encourage no congregating of athletes/parents/spectators

- At the end of the race, student athletes should put on their mask once back to the school's designated tent area
- It is recommended that award ceremonies not be held or in the case that they are, masks are to be worn.
- The following recommendations are provided for the sports medicine set up during the race day
 - An open concept athletic training room with 1-2 tables that can be easily sanitized between each use
 - A trunk filled with all necessary equipment
 - Easy access to hand-sanitizer at all high-volume areas at the meet: starting line, finish line, various points in the team tent section

DULLES HIGH SCHOOL CROSS COUNTRY COVID POLICIES

- Communicate your guidelines in a clear manner to students and parents.
- Dulles will conducting workouts in “pods” of same students always training and rotating together in practice to ensure more limited exposure if someone develops an infection.
- Coaches accurate records of those athletes and staff who attend each practice in case contact tracing is needed.
- Team Camp Considerations – Social distancing from other teams as much as possible is strongly recommended. Coaches should consider the number of individuals within the camp. Also, the size of the tents including whether to include the sides of the tent should also be considered.

Considerations for Students:

- Consider making each student responsible for their own supplies.
- Students should wear their own appropriate workout clothing. Individual clothing/towels should be washed and cleaned after every workout immediately upon returning home.
- Hand sanitizer should be plentiful at all contests and practices.
- Athletes should tell coaches immediately when they are not feeling well.
- Cloth face coverings are permitted.
- Bring your own water bottle.