



ATHLETE RETURN TO CAMPUS PLAN FOR MIDDLE SCHOOL ATHLETICS

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OVERVIEW

On behalf of Prosper ISD Athletics, we present this outline for the plan to return our student-athletes to in-person campus training. This is our blueprint to return our athletes to their respective sports on our campuses. The health and safety of our student-athletes is our number one priority. The following guidance is based on current data and knowledge of COVID-19 as well as UIL, NFHS, TEA, CDC and local guidelines. Prosper ISD Athletics designed this guidance to help prevent workout exposures to COVID-19 for all student athletes, coaches and staff. We will update our plan as additional information becomes available.

The following guidelines were compiled with the assistance of Prosper ISD Athletic Administration, our Licensed Athletic Trainers, our Middle School Campus Coordinators, the guidelines of the University Interscholastic League, Texas Education Agency, the National Federation of High Schools, Texas Education Agency, Centers for Disease Control and the Town of Prosper. With social distancing requirements in place, it will take many more hours and areas to provide our student-athletes a quality athletics experience.

Athletics will continue to work closely with the aforementioned agencies as well as local authorities so timely and accurate information can guide appropriate responses. Local conditions will influence the decisions that public health officials make regarding community-level strategies.

The policies in our plan are designed to minimize risk for student athletes and staff. It is vital to the health and safety of everyone that our athletes and staff are fully conscious of this at all times and take responsibility for following these guidelines and taking them seriously.

A. KEY PRINCIPLES

- **Limiting personal interaction** – face-to-face interaction and person-to-person contact will be limited to essential activities that cannot be performed in an alternative (virtual or remote fashion). When such activities are required, social distancing and other infection-spreading mitigating measures will be emphasized.
- **Hygiene** – hand washing will be emphasized before, during, and after team activities when practicable.
- **Cleaning and sanitization** – routine and enhanced cleaning and sanitization measures will be implemented.
- **Safe access to facilities** – Facility entry and exit points will be coordinated to minimize personal interaction and facilitate social distancing.
- **Screening Procedures** – Student Athletes, Coaches and Staff will be asked to self-screen daily for symptoms and a temperature screening, if possible.

OVERALL GUIDELINES AND RESPONSE STRATEGIES

SANITIZATION

1. Disinfection and Sanitization

- ABM & AHI custodians will be present and maintaining sanitization during athletic practices and events.
- Facilities Cleaning – athletic facilities will be disinfected and sanitized per industry guidelines, continuously before, during, and after PISD practices and events. Emphasis will be given to ensuring disinfecting high touch surfaces and surfaces that are used by multiple student-athletes, disinfecting between users. All facilities will be thoroughly cleaned at the end of each day.
- Enhanced Cleaning – specific athletic facilities in which an individual with a confirmed COVID-19 positive has been identified will undergo enhanced disinfection per CDC and industry guidelines.
- All equipment will be sanitized with Iso-quin after each practice session- ex: barbells, sports balls, etc.

2. Athletes and Staff

- Both athletes and staff will sanitize their hands before, during, and after workout. There will be multiple hand sanitizing stations spread out around the athletic areas.
- No high fives, back slaps, or any other physical encouragement.
- 6 feet of distance will be kept when not actively exercising.
 - Spotting is allowed, but it is recommended that athletes cover their mouth & nose while spotting.
- **Face coverings are required at all times except when actively exercising or socially distanced.**
 - Exceptions to the wearing of face coverings or face shields include:
 - Any person with a medical condition or disability that prevents wearing a face covering;
 - While a person is consuming food or drink;
 - Any other reason or circumstance indicated under Executive Order GA-29.
 - EXCEPTIONS WILL REQUIRE IEP/504 DOCUMENTATION

REQUIREMENTS for STUDENT ATHLETES

- **6th - 8th only**

A. Athletes will be required to have the following on file with PISD before participating.

PISD FORMS

- PISD Physical
- PISD Completed Daily Screening Questionnaire
- RANK ONE Online Forms Completed

B. Athletes will self-screen each day, including a temperature check, if possible, prior to arriving at any PISD campus.

C. Athletes will stay home if they answered “YES” to any screening questions or if they do not feel well.

D. 6 Foot Rule – Maintain 6 feet of space between each other. This includes lift groups, run groups, and common areas including restrooms.

E. Physical Contact – Limit physical contact with others. Do not shake hands, hug, fist-bump or high five.

F. Athletes will use hand sanitizer before entering the facility, during workouts, and when exiting skills.

G. Restrooms – Student-athletes are required to wash hands and make every effort to minimize athletes in the restroom at any one time. Sanitize hands after exit, use a paper towel to open the door handle.

H. Hydration – Student-athletes are encouraged to bring their own individual labeled water bottles. They are prohibited from sharing water bottles. Only bottle filler water stations will be available in the school. During athletics, water cows or water jugs will be used by students to refill their own water bottles.

REQUIREMENTS for STAFF

A. Staff will self-screen, including a temperature check, if possible, each day prior to arriving.

B. Staff will stay home if they answered “YES” to any screening questions or if they do not feel well.

C. Staff will adhere to social distancing guidelines when possible.

D. Staff will use hand sanitizer before entering the facility, during workouts, and skills.

E. Staff will bring their own labeled water bottle.

F. Face coverings are mandatory.

DAILY SCREENING PROCESS

1. **BEFORE Arriving to the Facility – Every student will perform a self-screening for symptoms, including a temperature check, if possible. If a student answers “YES” on any question they will stay at home and call their Coach & Campus Nurse to let them know.**

Screening questions:

- **Have you been lab-confirmed positive for COVID-19** (for which you have not yet been cleared by a health authority to discontinue home isolation & return to in-person activities)?
- **Do you have any of the following new or worsening signs or symptoms of possible COVID-19?**
 - Fever of 100.4 or higher (check your temperature to be sure)
 - Sore throat
 - New uncontrolled cough that causes difficulty breathing (or, for individuals with a chronic allergic/asthmatic cough, a change in their cough from baseline)
 - Diarrhea, vomiting, or abdominal pain
 - New onset of severe headache, especially with a fever

**having one or more of these symptoms does not necessarily mean that you will be restricted from in-person activities, but rather, it means that further assessment by a Prosper ISD nurse is warranted in order to determine if clinical criteria for in-person restriction from Prosper ISD activities is appropriate*

- **In the past 14 days, have you had known close contact* with any person with a lab confirmed (active) case of COVID-19?**

**Close contact is defined as either being directly exposed to a lab-confirmed person's infectious secretions (e.g., being coughed on) or being within 6 feet of the person for a cumulative period of 15 minutes or longer--if either occurred during the time period the person was considered infectious*

If you are able to answer NO to all of today's questions above, In-Person activity is ALLOWED; follow District required and recommended health practices. When coming into district facilities, students in grades 4+ and all adults are required to wear a face covering. Practice 6-foot social distancing and wash or sanitize your hands frequently.

If you answered YES to any of today's questions above, you are currently RESTRICTED from participation in all in-person Prosper ISD activities until a Prosper ISD nurse contacts you for further information/direction. Your next step is to notify your Prosper ISD nurse of your screening responses.

2. A **hand sanitizing station** will be set up outside the indoor facilities screening checkpoint where all student-athletes and staff must sanitize their hands prior to entry/re-entry into the indoor facility.

COVID-19 Symptoms, Testing and Management

1. COVID-19 Symptoms or Positive Test

Management of COVID-19 Positives – confirmed COVID-19 positives will be managed by the Prosper ISD Health Services Coordinator, Becky Geise, per current public health guidelines. Management will include reviewing testing results, isolation, and symptom management as well as return-to-sport clearance.

Student-athletes who appear to have symptoms or who become sick during the day will be immediately separated from other student-athletes/staff and instructed to return home. Direction will be provided by the **Campus Nurse** regarding symptom monitoring, quarantine, and testing. **A symptomatic student-athlete or staff member will be managed as a presumptive COVID-19 positive and all precautions will remain in place until testing confirmation is received, or the student-athlete or staff member has obtained a medical professional's note clearing the individual for return based on an alternative diagnosis.**

Student-athletes who are symptomatic or confirmed COVID-19 positive cannot report to in-person activities until cleared to do so by the PISD campus nurse.

2. Positive Test Confirmed

In the case of an individual who was diagnosed with COVID-19, the individual may return to school when all three of the following criteria are met:

- at least 24 hours have passed since recovery (resolution of fever without the use of fever-reducing medications)
- the individual has improvement in symptoms (e.g., cough, shortness of breath)
- at least ten (10) days have passed since symptoms first appeared.

Additionally, those that are symptomatic have the option to get an alternative diagnosis or test negative if they want to return prior to the 10-day minimum

PARENT/GUARDIAN COMMUNICATION PLAN

ATHLETICS

- Return to Athletics Plan will be posted on the PISD Athletic website.
- An email will be sent to all parents/guardians outlining the return to campus plan & safety measures
- Coaches will organize an information PowerPoint to share with all parents and student athletes prior to the first day of school.
- The return to athletics plan will be posted on the campus websites as well as the PISD Athletics website.

PISD

- Athletic practices and contests will be conducted following all safety protocols provided by guidance from UIL and PISD. This will include a self-screening by all participants, sanitizing of equipment, locker room usage, laundry, etc.
- If athletes choose virtual learning, they are required to attend every practice during the athletic period, as well as before and after school practices to be recorded present and receive credit.
 - *Transportation will not be provided to and from athletic practices for students who choose virtual learning, it will be the responsibility of the student.*
- Hand sanitizing stations will be in athletic areas and hand washing will be emphasized before, during, and after activities. Equipment will be sanitized on a regular basis.
- Cleaning and sanitization of all athletic facilities will happen routinely.
- All locker room space will be utilized according to the guidelines.
- Bus travel will follow transportation guidelines provided by the TEA, UIL and PISD.
- Spectator attendance at games and contests will be limited to 50% capacity and will follow all UIL guidelines.
- All aspects of all athletic events will continually be evaluated to minimize the risk of exposure for both athletes that are participating and spectators that are observing.

PREPARING FACILITIES

- Sanitization supplies delivered, installed, and placed in predetermined places
- Social Distancing Signs, RR Signs, Hand washing signs, Check in Signs will be made and displayed.
- Hand Sanitizing stations will be set up throughout the facility for use.
- Hallways and locker rooms will have one-way traffic as much as possible.

SUPERVISION

- If student athletes are present in the facility, all coaches must be present as well.
- Active monitoring of all areas and procedures is expected daily.

TRANSPORTATION

- Students involved in virtual learning will be expected to provide their own transportation to and from all athletic periods and practices, before, during and after school.
- Coaches will communicate in advance the expectations for travel to and from games.
- Face coverings will be worn during bus transportation.
- All games at PISD schools will be considered “home games”, which means parents will be expected to pick up the student athletes at the school which they play in Prosper.
- Transportation back to the school will be provided for away games.

LOCKER ROOMS

- Locker rooms will not be open and available prior to school unless it's for practice purposes.
- Non-athletic classes will not utilize the athletic locker rooms.
- Every effort will be made to alternate smaller groups through the locker room to minimize exposure with other athletes. Coaches will devise plans based on the number of athletes and the space available. Entrances will be monitored by Coaches.
- Student athletes are to dress as rapidly as possible to minimize time in the locker room.
- Athletes are expected to wear masks in the locker room, with the exception of taking showers.
- Social Distance measures will be in effect throughout all locker rooms
- Any equipment kept in student lockers should be cleaned out nightly by the athlete to allow for proper cleaning and sanitization. Helmets and shoulder pads are allowed to stay overnight.

PRACTICES/GAMES

- Every athlete is expected to attend all practices and games
- All practice clothes will be expected to be left at the school and washed by the Coaches on a daily basis.
- If an athlete misses practice time or games due to COVID-19, there will not be disciplinary consequences.
- Parents will not be permitted to attend practices at indoor or outdoor venues.
- Face coverings will be worn during games while sitting on the bench or standing on the sidelines during games. Masks will be worn during practices when athletes are NOT actively exercising. Coaches will be required to wear face coverings, unless they are able to maintain at least 10 feet of social distancing.
 - IEP/504 Documentation must be provided if there is a mask exception

ATHLETICS					
Activity	1 st Day for Practice	1 st Day for Games / Matches / Meets	District Certification Deadline	State Championships	
CONFERENCES 1A-4A					
Team Tennis	**	August 17, 2020	October 24, 2020	November 11-12, 2020	
Cross Country	**	August 17, 2020	November 14, 2020	December 5, 2020	
Volleyball	August 3, 2020	August 10, 2020	October 27, 2020	November 18-21, 2020	
Football	August 3, 2020	August 27, 2020	November 7, 2020	December 16-19, 2020	
CONFERENCES 5A-6A					
Team Tennis	**	September 7, 2020	October 24, 2020	November 11-12, 2020	
Cross Country	**	September 7, 2020	November 14, 2020	December 5, 2020	
Volleyball	September 7, 2020	September 14, 2020	November 17, 2020	December 11-12, 2020	
Football	September 7, 2020	September 24, 2020	December 5, 2020	January 2021, TBD	
MUSIC					
Activity	1 st Day to Begin Contest Show Visual / Marching Curriculum	Region Contest Deadline 2A / 4A / 6A	Area Contest Deadline 2A / 4A / 6A; Region Contest Deadline 1A / 3A / 5A	Area Contest Deadline 3A / 5A	State Championships 2A / 4A / 6A; State Military Championships 1A / 2A / 4A
ALL CONFERENCES (unless otherwise denoted)					
Marching Band	September 7, 2020	December 3, 2020	December 10, 2020	December 12, 2020	December 2020, TBD

**** Indicates sports that practice year-round.**

ATHLETIC PERIOD

- Coaches will schedule athletes during athletic periods so smaller groups will be rotating in and out of the locker room. Coaches will train athletes on how to use hand sanitizer during workouts and how to move in directions that allow for one-way traffic only in and out of different work out areas. Every effort will be made to mitigate risk of spreading COVID-19.
- VIRTUAL STUDENT ATHLETE check in will be addressed by your individual campuses. These students will have the same self-screening done as in person student athletes prior to practice.

WATER BREAKS

- All water breaks should be scheduled into practices
- Student athletes and Coaches should have their own water bottle
- Individual cups can be provided for a one time use only
- Refill stations will be provided for student athletes to refill their water bottles