

COVID-19: Return to Play Voluntary Conditioning Seasons

Rationale:

Participation in interscholastic high school athletics and extracurricular activities benefits students academically, physically, emotionally, mentally and socially. These activities will allow HCPSS students to stay connected with their classmates, teammates, coaches and school in a safe, controlled and responsible manner.

Guiding Principles:

The health and safety of HCPSS students, student-athletes, coaches and all stakeholders will continue to be our top priority and drive all decision making. Athletics will follow the same health metrics that the HCPSS Board approved for return to school regarding Howard County percent positive and 7-day rolling averages.

* These activities may be modified or cancelled at any time.

First & Second Semester In-Person Voluntary Conditioning

- All activities will be voluntary for both students and coaches
- Activities will be open to all high school students
- There will be no tryouts during the conditioning sessions
 - Tryouts will be conducted during the assigned competitive seasons
- Participation/nonparticipation in these activities will not factor into team selection
- All activities must be held on school campus, **outdoors only**
- Activities will be limited to a maximum of 60 minutes
- Activities will be held no more than twice a week, no workouts on Saturdays
 - The use of locker rooms are prohibited, students must show up “ready to practice”
 - Restrooms will be designated.
 - Everyone will bring their own water bottles. The sharing of water bottles will not be permitted. Gallon jugs of water is highly recommended! **NO EQUIPMENT ALLOWED**
 - Carpooling is not recommended.
 - Students must be picked up immediately after the workout session has ended.
 - Students will be required to wear masks at all times except during extreme physical conditioning.

Participation Numbers

The goal is to accommodate every student who successfully registers with their school. Each coach will facilitate a maximum of 25 students. At least 25 yards of separation must be maintained between each pod of 25 students. A maximum of 250 students total will be allowed on campus at one time.

All athletes must register before November 15th at 9pm to participate in the small group workouts. We need to have the numbers to create COVID required groups. All athletes wishing to participate in small group conditioning must be APPROVED by the AAM. **Physicals must be dated post April 1, 2020 for approval. **All registrants after the deadline are still eligible to participate in the December 7th start of Winter Season Tryouts.

Pod composition **must remain consistent**, students will remain in the same pod from their first to last day of participation.

NO WALK UP REGISTRATION WILL BE PERMITTED

Health/Safety Protocols and Guidelines

- Licensed Athletic Trainers (Pivot Physical Therapy) will be on-site during times when student-athletes are present
- HCPSS WEATHER GUIDELINES AND PROCEDURES will be monitored and enforced
- Parents/caregivers who choose to remain on site must remain in vehicles and should avoid congregating in the parking lot or on athletic fields
- Staff and student athletes must NOT come to school with any of the following symptoms: New onset cough or shortness of breath, Fever over 100.4 or chills within the past 24 hours, Fatigue Muscle or body aches, Headache, New loss of taste or smell, Sore throat, Congestion or runny nose, Nausea or vomiting, Diarrhea
- Families or staff who travel out of state should review the most recent travel advisories in Maryland and may consult with the school health room staff regarding testing and quarantine.
- Families and staff are to report positive cases to the school administrator, who will then report this information to the school nurse or health room staff, AAM and Athletic Trainer. The health room staff will then begin to determine close contacts within the school building and make those phone calls advising of the need to quarantine and/or get tested. The same process holds true for any COVID-Like illness (CLI) symptoms.

CHECK-IN PROCEDURES

- Each team will have a designated check-in time prior to each conditioning session
- Students should arrive promptly and remain in their vehicles until their pod's check-in time
- **Student-athletes** and **COACHES** will complete the HCPSS COVID ATHLETIC CHECK-IN TRACKING SHEET prior to each session

Facial Coverings

Face coverings are not considered personal protective equipment (PPE); however the face covering does offer protection to others from expelled, viral droplets. To prevent the spread of the COVID-19 virus, the CDC recommends the use of cloth face coverings or surgical masks in schools and buses.

Everyone involved will wear masks whenever they are not engaged in physical exertion, including coaching staff.