



**ATHLETE RETURN TO CAMPUS PLAN
FOR
SUMMER STRENGTH AND CONDITIONING
AND PISD SKILLS TRAINING**

Valerie Little, Director of Athletics

Michael Sain, Assistant AD

CAMPUS COORDINATORS

Brandon Schmidt, Prosper HS

Mark Humble, Rock Hill HS

LICENSED ATH TRAINERS

Michael Henry

Sarah Tutton

Amelia Easley

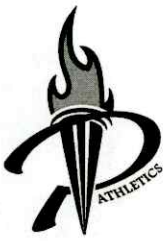
Kristen Howell

Forest Yelverton



TABLE OF CONTENTS

2 -	Overview
3 -	Dates, Times & Locations
3 -	Key Principles
4 -	Overall Guidelines and Response Strategies
5 -	Requirement for Student Athletes
5 -	Requirements for Staff
6 -	Daily Screening Process
6 -	Entry Procedures
7 -	Workout / Skills Groups
8 -	Workout Procedures
8 -	Workout Policies
8 -	Exit Procedures
9 -	Mandatory Education
10 -	COVID-19 Symptoms, Testing and Management
11 -	SAC and PISD Skills Training Model
11 -	Parent Communication
12 -	Questionnaire Details
13 -	QR code
14 -	Waiver for all participants and staff
15 -	Appendixes I-III



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 Strength and Conditioning and Prosper ISD skills on our campuses. Our objective is not for strength and conditioning to begin, our objective is to ensure the safety of our kids during extracurricular activities and exercise which will lead to sports in 2020-2021. 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 High 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 facilities to provide our student-athletes a quality summer strength and conditioning and skills experience. We will continue to work closely with the aforementioned agencies as well as local authorities so timely and accurate information can guide appropriate responses.

The policies in our plan are designed to minimize risk for yourself and others. 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. DATES, TIMES & LOCATIONS

DATES: Monday- Friday, June 8th - July 31st

UIL BLACKOUT DATES: July 3, July 7-8, July 20-21

TIMES:

7:00-7:30-11th/12th Grade skills

7:30-9:30-11th/12th grade SAC

9:30-10:00-9th/10th grade skills

10:00-12:00-9th/10th grade SAC

12:10-2:10pm-7th/8th grade SAC

2:30 - 4:00 pm - Open weight room for Staff

4 pm - ALL FACILITIES ARE CLOSED FOR CLEANING TO ALL STAFF/STUDENTS

CAMPUSES:

Prosper HS: MPF wt room, main building weight room, turf field, grass fields, indoor turf field.

Reynolds MS for PHS: MPF weight room, indoor turf (starting 6/29), turf field

Hays MS for RHHS: weight rooms, turf field, grass areas, tennis courts, parking lots, gyms

B. KEY PRINCIPLES

- **Limiting personal interaction** – face-to-face interaction and person-to-person contact will be limited as much as possible. Social distancing and other infection-spreading mitigating measures will be emphasized at all times.
- **Hygiene** – hand washing will be emphasized before, during, and after team activities when practicable.
- **Cleaning and sanitization** – routine and enhanced cleaning and sanitation 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** – Daily symptom and temperature screening assessment will be required of student-athletes, Coaches and staff
- **Compliance Coach** - Each Campus will employ a Compliance Coach who will not be assigned to work with any student athletes. This Coach will make sure all parties are taking care of their duties: custodial, Coaches, student athletes, etc. Their job is to ensure all compliance procedures are followed. This needs to be a consistent position, not one that several Coaches rotate through.

OVERALL GUIDELINES AND RESPONSE STRATEGIES

SANITIZATION

1. Disinfection and Sanitization

- Facilities Cleaning – athletic facilities will be disinfected and sanitized per industry guidelines, before, during, and after SAC and PISD Skills. 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.
- All equipment will be sanitized with Iso-quin after each use and before a new athlete uses it- ex: barbells, sports balls, etc.
- 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.

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 conditioning and skills areas.
- No high fives, back slaps, or any other physical encouragement.
- No active exercise = 6 feet of distance, unless spotting
 - Spotting is allowed, but it is recommended that athletes cover their mouth & nose while spotting.
- Active exercise = 10 feet of distance

C. REQUIREMENTS for STUDENT ATHLETES

- 7th - 12th grade only
- All students/guardians must sign a waiver of liability before their first workout
- All attendance is ***optional*** BUT you must sign in daily for tracking purposes.
 - SCAN QR CODE before arriving or upon arrival before entry
 - If you choose not to attend, an alternate virtual workout will be available
 - If you miss a session, make up sessions are not allowed.
 - You may not attend more than one session per day
- You must be HONEST and FORTHCOMING about your symptoms
- Protect yourself and your teammates from exposure by staying home if you answer "YES" or start to exhibit any symptoms
- Follow all procedures set forth by your Campus
- NO SHOWERS OR LOCKER ROOM ACCESS, except restrooms. No more than 2 athletes at a time allowed.
 - Report in workout gear and immediately return home after to shower
- No shared towels, water or food. BRING YOUR OWN LABELED WATER BOTTLE
- No high fives, fist bumps, hugs, etc. Minimize contact as much as possible
- No active exercise = 6 feet of distance, unless spotting
 - Spotting is allowed, but it is recommended that athletes cover their mouth & nose while spotting.
- Active exercise = 10 feet of distance
- No more than 2 hours per day of SAC
- No more than 90 min/day of skills with no more than 60 min/day in one sport
- Restrooms - student-athletes are required to wash hands; utilize the "one in, one out" model; sanitize hands after exit; use paper towel to open door handle

D. REQUIREMENTS for STAFF

- All staff must sign a waiver of liability before their first workout
- Protect yourself and your peers from exposure by staying home if you answer "YES" or start to exhibit any symptoms
- All staff are recommended to wear masks & gloves during workouts if they are more comfortable with them.
- Responsible for maintaining social distance whenever possible
- Staff temperatures will be taken daily upon arrival prior to student check-in.
- 1 staff member per 20 students in attendance at camp = minimum
- No laundry done on site - clothes or towels
- No transportation of student athletes
- Responsible for refilling athletes' water bottles with provided water. Must wear sanitized gloves while refilling water bottles.
- Bring your own labeled water bottle
- Restrooms - student-athletes are required to wash hands; utilize the "one in, one out" model; sanitize hands after exit; use paper towel to open door handle

E. DAILY SCREENING PROCESS

1. BEFORE Entering Facility – Every student will have filled out a [screening questionnaire](#) on their phone. It is suggested they do this at home before leaving for school. If a student answers “YES” on any question they will stay at home and call their Coach to let them know.

All student-athletes are required to complete the online COVID-19 HEALTH SCREENING QUESTIONNAIRE for symptoms prior to entering the workout facility, including checking your temperature if you can. *Screening questions:*

- Any contact with person who is/was positive for COVID–19; or
 - New or worsening cough or shortness of breath/difficulty breathing; or
 - Fever (subjective or >99.6); or
 - Chills, repeated shaking with chills, muscle pain, headache, sore throat, new loss of taste or smell, diarrhea.
2. A touchless **temperature check** is required before entering into the screening check point. Temperature check station will be staffed by Prosper ISD coaches and LAT’s wearing appropriate PPE. They will confirm receipt of student-athlete COVID-19 screening questionnaire answers and will make sure questions have been answered and temperature has been taken prior to entry. If a student-athlete has an elevated temperature, they will be directed to the LAT for further assessment.
 3. 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.

F. ENTRY PROCEDURES

- All student athletes are required to enter the facilities via the assigned entrance. There will be multiple pre-assigned entrances per campus.
- Parking will be predetermined for each group to minimize interactions when student athletes are arriving and departing.
 - 6 feet social distancing indicators will be set up along the sidewalk along with signage with the QR code to fill out the questionnaire.
 - Athletes will enter and sit on a mark that is distanced 10 feet from all sides and await instruction.
- Parents **must** stay in their cars during the drop off process
- All phones will be turned in, stored and locked up during workout to ensure safety. If parents need to contact their student athlete for an emergency, they can call the below numbers: PHS & Reynolds MS - Coach Henry: 512-844-1569. RHHS, Hays & Rogers MS- Coach Howell: 682-300-6700 or Coach Yelverton: 806-277-0311.

G. WORKOUT / SKILLS GROUPS

- Athletes workout and skills groups will be coordinated by Prosper ISD staff to minimize exposure.
- When an athlete develops symptoms, all athletes in his/her group will be removed until the athlete is cleared.
- Students wishing to participate in the SAC program at home will be sent a weekly schedule for at-home workouts or will have the ability to follow along virtually.

INDOORS REGULATIONS

- No more than 10 athletes per group until June 22nd, then up to 15 athletes per group. Groups must stay 10 feet away from other groups.
- Capacity is 25% of building until June 22nd when it goes to 50%
 - Formula: Divide sq ft by 50. Multiply that number by .25 or .50
 - Example: $4,715 \text{ sq ft} \div 50 = 94.3 \times .25 = 23.75$. 23 total **athletes and coaches** allowed at one time.
- Indoor fields will have garage doors open and ventilated to mimic the outdoor environment.

OUTDOOR REGULATIONS

- No more than 15 athletes per group until June 22nd, then up to 25 athletes per group.
- Maintain 10 feet of distance between each group

H. WORKOUT PROCEDURES

- No active exercise = 6 feet of distance, unless spotting
 - Spotting is allowed, but it is recommended that athletes cover their mouth & nose while spotting.
- Active exercise = 10 feet of distance
- Both athletes and staff will sanitize their hands before, during and after workout.
- Bottles of Iso-quin will be at each rack in the weight room if anyone wishes to sanitize between reps.
- Spotting is allowed but recommended the spotter cover their mouth and nose
- No parents or non-athletes in workout areas/facilities
- Any equipment such as weight benches, athletics pads, etc having holes with exposed foam should be covered.
- No high-fives, black slaps or other physical encouragement.
- Water will be provided to REFILL the student athletes' water bottles. **Only gloved individuals or the owner of the bottle may handle the water bottles during the entire process.**
- Any interaction where an LAT has to interact with an injured individual or have direct contact with staff/students will require that PPE be utilized. If an individual has to be taken to the training room there will be another level of disinfection required.
- Inclement Weather Plan - workouts immediately stop and social distancing is maintained. If workouts are not able to resume, student-athletes will be checked out by groups.

I. WORKOUT POLICIES

- Students attend no more than 2 hours per day of SAC
- Students attend no more than 90 min/day of skills with no more than 60 min/day in one sport
- SAC sessions shall include only strength and conditioning instruction and exercises
- Sport specific skills may include specific sports equipment, but not contact equipment
 - Any equipment should be regularly disinfected during sessions.
 - Equipment should not be shared between groups.
- No competitive drills involving one or more students on offense vs defense in skills
 - No 1-on-1, 3-on-3, 5-on-5, 7-on-7 etc

J. EXIT PROCEDURES

- Athletes will leave through pre-assigned exits by themselves, while practicing social distancing, avoiding contact with other student-athletes and staff.
- Students must sanitize their hands when they exit the facility.
- Parents **must** stay in their cars during pick up process

K. MANDATORY EDUCATION

Preparing Student-Athletes and Teams for COVID-19

- The week of June 8 – 10 will include extensive education and training for our student-athletes, so they are prepared to begin workouts on June 11th. Education includes:
 - Meetings with Prosper ISD Staff, and Prosper ISD LAT's to explain the new procedures and protocols. Very similar to the education and training provided to staff.
 - Student-athletes will view an online orientation which includes a walk through of the entry and exit procedures for their specific campus. During this orientation, student-athletes will:
 - Complete the screening questionnaire with an Athletics staff member
 - Learn how to save the screening questionnaire to their phone for easy access
 - Learn where to park for workouts
 - Experience the social distancing “waiting line” on the sidewalk prior to reaching the screening station
 - Use hand-sanitizing station prior to reaching the screening station
 - Get screened by Prosper ISD staff prior to entering the facility
 - Hand washing instructions will be posted in every restroom
 - Social distancing instructions will be texted, and emailed to the entire team as well as posted around the practice fields and in every weight room – **Appendix I-III**

L. COVID-19 Symptoms, Testing and Management

1. COVID-19 Symptoms or Positive Test

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 PISD LAT'S regarding symptom monitoring, quarantine, and testing. **A symptomatic student-athlete will be managed as a presumptive COVID-19 positive and all precautions will remain in place until testing confirmation is received.**

Student-athletes who are presumed or confirmed COVID-19 positive cannot report to campus until cleared to do so by the PISD Campus Coordinator and the campus LAT by meeting the criteria listed below.

- Resolution of fever without the use of fever-reducing medications AND Improvement in respiratory symptoms (e.g., cough, shortness of breath), AND
 - Negative results of an FDA Emergency Use Authorized COVID-19 molecular assay for detection of SARS-CoV-2 RNA from at least two consecutive respiratory specimens collected ≥ 24 hours apart (*total of two negative specimens*).
 - OR
 - The student-athlete is symptom free for 72 hours without the use of medication, and at least 10 days have passed since symptoms first appeared.
2. **Positive Test Confirmed:** If a student-athlete tests positive for COVID-19, they are to self-isolate until 10 days from onset of symptoms AND 72 hours of being symptom free without medications
3. 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 the Campus Athletic Coordinator and the campus LAT and quarantine for 14 days
 - PISD LAT's will notify Admin immediately and necessary agencies
 - PISD LAT's will notify student-athletes who may have been exposed to COVID-19 and provide guidance. Fellow student-athletes may be sent home to self-quarantine for at least 14 days or until a confirmed negative test result is received. Contact tracing will be overseen by the Campus Athletic Coordinator and the campus LAT.

M. Strength and Conditioning and PISD Skills Training Model

1. Weight Room Preparation Plan

a. June 1 – June 5: The Preparation

- Sanitation supplies delivered, installed, and placed in predetermined places.
- Indoor Facilities marked for spots after check in process
- Social distancing markings installed on each rack, on sidewalk for check in process, and throughout facility
- Prosper ISD coaches working Strength, Conditioning, and Skills will be on-site daily to prepare for student athletes arrival
- Student-athletes will have educational session via Zoom meeting to walk-thru the daily process for daily check in procedures, and for entry and exit of the facility
-

b. June 8 – 10: Outdoor Weight Room Installation & Facility Available for Student-Athlete Education

- Student-athletes will have educational session where they will walk-thru the daily process for the check in process
- Student-athletes will have educational session by lift group where they will walk-thru the daily process for entry and exit of the facility
- Student-athletes will have educational session about social distancing during workout and skills.
- Student-athletes will have educational session about symptoms and preventative measures

2. Please see appendix I-III for diagrams including the following:

- Parking or drop off plan for each group
- Social distancing plan (including lift groups & runs)
- Schedule Strength, Conditioning, and Skills groups

N. Parent/Guardian Communication Plan

- Frequent emails will be sent to all parents/guardians outlining return to campus plan & safety measures
- Organize Zoom meeting for all parents/guardians with PISD AD, Campus Coordinator, and LAT's
- Constant & detailed communication with parents/guardians

INFO FOR QUESTIONS FOR DAILY QUESTIONNAIRE

- Students scan a QR code either in their car or as they walk up to their assigned entrance.

ALL are required questions

First Name-

Last Name -

Contact Phone Number

WORKOUT Campus - Hays MS, Prosper HS, Reynolds MS, Rogers MS, Rushing MS

Grade - 7th, 8th, 9th, 10th, 11th 12th, STAFF

Your FIRST workout time -

7:00-7:30 am

7:30-9:30 am

9:30-10:00 am

10:00 am -12:00 pm

12:10-2:10 pm

In the past 14 days, have you had known close contact with any person with a lab confirmed case of COVID-19?
YES or NO

Do you have any of the following new or worsening signs or symptoms of possible COVID-19:

- Cough
- Shortness of breath or difficulty breathing
- Chills
- Repeated shaking with chills
- Muscle pain
- Headache
- Sore throat
- Loss of taste or smell
- Diarrhea

YES or NO

Do you feel feverish or have a measured temperature greater than or equal to 100.0 degrees F
YES OR NO

We want these answers to go into a Google Doc with an additional column where we can enter their onsite temperature as it is taken.

They will not be allowed to enter until all of these steps are completed correctly.

PHS QR CODE



- RHHS QR CODE



- All Students and Staff will sign this waiver prior to them participating in any athletic activity on Prosper ISD campuses. This will be online for student athletes and in paper form for staff members.

COVID-19 WAIVER OF LIABILITY AND INDEMNIFICATION

As the parent/guardian of _____ (printed name), I/we agree that our student athlete is responsible for their own safety and actions while using any Prosper ISD equipment, premises, or facilities for summer workouts.

Our student hereby agrees to comply with all Prosper ISD policies and rules, including but not limited to all Prosper ISD policies, guidelines, signage, and instructions. Because the Prosper ISD facilities are open for use by other individuals, we recognize that he/she may be at a higher risk of contracting COVID-19.

With full awareness and appreciation of the risks involved, we as the parent/guardian(s) hereby forever release, waive, discharge, and covenant not to sue the Prosper Independent School District, its board members, officers, agents, servants, independent contractors, affiliates, employees, successors, and assigns (collectively the "Released Parties") from any and all liability, claims, demands, actions, and causes of action whatsoever, directly or indirectly arising out of or related to any loss, damage, or injury, including death, that may be sustained by me related to COVID-19 or other injury/disease whether caused by the negligence of the Released Parties, any third-party using Prosper ISD facilities, or otherwise, while participating in any activity while in, on, or around Prosper ISD facilities and/or while using any Prosper ISD facilities, tools, equipment, or materials.

I HEREBY AGREE TO INDEMNIFY, DEFEND, AND HOLD HARMLESS THE RELEASED PARTIES FROM AND AGAINST ANY AND ALL COSTS, EXPENSES, DAMAGES, CLAIMS, LAWSUITS, JUDGMENTS, LOSSES, AND/OR LIABILITIES (INCLUDING ATTORNEY FEES) ARISING EITHER DIRECTLY OR INDIRECTLY FROM OR RELATED TO ANY AND ALL CLAIMS MADE BY OR AGAINST ANY OF THE RELEASED PARTIES DUE TO BODILY INJURY, DEATH, LOSS OF USE, MONETARY LOSS, OR ANY OTHER INJURY FROM OR RELATED TO THE USE OF THE PROSPER ISD FACILITIES TOOLS, EQUIPMENT, OR MATERIALS, WHETHER CAUSED BY THE NEGLIGENCE OF THE RELEASED PARTIES OR OTHERWISE SPECIFICALLY RELATED TO COVID-19.

By signing below I acknowledge and represent that I have read the foregoing Waiver of Liability, understand it and sign it voluntarily as my own free act and deed, including without limitation the Release of Liability and Indemnification requirements contained in this document; I am sufficiently informed about the risks involved in using Prosper ISD facilities to decide whether to sign this document; no oral representations, statements, or inducements, apart from the foregoing written agreement, have been made. I agree that this Waiver of Liability shall be governed by and construed in accordance with Texas law, and that if any of the provisions hereof are found to be unenforceable, the remainder shall be enforced as fully as possible and the unenforceable provision(s) shall be deemed modified to the limited extent required to permit enforcement of the Waiver of Liability as a whole. This waiver remains in effect until the State of Texas lifts all COVID-19 related mandates.

I have read and understand the terms of this Waiver of Liability and Indemnity Agreement and agree to its terms.

Date _____ Parent Signature _____
 Date _____ Student Signature _____

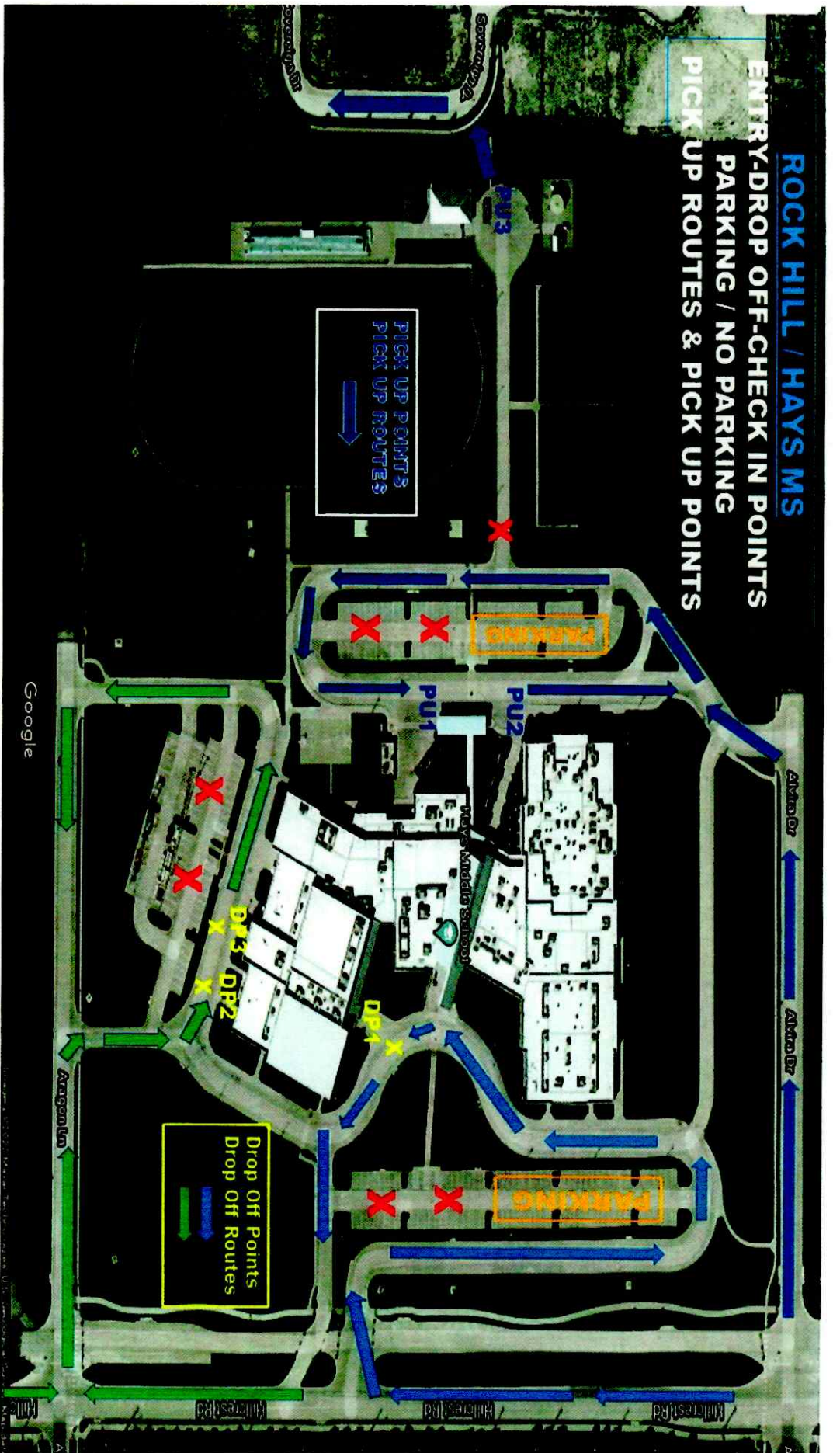
APPENDIX I - Google earth maps with parking/drop off/entry
Social Distancing path marked
Check in marked
Hand sanitizing stations
Exit/Pick up

APPENDIX II - Indoor social distancing plan

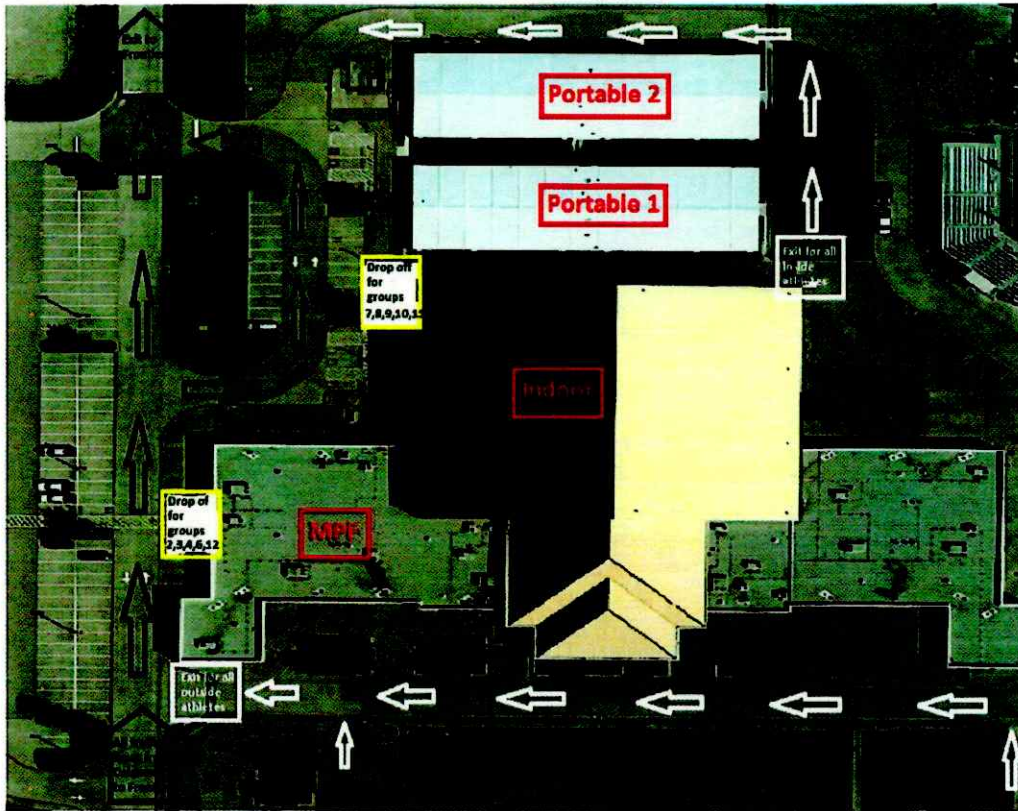
APPENDIX III - Weight room social distancing plan

ROCK HILL / HAYS MS

ENTRY-DROP OFF-CHECK IN POINTS
PARKING / NO PARKING
PICK UP ROUTES & PICK UP POINTS



Google



Prosper HS



Reynolds MS



Dear Parents -

We are sure there are many questions about how this process will work on Monday when we begin our Summer Strength and Conditioning program as well as our PISD skills training sessions. We are hoping this document will help answer those questions.

1) ***WHY are you bringing our student athletes back if there is still a presumed risk by some?***

Our objective is not for strength and conditioning to begin, our objective is to ensure the safety of our kids during extracurricular activities and exercise which will lead to sports in 2020-2021. The health and safety of our student-athletes continues to be our number one priority.

2) ***What precautions are you taking as a District to ensure the safety of the student athletes, staff and Coaches?***

Limiting personal interaction

Enforcing regular hygiene

Enhanced DAILY Cleaning and sanitization measures

Assigned entry/exit points to facilitate social distancing.

Screening Procedures- Daily symptom and temperature screening for ALL

3) ***What are the suggested drop off/pick up procedures?***

All campuses will have multiple, designated drop off and pick up points.

Parents are not allowed to get out of the car. Suggested drop off time is 10-15 minutes before session start time, unless a Coach instructs you differently. Suggested pick up time is 10-15 minutes before session end time.

4) ***What social distancing requirements are you enforcing for indoor workouts and outdoor workouts?***

If the student is not actively exercising, they must maintain 6 feet of distance, unless spotting

- a) Spotting is allowed, but it is recommended that athletes cover their mouth & nose while spotting.

If the student is actively exercising, they must maintain 10 feet of distance.

INDOOR - We will have kids assigned to no more than 10 athletes per group. Groups must maintain 10 ft distance. We will only allow each room to be filled to 25% capacity.

OUTDOOR - no more than 15 athletes per group.

5) ***What all is involved in the daily screening process for student athletes, staff and Coaches?***

BEFORE entering the facility, every student will have filled out a **screening questionnaire** on their phone. It is suggested they do this at home before



leaving for school. If a student answers "YES" on any question they will stay at home and call their Coach to let them know.

All student-athletes are required to complete the online COVID-19 HEALTH SCREENING QUESTIONNAIRE for symptoms prior to entering the workout facility, including checking your temperature if you can.

Screening questions:

- Any contact with person who is/was positive for COVID-19; or
- New or worsening cough or shortness of breath/difficulty breathing; or
- Fever (subjective or >99.6); or
- Chills, repeated shaking with chills, muscle pain, headache, sore throat, new loss of taste or smell, diarrhea.

A touchless **temperature check** is required before entering into the screening check point. Temperature check station will be staffed by Prosper ISD coaches and LAT's wearing appropriate PPE, if necessary. They will confirm receipt of student-athlete COVID-19 screening questionnaire answers and will make sure questions have been answered correctly and temperature has been taken, if necessary. If a student-athlete has an elevated temperature, they will be directed to the LAT for further assessment.

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.

6) What happens if a student answers YES or shows any symptoms?

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 PISD LAT'S regarding symptom monitoring, quarantine, and testing. **A symptomatic student-athlete will be managed as a presumptive COVID-19 positive and all precautions will remain in place until testing confirmation is received.**

7) What is the process for someone who had symptoms to return to workout?

Student-athletes who are presumed or confirmed COVID-19 positive cannot report to campus until cleared to do so by the PISD Campus Coordinator and the campus LAT by meeting the criteria listed below:



- Resolution of fever without the use of fever-reducing medications AND Improvement in respiratory symptoms (e.g., cough, shortness of breath), AND
- Negative results of an FDA Emergency Use Authorized COVID-19 molecular assay for detection of SARS-CoV-2 RNA from at least two consecutive respiratory specimens collected ≥ 24 hours apart (*total of two negative specimens*).
 - OR
 - The student-athlete is symptom free for 72 hours without the use of medication, and at least 10 days have passed since symptoms first appeared.

Positive Test Confirmed: If a student-athlete tests positive for COVID-19, they are to self-isolate until 10 days from onset of symptoms AND 72 hours of being symptom free without medications

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 the Campus Athletic Coordinator and the campus LAT and quarantine for 14 days
- PISD LAT's will notify Admin immediately and necessary agencies
- PISD LAT's will notify student-athletes who may have been exposed to COVID-19 and provide guidance. Fellow student-athletes may be sent home to self-quarantine for at least 14 days or until a confirmed negative test result is received. Contact tracing will be overseen by the Campus Athletic Coordinator and the campus LAT.

8) What is the District doing to ensure these guidelines are done on a daily basis?

Each Campus will employ a full time Compliance Coach who will not be assigned to work with any student athletes. This Coach will make sure all parties are taking care of their duties: custodial, Coaches, student athletes, etc. Their job is to ensure all compliance procedures are followed.

9) How will my student athlete know what to do?

Once they are registered, they will be contacted by their Head Coach and sent a link with a video showing the process for entering, checking in, etc. Also, the first few days will be spent training our student athletes on the procedures.

If you have any other questions or concerns, please contact your Campus Coordinator at the HS or reach out to PISD Athletics and we will be happy to answer your questions.