

## FORT BEND ISD ATHLETIC SUMMER PROGRAMS HEALTH AND SAFETY GUIDELINES

All guidelines are in compliance with the Centers for Disease Control (CDC), the Department of State Health Services (DSHS), the Texas Education Agency (TEA) and the University Interscholastic League (UIL), as well as, Fort Bend and Harris County, Fort Bend ISD health and safety guidelines.

Per TEA: Students on campus should not participate in activities like those listed below, except as part of UIL approved conditioning or training programs, consistent with UIL guidance, because of their potential for spreading the virus through respiratory droplets:

- Choir
- Playing wind instruments
- Indoor sports

School gyms, weight rooms, and indoor workout facilities can be open to students participating in a UIL-approved conditioning program while supervised by school staff consistent with UIL guidance. Indoor facilities are to remain closed for purposes of athletic or fitness activities to unsupervised students and to the community.

### *Beginning Date for Summer Strength/Conditioning Programs and Sport Specific Skill Instruction*

- The starting date shall be set forth by the UIL calendar. **START DATE: TBD**

### *Ending Date for Summer Strength/Conditioning Programs and Sport Specific Skill Instruction*

- Junior High (incoming 7th and 8th grade) – Programs may run up to the day prior to the first day of school.
- High School (incoming 9th grade through 12th grade) – Programs may run up to the day prior to the first day of school or the first day of the sports season, whichever is earlier. For athletes that participate in a sport that may start prior to the first day of school (football, volleyball, tennis, & cross country), those athletes may not attend a summer strength/conditioning program or sport specific skill session in any sport once their sport season has begun.

### *Period of No Activity – During a “Period of no Activity”, no school facilities may be open for student-athletes.*

- Tuesday, July 7 and Wednesday, July 8, 2020
- Monday, July 20 and Tuesday, July 21, 2020

### **Coach and Student Athlete Pre-Arrival**

1. Per UIL, before the start of summer workouts, and at the start of every week of summer workouts, schools should consider prescreening all students for COVID symptoms that they or others living in their house may experience. This can be completed by phone prior to the first day of workouts, in person or in writing. Students and staff must self-screen every day for COVID19 symptoms for themselves and family members. Schools should consider taking the temperature of each student each day at the start of the conditioning sessions, if possible. (Richard and ATs)
2. Per UIL, schools should plan for entry and exit procedures that reduce the number of students and parents congregating outside and/or mixing around the workout areas and parking areas. Consider staggering start and end times, assigning students to entries and exits to ensure even distribution of students entering/exiting at each entry point, providing guidance to students to enter one at a time and wait six feet apart outside the entrance. (ATs and Coordinators)
3. Self-screen: If experiencing any COVID-19 symptoms such as cough, congestion, runny nose, upper respiratory infection, fever and/or loss of taste and smell etc., they should alert their coach/program leader and stay home. (See positive Cases and Staff or student showing COVID symptoms protocol)
4. Coaches and athletes must wear clean clothing, bring their own water bottle and towel with clearly labeled names on it.
5. For outdoors - wear sunscreen and bring mosquito spray if needed.
6. All equipment will be cleaned daily.

### **Coach Arrival**

1. Open appropriate facilities and screen for any possible safety issues.
2. Prepare check-in, workout, and sanitizing/cleaning stations for athlete arrival.
3. Maintain physical distancing.

### **Daily Athlete Arrival for each session**

1. Go to check-in stations for pre-screening by coaches. PER UIL, attendance records shall be kept, however, students shall not be required or allowed to make up missed days or workouts.
2. Athletes will sanitize and/or wash hands (TBA)
3. Go to assigned workout station and maintain social distancing.

### **During Workouts – (See protocols for All Work Outs, Strength and Conditioning Work Outs, and Sports Specific (SS) Work Outs)**

1. Per UIL, schools must have at least one staff member per twenty students in attendance to ensure appropriate social distancing, hygiene, and safety measures are implemented. (this is not the coach to student athlete ratio which is 1:15 (outside SS) or 1:10 (inside SS) **Coordinators required to oversee protocols of social distancing requirements.**
2. Per TEA, no more than eleven individuals should be in an enclosed area together regularly, for example as a class group. This includes teachers, staff, and students.
3. Per UIL, hand sanitizer and/or hand-washing stations will be readily available in the workout area. Students and staff should be encouraged to use it frequently
4. Per UIL, no clothing or towels may be laundered on site or shared during workouts.
5. Per UIL, there can be no shared water or food.
6. Coaches will wipe down and/or spray equipment between workout transitions.
7. Coaches will place athletes in same groups (consistent groupings)– not to be altered and must document names of individuals in each group.
8. Athletes are not required to wear a mask but when outside of drill, they are recommended to wear mask.
9. Athletes will complete drills/stations and when finished maintain social distancing.

### **Post Workouts**

1. Athletes sanitize/wash hands prior to leaving. Take all personal items home. There will be no locker rooms or shower facilities available. Per UIL, Students may not be given access to locker rooms or shower facilities. Students should report to workouts in proper gear and immediately return home to shower at end of the workout.
2. Athletes wipe down any personal gear including shoes and shower. Wash clothing and gear after each session.
3. Coaches sanitize/wipe down all equipment and door knobs. Per UIL, all surfaces in workout areas must be thoroughly disinfected throughout and at the end of each day.
4. If an indoor facility is used it will be sanitized upon conclusion of workouts.

Add FAQ –

Continual compliance with health and safety guidelines from above listed governing bodies will be ongoing and updated as needed.

**DRAFT - 5/20/2020**

## COVID-19 Strength and Conditioning and Sport Specific Instruction

UIL schools may, but are not required to, begin UIL Summer Strength and Conditioning and Sport Specific Instruction beginning June 8, 2020 under the requirements described below. UIL will continue to work with state officials and monitor CDC and other federal guidance to determine any potential modifications.

### Deciding Whether to Offer In-Person Summer Strength and Conditioning

Schools should take their local context into account when deciding whether to offer summer strength and conditioning on campus by monitoring the situation on the Texas Department of State Health Services dashboard. Schools should follow all local and state requirements when considering strength and conditioning activities.

#### Requirements for All Workouts

Attendance at workouts must be optional for students and in compliance with the rules for Summer Strength/Conditioning Programs & Sport Specific Skill Instruction. In addition to on-campus workout options, schools should consider providing students guidance for working out at home or remotely away from school. This can include virtual workouts, emailed or otherwise electronically delivered workout instructions, or any delivery model approved by the local school district.

Attendance records shall be kept, however, students shall not be required or allowed to make up missed days or workouts.

Fees, if any, shall be established by the superintendent and collected by the school. Any payment to coaches shall be from the school and from no other source.

Students may not be given access to locker rooms or shower facilities. Students should report to workouts in proper gear and immediately return home to shower at end of the workout.

During workouts, **schools must have at least one staff member per twenty students** in attendance to ensure appropriate social distancing, hygiene, and safety measures are implemented.

Schools must have hand sanitizer or hand-washing stations readily available in the workout area. Students and staff should be encouraged to use it frequently.

All surfaces in workout areas must be thoroughly disinfected throughout and at the end of each day.

No clothing or towels may be laundered on site or shared during workouts.

There can be no shared water or food. Athletes should not be drinking from water fountains and should bring personal bottles or jugs.

Before the start of summer workouts, and at the start of every week of summer workouts, schools should consider pre-screening all students for COVID symptoms that they or others living in their house may experience. This can be completed by phone prior to the first day of workouts, in person or in writing. Students and staff must self-screen every day for COVID-19 symptoms for themselves and family members. Schools should consider taking the temperature of each student each day at the start of the conditioning sessions, if possible.

Schools should plan for entry and exit procedures that reduce the number of students and parents congregating outside and/or mixing around the workout areas and parking areas. Consider staggering start and end times, assigning students to entries and exits to ensure even distribution of students entering/exiting at each entry point, providing guidance to students to enter one at a time and wait six feet apart outside the entrance.

If the school is planning to offer transportation for summer activities, schools should follow all TEA guidance and local guidance related to such transportation.

\* Schools should consider having students remain with a single group or cohort to minimize the number of students and staff that must isolate if a case is confirmed.

Strength and Conditioning Workouts	Sport Specific Instruction
<p>A strength and conditioning session shall be <b>no more than two consecutive hours per day</b>, Monday through Friday.</p>	<p>Sessions may be conducted in addition to the strength and conditioning session(s), and a <b>student shall attend no more than 90 minutes per day of sport specific skill instruction with no more than 60 minutes per day in a given sport</b>, Monday through Friday.</p>
<p>Strength and conditioning sessions shall include only strength and conditioning instruction and exercises. <b>No specific sports skills shall be taught</b> and no specific sports equipment, such as balls, dummies, sleds, contact equipment, etc., shall be used.</p>	<p>Sport specific skill sessions <b>may</b> include specific sports equipment, but <b>contact equipment (restricted equipment) is not allowed</b>. School shorts, shirts and shoes may be provided by the school (local school option) but may not be laundered on-site.</p>
<p>Schools should consider requiring students who are not actively exercising, but are spotting, to wear cloth face masks.</p>	<p><b>Sport Specific Activities Conducted Outdoors</b> - Students may be placed in <b>working groups no larger than 15 total students</b>. Each working group should maintain appropriate distance from other working groups.</p>
<p>A student shall attend no more than one session per day.</p>	<p><b>Sport Specific Activities Conducted Indoors</b> - Students may be placed in <b>working groups no larger than 10 total students</b>. Each working group should maintain appropriate distance from other working groups.</p>
<p>Any equipment must be thoroughly disinfected before and after each use. If a student uses a piece of equipment, that equipment must be thoroughly disinfected before another student uses it. Schools should limit the use of equipment to further reduce the risk of spreading the virus.</p>	<p>No competitive drills involving one or more students on the offense against one or more students on the defense may be conducted. (Example: Basketball players may participate in drills, but cannot conduct drills / activities against a defender)</p> <p>Any equipment, such as sports balls, should be regularly disinfected during workout sessions. This equipment should not be shared between groups. After a group has used such equipment, that equipment must be thoroughly disinfected before being used by a different group.</p>
<p>Sessions may be conducted by school coaches for students in grades 7-12 from that coach's attendance zone.</p>	
<p><b>Indoor workout activities</b> can be conducted up to a maximum of <b>25% capacity</b>.</p>	
<p>Schools should limit the total number of participants based on available space to allow for the appropriate distancing between students and staff.</p>	
<p>Except for reasonable safety considerations, such as spotting, students and staff must maintain at least six feet of distance from all sides when not actively exercising. When actively exercising, students and coaches must maintain at least ten feet of distance from all sides when possible.</p>	
<p>Workout stations must be spaced to allow for at least ten feet of distance between them in all directions. Some exercises may require more than ten feet of distance.</p>	