



## **Return to Extracurriculars & Activities**

2020-2021

### **Member Schools**

Harvard High School  
Johnsburg High School  
Marengo High School  
Richmond Burton High School  
Woodstock High School  
Woodstock North High School

## Summary

Since the conclusion of the 2019-2020 school year, the Kishwaukee River Conference has been planning how to safely and responsibly return to extra curricular activities. The planning process itself has been a journey, one that has involved reviewing multiple sources of information in order to guide decision-making and help carve a path to the new school year. These sources of information include (but are not limited to) the following:

- Guidance released from the Illinois State Board of Education (ISBE)
- Guidance received from the Illinois Department of Health (IDPH)
- The State of Illinois' five-phase reopening plan, [Restore Illinois](#).
- The State of Illinois' All Sports Policy, [All Sports Policy](#)
- Guidance released by the Illinois High School Association
- Guidance released by the National Federation of High Schools

The main focus of the work was on generating ideas for day-to-day processes and protocols for students, staff, and the wider KRC community. These groups have been instrumental in bringing different considerations forward to the conference administrative team, which then incorporated those considerations into discussions regarding various scenarios for returning to activities in the fall and future seasons.

After several weeks and countless hours of discussion regarding the various ways the KRC conduct and host activities in the fall, we as the KRC will compete in each respective fall sport and will monitor ability to participate in winter, spring and summer seasons. This is based upon IHSA, ISBE, IDPH and District Board guidelines. As a conference, we will adhere to all safety and sanitization procedures and protocols. The KRC understands the important role that participation in extracurricular activities play in the development of our students. These events play a vital role in the social and emotional learning environment and are viewed as an extension of the classroom.

## Health & Wellness

### **Social & Physical Distancing**

KRC has developed procedures to ensure six feet of physical distance from fellow students, teachers, and school

personnel as much as possible. This expectation pertains to students, staff, and school personnel in all areas and settings to the greatest extent possible. Visual reminders will be posted throughout school buildings and visuals will be designated (signs, tape, etc.) as indicators of safe distances in areas where people tend to congregate or line up. Additionally, each building will be working to ensure physical distancing during practices, contents, games, and other activities. It is important to note that all staff and students should abstain from physical contact, including, but not limited to, handshakes, high fives, hugs, etc.

## **PPE and Face Coverings**

KRC understands physical distancing will not be entirely possible for all circumstances. There is significant evidence that face coverings provide protection and decrease the spread of COVID-19. As mandated by the Illinois State Board of Education, the KRC will require that all individuals in school buildings must wear face coverings at all times, unless they are younger than two years of age, or otherwise unable to remove the cover without assistance. As a reminder, face coverings must be worn at all times in school buildings even when social distancing is maintained. When students and staff are outside and social distance is being maintained, face coverings **may** not be required. Face coverings are required by all participants upon check-in, readily available during activity and at the conclusion of each practice or event. After mask use, the front of the face covering is considered contaminated and should not be touched during removal or replacement. Hand hygiene (hand washing or hand sanitizer) should be performed immediately after removing and after replacing the face covering.

## **Hygiene**

Frequent hand washing and hand sanitizing are key to help prevent the spread of COVID-19. Students and staff members should clean hands as often as possible with soap and water for at least 20 seconds. If soap and water are not available, an alcohol-based hand sanitizer that contains at least 60% alcohol will be available. Students and staff should avoid touching their mouth, eyes, or nose as much as possible. Staff and students should use hand sanitizer upon entering and leaving the classroom each time. Hand sanitizer will be placed outside and near each event or contest area as well as in common areas throughout each school building and offices. Each building will place signage reminding everyone of the need for proper hand hygiene in the appropriate areas. Schools will review age-appropriate processes and protocols with students. Additionally, schools will post handwashing posters in the bathrooms, hallways, and all common areas.

## **Training**

Each school will provide training to coaches and staff regarding physical distancing, face coverings, and hand hygiene procedures that are specific to their unique circumstances. Hand hygiene and physical distancing will be reviewed with students to help educate students on the importance of proper process and safety. Staff and coaches will also be trained on the proper way to disinfect their individual workstations as needed.

## Health Screenings

Only students and staff who are healthy should report for in-person activities. **It is important to note, students and staff will not be penalized for school, events, practices or contests and are encouraged to stay home when not feeling well. Understand that returning from absences may result in additional acclimation period.** Students and staff must remain home if exhibiting any, but limited to, the following Covid-19 symptoms:

- Cough
- Fatigue
- Fever or chills
- Headache
- Known close contact with a person who has been diagnosed with COVID-19
- Measured temperature of 100.4 degrees Fahrenheit or greater
- Nausea or vomiting
- New loss of taste or smell
- Shortness of breath or difficulty breathing
- Sore throat

*Any individual who has had close contact (15 consecutive min or more, within 6 feet)) with any other person who is diagnosed with COVID-19 will be required to quarantine for 14 days after the last/most recent contact with the infectious individual and should seek a COVID-19 test at a state or local government testing center, healthcare center, or other testing locations. All other individuals should be on alert for symptoms of fever, cough, or shortness of breath and taking temperature if symptoms develop.*

As recommended in the ISBE/IDPH guidance, students must be screened according to district guidelines before coming to school and extracurriculars to ensure that the student is healthy. **As a KRC conference student-athletes will be screened prior to every practice and every contest. These screenings will happen prior to transportation to the event to ensure the safest possible environment for our student-athletes to compete.**

## Visitors

At this time, the KRC has decided that there will be no spectators allowed at events. Visitors will be restricted to authorized personnel only. If/when the KRC lifts this visitor restriction, visitors or spectators to any event must always wear an appropriate and approved face covering and report directly to an entrance for a wellness screening, which will include a temperature check. All visitors entering the event will be required to either wash their hands or use hand sanitizer upon entering. Social distancing expectations will be in place at all times. This will be in addition to the normal sign-in procedures.

## Events & Contests Regulations and Procedures:

### **Tennis:**

There are 4 teams that participate in tennis in the KRC. (Marengo, Woodstock, Woodstock North, Johnsburg)

Varsity tennis teams will be allowed to bring up to but no more than 13 athletes to a contest. (11 athletes can score and 1 doubles exhibition match if possible.)

JV tennis will only play doubles and the amount of athletes able to attend will depend on the number of courts that each school has.

Marengo and Johnsburg have 6 courts so a team can bring 12 JV athletes to Johnsburg and Marengo.

Woodstock has 7 courts so a team can bring 14 JV athletes to Woodstock.

WNHS has 8 courts so a team can bring 16 JV athletes to WNHS.

There will be a varsity only conference tournament.

See attached link for conference schedule: [KRC Schedule](#)

### **Cross-Country:**

The KRC will run two (2) duals against each conference opponent. The duals will be flighted with no more than 4 athletes at the starting line. For example, each school will designate their number 1 and number 2 runners and those 4 runners will be at the starting line after a 2-3 minute gap, the next four runners will start. We feel this is the safest and most responsible way to move forward with cross country. The main goal is to keep our athletes' exposure low, while giving them the opportunity to compete.

### **Non-negotiables:**

Conference dual schedule (10 possible duals) [Draft Schedule](#)

Participants will be limited to 10 female and 10 male athletes to ensure we stay within our total

guidance number of 50 or less. (20 total runners per school will be allowed).

Time trials with no more than 4 runners at the start line.

Tent set-ups must remain socially distant and teams must also remain socially distant to the greatest extent possible.

The conference will run a preview conference meet and an end of year conference meet. The meet will require the same rules as the dual meets. (exception: 6 at the starting line, flighted. 1 from each school)

## **Golf:**

We currently have 5 Boys golf teams and 4 Girls Golf teams in the conference

- It will be the responsibility of the host schools to establish social distancing areas
- Masks must remain on when in the golf course buildings and when warming up around the putting green. Once a player's group starts their match, masks can be removed.
- Maintain social distancing on the course, greens, and tee boxes.
- Teams will play 2 matches against each team: one home and one away
- Boys and Girls will be limited to a max of 14 golfers at a tournament.
  - Boys: 7 Varsity, 7 JV.
  - Girls: 6 Varsity and up to 8 JV
  - Coaches are asked to communicate ahead of time of numbers to plan accordingly
- Conference Tournament will be Varsity only
  - Boys and Girls on a separate date at Blackstone
    - Boys: September 29th, 9:30
    - Girls: September 30th, 9:30
  - There will be no awards ceremony at conclusion of the tournament
    - Awards will be packaged and sent to schools