



**RAINS ATHLETIC DEPARTMENT
PHASE 1 PLAN FOR RETURN TO
WORKOUTS**

To All RISD Affiliates,

In cooperation with our Administration, Rains ISD Athletics is pleased to present this outline of our Phase 1 plan to return our student-athletes to in-person training on campus.

This plan is based on three guiding principles: student safety, staff safety, and mandatory guidelines laid out by the UIL and TEA. It is our blueprint for bringing our student-athletes back to our campuses for strength and conditioning workouts and RISD sport-specific skills training. Their health and safety, as well as that of our coaches and staff, is our top priority. The following guidance is based on what is currently known about the Coronavirus disease (COVID-19). Rains ISD Athletics has designed this protocol in the interest of protecting all student-athletes, coaches, and staff from unnecessary exposure to COVID-19. It is based on the information we have received thus far, and may be modified to reflect any updates.

Although the processes in our plan are designed to minimize risk, RISD cannot guarantee that compliance will completely eliminate the possibility of exposure. We will expect all staff and athletes to conduct themselves as if they are contagious. It is vital to the health and safety of everyone that our athletes and staff are fully aware of their responsibility for following these guidelines, and that the matter is taken very seriously.

RISD will follow the recommendations set forth by the University Interscholastic League and the Texas Education Agency. Local conditions will influence the decisions that public health officials make regarding community level strategies. Our athletic department will continue to work closely with RISD administration, the UIL, the State of Texas, Rains County, and the City of Emory so that we can respond quickly and appropriately to any changes.

Together, we can and will adapt to overcome adversity as we press forward in our pursuit of excellence.

Randy W. Barnes
Rains ISD
Director of Athletics

Key Principles

- Limiting personal interaction:
Face-to-face interaction and person-to-person contact will be limited to essential activities that cannot be performed in an alternative (virtual or remote) fashion. When such activities are required, social distancing and other mitigating measures will be emphasized to prevent the spread of infection.
- Hygiene:
Handwashing will be emphasized before, during, and after workouts or any team activities. There will be hand sanitizing stations spread throughout all conditioning and skillwork areas.
No showering or laundering of clothes will be permitted.
- Cleaning and sanitation:
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 for Student-Athletes:
Daily symptom and temperature screening assessment will be required of student-athletes, and staff will continue to be screened daily.

Overall Disinfection Guidelines and Response Strategies

- Facilities Cleaning:
Athletic facilities will be disinfected and sanitized per industry guidelines, before, during, and after RISD workouts. Additional emphasis will be placed on disinfection of high touch surfaces between users.
- Equipment Cleaning: Spray bottles and paper towels will be at lifting stations so that athletes can spray and wipe the equipment before a new athlete uses it.
- Enhanced Cleaning:
Any athletic facility entered by an individual who is proven positive for COVID-19 will undergo enhanced disinfection per CDC and industry guidelines.

Student Athlete Requirements

- There will be a symptom screening checklist posted at every athletic facility on campus. Athletes must not enter the area if they answered “YES” to any screening questions, but must contact a staff member to report.
- Athletes will check in and have their temperature monitored daily.
- Athletes will park or be dropped off at assigned predesignated areas.
- Athletes will check in daily and practice social distancing (6 foot rule). This applies to all aspects of athletic and social interaction including, but not limited to, use of restroom facilities, lifting weights, and skills training drills.
- Athletes will use hand sanitizer before entering the facility, during workouts, and when exiting skills training.
- Restrooms – Student-athletes are required to adhere to the “one in/one out” model, wash hands, and sanitize hands after exiting. Trash cans will be placed near doors to encourage student-athletes to open the door with the paper towel used to dry hands. Other than RR, locker room use is not allowed for any reason.
- Hydration – Water will not be provided for student athletes: there will be no drinking from water fountains. Student-athletes will be required to bring labeled individual water bottles.
- There will be no sharing of water or food.

RISD Staff Requirements

- RISD staff are required to self-screen and sign in daily at the field house.

Communication and Preparation

- Parents will be contacted via e-mail and Remind 101.
- All pertinent information will be available on the RISD Athletics website.
- Student-athletes will attend orientation sessions June 8th and 9th, where they will be educated about the dangers associated with contracting COVID19, as well as best practices for its prevention. They will also do a walk- through of our processes for minimizing the risk, so they are ready to begin workouts June 10th.

Workout Procedures and Policies

- Entry:
 - We will have a parking or drop-off plan for each group.
 - All female student-athletes are required to enter indoor facilities via the designated entrance predetermined by the athletic staff. (South door of the RISD weight room)
 - Male athletes will enter through the varsity football locker room door.
 - Screening checkpoint will be managed by the Rains ISD coaching staff.
- Workout/ Skills Groups:
 - Sport specific equipment may be used, but no contact equipment.
 - Athletes' workout and skills groups will be coordinated by RISD staff to minimize exposure. Social distancing of at least 6 feet, and 10 feet while actively exercising, will be enforced.
 - Equipment may not be shared between groups.
 - No competitive drills.

Indoor Regulations

- Groups limited to no more than 10 athletes. Groups must stay 10 feet away from other groups.
- Capacity is 25% of building allowed at one time. Rains weight room capacity is 100 bodies.
- Rains weight room will have no more than 25 student-athletes working out at any one time.

Outdoor Regulations

- Groups limited to no more than 15 athletes. Groups must stay 10 feet away from other groups.

- Exit:
 - Student-athletes must sanitize their hands when they exit the facility.
 - Student-athletes must exit the predetermined route and continue to practice social distancing- avoiding contact with other student-athletes and staff.
 - Parents must stay in their cars during pick-up process

COVID-19 MANAGEMENT

Student-athletes who are presumed or confirmed to be COVID-19 positive or who are in close contact with someone who has tested positive cannot report to campus until cleared to do so by the RISD Athletic Director.

Positive Cases and Staff or Students Showing COVID Symptoms:

- If a positive case is identified in a participant in these summer activities, either staff or student, the group to which that participant was assigned and in contact with must be removed from the sessions while all members of the group self-isolate. If the confirmed individual regularly had close contact outside a single group, then all of the students and staff with whom he or she interacted shall be removed from workouts for two weeks.
 - *Schools should consider having students remain with a single group or cohort to minimize the number of students and staff who must isolate if a case is confirmed. For example: If a student in one cohort tests positive for COVID, the student and that one cohort must isolate. If the same student was part of several cohorts, then he or she and all cohorts they were a member of would have to isolate.
- Any staff member or student who experiences any of the symptoms of COVID (listed below) will be assumed to have COVID19, and should isolate until the following conditions have been met:
 - 1) At least three days (72 hours) have passed since recovery, defined as resolution of fever without the use of fever-reducing drugs.
 - 2) Improvement in respiratory symptoms, such as cough or shortness of breath
 - 3) At least 10 days have passed since symptoms first appeared
- If a symptomatic individual wishes to return to campus for work/workouts before completing the ten-day self-isolation period, that person must obtain a note from a medical professional clearing them to return based on an alternative diagnosis.
- Any student or staff member living with someone who experiences any of the symptoms of COVID, with or without a positive test, should self-isolate for two weeks. If they remain asymptomatic during that time, they may return to summer workouts when the two weeks are up. However, if symptoms do develop, they must meet the three conditions listed above.

COVID19 Symptoms for Screening

- ✓ Cough?
- ✓ Shortness of breath or difficulty breathing?
- ✓ Chills?
- ✓ Repeated shaking with chills?
- ✓ Muscle pain?
- ✓ Headache?
- ✓ Sore throat?
- ✓ Loss of taste or smell?
- ✓ Diarrhea?
- ✓ Feeling feverish, or a measured temperature equal to or greater than 100.0 degrees?
- ✓ Known close contact with a person who is lab-confirmed to have COVID19?

If your answer is yes to any of these questions, please return home and call 903-473-2222 Ext.1145 for further instructions.

RAINS ATHLETIC DEPARTMENT WORKOUT TIMES

RISD will practice social distancing in accordance with our plan in all aspects of strength and skills training. Implementing this rotating schedule with consistent groupings of athletes will enable us to better isolate and control any issues should they arise.

June 8 7:30-8:30am Girls Orientation

June 9 7:30-8:30am Boys Orientation

June 10 Summer Workouts Begin

7:30am Group 1 Boys in the weight room

Group 2 Boys outside agility

8:15am Group 1 Boys outside agility

Group 2 Boys weight room

8:15am Girls outside agility

9:00am Boys skills workout

Girls in the weight room

9:45am Girls skills workout in the gym or on the track

10:30am Boys workout ends

10:45am Girls workout ends