

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

Parents/Guardians/Athletes,

In accordance with the 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 Return to Play transition.

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.

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

Participation Guidelines:

1. All participants, coaches, players and athletic training personnel involved with High School athletics 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.
2. Phase 4/Tier 1 off-season contact days are voluntary for Coaches and Athletes. Making the decision to not participate in contact days will not count against you in any way towards the upcoming season.
3. 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 indoors at all times.
4. Coaches will implement diligent and effective cleaning and disinfecting of frequently touched objects and surfaces following the guidance of the CDC and IDPH.
5. Coaches will maintain a written daily record of athletes participating and if they present any symptoms of infectious disease.
6. 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.
7. Players shall bring their own water bottle, shoes, towels, and other personal equipment.
8. The use of locker rooms, shared water coolers with cups, and water fountains will be prohibited.
9. In case of inclement weather, practices and competitions may end early and 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

1. Locker Rooms will not be available for use.
2. Students should come and go with only the essentials needed for participation.
3. Drop off points for each group will be communicated by coaches and utilized by parents and athletes.

Student Athlete Responsibilities

1. Complete a self-screener checklist prior to reporting to practice or competitions each day. If you have any symptoms, stay home.
2. Wear a face mask at all times when indoors.
3. When not in a specific drill, maintain 6 feet from other people.
4. Wash hands before and after participation.
5. 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.
6. Use hand sanitizer when needed, but specifically at the start and end of practice
7. Report any symptoms to your coach during practice or a game

Self-Screen Checklist:

Have you experienced ANY of these symptoms in the past 24 hours?	Yes	No
Fever (100.4 degrees or higher)		
Cough		
Shortness of breath or difficulty breathing		
Chills		
Fatigue		
Abdominal pain from unknown cause		
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, practice, or event and contact your coach or Athletic Office.

Parent Responsibilities

- 1.) Make sure that their child stays home if sick
- 2.) Complete the online Student Contact Tracing form if their child has been exposed to an individual with COVID-19 or if their child has tested positive for COVID-19. Also, inform the Athletic Office if their child has tested positive for COVID-19.
- 3.) Drop off their child in the designated area.
- 4.) 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. Complete the District self-screener checklist prior to reporting to work.
3. Complete the IHSA Student Athlete Screener for each participant at the beginning of each session.
4. Wear face coverings when indoors at all times.
5. Use hand sanitizer when needed, but specifically at the start and end of practice.
6. Follow high touch cleaning protocols; wear gloves and wipe down equipment before and after each student use.
7. Report any doctor suspected and/or positive cases to the building Athletic Director.
8. Maintain a roster of each team including name, birth dates, parent/guardian email addresses, home address, phone number
9. Develop and keep a schedule of practice (dates, times) for the past two weeks by level (6, 7, 8, or however they split their groups)
10. Maintain attendance of who was at each practice on each date (coaches and athletes)

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.
6. Oversee team rosters, practice and game schedules, and attendance to ensure they are complete and available
7. Have a basic knowledge of what a typical practice looks like for each sport. For example, are they required to stay 6 feet apart or is that not possible (such as spotting someone in the weight room), are they wearing masks at all times, do they stay in "pods during practice" where groups of students stay together and don't mix with other groups, etc.