

Plainfield School District 202 Athletic Guidelines for High School IHSA Phase 4 Return to Play

Parents/Guardians/Athletes,

In accordance with the Phase 4 Return to Play guidelines established by the IHSA Sports Medicine Advisory Committee (SMAC), opportunities for student and coach interaction are now permitted by the IHSA and Illinois Department of Health. Staff and Student safety, as always, will be our top priority. Below are the guidelines Plainfield School District 202 will follow during Phase 4 of Return to Play.

Varsity sports will have the first opportunity to participate, followed by lower level teams as space and time allows.

If a coach or athlete is diagnosed with COVID-19, Parents/Guardians will only be contacted if their student athlete was directly or indirectly exposed. For confidentiality reasons, we will not release any identifiable information about the person who was diagnosed.

If you have traveled to a state that is having a corona virus surge, please make sure to give yourself 14 days of being symptom free prior to signing up for a camp.

Facial coverings will not be provided and are the responsibility of the participant and parent.

Participation Guidelines:

1. Phase 4 summer camps will be scheduled Monday through Thursday. Participants are limited to 5 hours of participation per day.
2. Phase 4 is **voluntary** for Coaches and Athletes. Making the decision to not participate in summer camp will not count against you in any way towards the upcoming season.
3. All participants, coaches, players and athletic training personnel involved with voluntary summer camp are doing so of their own free will and understand the risks associated with participating in these activities in regards to injuries and of contracting infectious diseases.
4. When students are not actively participating in a drill, practice, or contest, care should be taken to maintain social distance between individuals. Face coverings will be worn when social distancing cannot be maintained.
5. Interaction between different sports will be avoided.
6. Coaches will implement diligent and effective cleaning and disinfecting of frequently touched objects and surfaces following the guidance of the CDC and IDPH.
7. Coaches will maintain a written daily record of athletes participating and if they present any symptoms of infectious disease. (IHSA attachment for Athlete/Coach Monitoring Form).
8. Athletes will be monitored at the start of practice for temperature greater than 100.4F/37C or symptoms of COVID-19 (fevers, chills, cough, muscle aches, headache, sore throat, runny nose, nausea, vomiting, diarrhea, or loss of taste or smell). If symptoms are present the student should not participate in the activity and should be referred to a physician for evaluation and testing.
9. Players shall bring their own water bottle, shoes, towels, and other personal equipment.
10. The use of locker rooms, washrooms, shared water coolers with cups, and water fountains will be prohibited.

- In case of inclement weather, the camp session will be canceled prior to the start of the session. In case of emergency, students will need to be picked up immediately.

It is the responsibility of each IHSA member school to comply with the above requirements.

If available, it is encouraged that an Athletic Trainer or medical personnel be available for workouts. They should be masked for any interactions with athletes and maintain 6-foot distance when feasible.

Facilities

- Outdoor and indoor facilities will be utilized during Phase 4.
- Locker Rooms will not be available for use.
- Restrooms use will be limited.
- Students should come and go with only the essentials needed for participation.
- Drop off points for each group will be communicated by coaches and utilized by parents and athletes.

Student Athlete Responsibilities

- Complete a self-screener checklist prior to reporting to camp. If you have any symptoms, stay home.
- Wear a face mask when social distancing is not possible.
- When not in a specific drill, maintain 6 feet from other people.
- Wash hands before and after participation.
- Bring your own water bottle, towels, hand sanitizer, face covering and any personal equipment (jump rope, etc.). Water fountains will not be available for use during Phase 4.
- Use hand sanitizer when needed, but specifically at the start and end of practice
- Report any symptoms to your coach during practice

Self-Screen Checklist:

Have you experienced ANY of these symptoms in the past 24 hours?

SYMPTOM	YES	NO
Fever (100.4 degrees or higher)		
Cough		
Shortness of breath or difficulty breathing		
Chills		
Fatigue		
Muscle or body aches		
Headache		
New loss of taste or smell		
Sore Throat		
Congestion or runny nose		
Nausea or vomiting		
Diarrhea		
Close contact with someone diagnosed with COVID 19 or that had symptoms		

If you answer yes to any of these, do not attend conditioning and contact your coach or Athletic Office.

Parent Responsibilities

- 1.) Inform the Athletic Office if their child has tested positive for COVID-19.
- 2.) Drop off their child in the designated area.
- 3.) Pick up their child in the designated area on time to avoid student athletes congregating.

Coach Responsibilities

1. All Coaches must be District 202 employees and/or coaching staff members.
2. No - non-staff volunteer coaches will be allowed.
3. Complete the District self-screener checklist on the intranet prior to reporting to work.
4. Complete the IHSA Student Athlete Screener for each participant at the beginning of each session.
5. Wear face coverings when social distancing is not possible.
6. Use hand sanitizer when needed, but specifically at the start and end of practice.
7. Follow high touch cleaning protocols; wear gloves and wipe down equipment before and after each student use.
8. Report any doctor suspected and/or positive cases to the building Athletic Director.

Athletic Director Responsibilities

1. Meet with all coaches to review the Student Athlete Screener.
2. Identify an isolation area for students who are identified during the Student Athlete Screener.
3. Supervise the designated isolation areas if needed.
4. Work in conjunction with the coach to contact parent if a student is identified in the Student Athlete Screener.
5. Communicate with Student Services any doctor suspected COVID-19 or positive COVID-19 tests.