

### Greenfield/NW 2020 Workout Plan

The purpose of this document is to detail our district's plan in implementing the IHSA and IDPH course of action to have student athletes return to working out and getting back into shape in anticipation for competition returning this fall.

Students will be divided into groups no larger than 50 with a coach assigned to the group. Multiple groups of 50 can occur outdoors with at least 30 feet between the groups. A maximum of 50 will be allowed at any one indoor location. Coaches and athletes will wear proper face mask protection when social distancing is not available. The goal however will be to maintain social distancing throughout the entire workout.

Temperature checks will be administered to athletes prior to workouts. Students who exhibit any symptoms on the COVID-19 monitoring form will not be permitted to work out.

All equipment will be cleaned and sanitized after each usage. Appropriate cleansing materials will be located at each workout station.

Locker rooms will not be utilized. Athletes will bring their own water bottles.

Athletes will maintain social distancing when not participating in a drill, practice or contest. Masks will be worn when possible. Football helmets/other pads and catcher's gear should not be shared among players. Equipment such as athletic balls and bats will be disinfected regularly during the workout.

Any contests will be limited to no more than 50 GNW athletes. The opposing team will also be limited to 50. The teams will maintain at least 30 feet between the groups (opposing sidelines/gym/dugouts). Athletes not actively participating will maintain 6 feet of social distancing on the bench/sideline. No handshakes, fist bumps, high fives or hugs, etc. will occur before or after the contest. Any spectators at an outdoor venue are encouraged to maintain social distancing. The Greenfield gym will be limited to 280 spectators who must wear face masks and maintain social distancing.

Joe Pembrook  
Greenfield Athletic Director

## Greenfield/NW Workout Station Data

### **Station 1: Weight Room**

The weight room will be split into 9 areas occupied by only 1 person at a time. Our weight room has plenty of space to accommodate our social distancing. There will be markings on the floor of the locations and arrows indicating rotating movement. Weight will already be pre-determined and proper cleaning supplies will be available in each area. Students will spend a specific amount of time in each area before rotating in unison.

### **Station 2: East of high school**

This station will be utilized for footwork, balance, and conditioning training. Proper social distancing will be attained by coaches only permitting a small number of students to participate at once.

### **Station 3: Flat area on top of hill**

This station will have our agility drills conducted. Social distancing will be maintained here easily and students will be able to have their entire group participate together. Flexibility will be stressed in station 3 along with footwork and agility to prevent injury.

### **Station 4: Inclined area north of gym**

Students will be working with sleds individually to train and strengthen muscle. Social distancing will be maintained while students take turns. Proper sanitizing methods will be used after each usage.

### **Station 5: Parking lot west of gym**

Our students will be utilizing our prowler in muscle training. Students will be working individually and maintain proper distance between group members. Cleansing materials will be provided after usage.

\*Our stations will be approximately 100 feet apart from one another. We are fortunate to have plenty of space to keep distance from one another along with different groups from coming into contact with each other.

\*The IHSA set a goal of having the majority of workouts outdoors. Our plan is to have students outside 80% of the time, adhering to the IHSA's request.

## IHSA Phase 4 Return to Play Plan

As a result of the Governor's Restore Illinois Plan, as regions reach Phase 4 on June 26<sup>th</sup> or after, IHSA member schools are permitted to begin use of voluntary summer contact days. School districts should work with their local health departments on current restrictions in their area prior to beginning contact. Local school administration determines the permitted activities at their school. Prioritizing the health and safety of all students and staff must remain the focus of each IHSA member school.

**Phase 3 of the IHSA RTP Plan correlates to Phase 3 of the Restore Illinois Plan.**

**Phase 4 of the IHSA RTP Plan correlates to Phase 4 of the Restore Illinois Plan.**

The following are best practices when conducting summer contact days:

**Students are limited to 5 hours of participation per day.**

### **Pre-Workout:**

- Schools must maintain a daily record of what athletes are participating, when, symptoms they may present (see attachment).
  - Athletes should be screened at the start of practice for temperature  $\geq 100.4F/38C$  or symptoms of COVID-19 (fevers, chills, cough, muscle aches, headache, sore throat, runny nose, nausea, vomiting, diarrhea, or loss of taste or smell).
  - Any person with symptoms (refer to attached form) or a positive COVID-19 test, should not participate in practice, competition, or conditioning and should be referred to a physician for evaluation and only return after clearance to do so from a physician.
  - Signage about symptoms and transmission of COVID-19 should be posted around facilities.
- Gatherings of up to 50 individuals, indoors or outdoors, are allowed. Thirty feet of space must be maintained between gatherings of 50 when outdoors. Indoors limits of 50 individuals is the maximum no matter the spacing.
  - When students are not actively participating in a drill, practice, or contest, care should be taken to maintain social distance between individuals.
- If locker rooms are a necessity, capacity should be limited to ensure members can maintain 6 ft of social distance.
- Individuals should sanitize or wash their hands for a minimum of 20 seconds with warm water and soap, or use alcohol based hand sanitizer and rub until dry before touching any surfaces or participating in workouts.
- Appropriate clothing/shoes should be worn at all times in the weight room to minimize sweat from transmitting onto equipment/surfaces.
- Students must be encouraged to shower and wash their workout clothing immediately upon returning to home.

### **Facilities Cleaning:**

- Adequate cleaning schedules, before and after each use by a group of athletes, should be created and implemented for all athletic facilities to mitigate any communicable diseases.
- Prior to an individual or groups of individuals entering a facility, hard surfaces within that facility should be wiped down and sanitized (chairs, furniture in meeting rooms, locker rooms, weight room equipment, bathrooms, athletic training room tables, etc.).

- Hand sanitizer should be plentiful and available to individuals as they transfer from place to place.
  - Weight equipment should be wiped down thoroughly before and after an individual's use of equipment.
- Please see ISBE and CDC for more cleaning details.**

#### **Physical Activity and Athletic Equipment:**

- On June 26 or when your region reaches Phase 4, summer contact days will begin. Coaches are encouraged to use a staged approach to build back up to full summer contact activity and competitions. Local districts should work with their health departments and local school officials to make decisions about team travel to summer competitions.
  - Athletes who did not participate in phase 3, are encouraged to follow the fall acclimatization schedule for any sport.
  - Football players should maintain their summer acclimatization schedule, per IHSA By-Law 3.157.
- There should be no shared athletic towels, clothing, or shoes between students.
- Hand sanitizer or hand washing stations should be plentiful at summer contact events.
- Athletic equipment such as bats and batting helmets should be cleaned between each use. Other equipment, such as catchers gear, hockey helmets/pads, wrestling ear guards, football helmets/other pads, lacrosse helmets/pads/gloves/eyewear should be worn by only one individual and not shared.
  - Shared equipment such as athletic balls, thud pads, sleds should be cleaned frequently during practice and competitions.
- In phase 4 spotters for weightlifting are allowed while masked. Maximum lifts should be done only with power cages for squats and bench presses. Spotters should stand at each end of the bar.

#### **Hydration:**

- All students shall bring their own water bottle. Water bottles must not be shared.
- Hydration stations (water cans, water trough, water fountains, etc.) may be utilized to fill individual water bottles but must be cleaned after every practice/contest.

#### **Contests:**

- Group sizes should be limited to 50 total participants, coaches, and referees (i.e. excludes spectators).
  - Any additional team members can sit on the sidelines 6 feet apart from one another.
- During the use of summer contact days, multiple groups of 50 or fewer participants are permitted in an outdoor facility at once as long as:
  - the outdoor facilities allow for social distancing of students, coaches, and spectators
  - 30-ft of distancing is maintained between groups/opposing teams on the sidelines, and
  - areas for each group are clearly marked to discourage interaction between groups outside of competitive game play.
- Students should maintain social distancing on the sidelines when not engaged in activities.
- Schools must have information posted at entrances and around facilities explaining the transmission as well as symptoms of COVID-19, encouraging all visitors to maintain social distance, and reminding people to stay home if they feel sick or have any of the symptoms of COVID-19: temperature  $\geq 100.4F/38C$ , fevers, chills, cough, muscle aches, headache, sore throat, runny nose, nausea, vomiting, diarrhea, or loss of taste or smell.
- If schools choose to permit spectators, there should be a designated area for spectators with **existing seating capped at 20% of capacity and allows 6 feet of distance between families/household units.**
- Visual markers shall be displayed at queue points (Check-ins, along sidelines, concessions, bleachers, etc.) to help people maintain social distance.

- Concession stands may open in line with restaurant businesses physical workspace guidelines. There should be markers to encourage social distancing while in queue.
- Encourage spectators to bring their own chairs from home for outdoor activities.
- No handshakes, high fives, fist bumps, hugs, etc. can occur pre or post-match.
- No spitting or blowing of the nose without the use of a tissue is allowed.

**PPE:**

- Coaches/volunteers must wear a mask.
- Officials must wear a mask except when ACTIVELY exercising as part of their officiating duties and use an electronic whistle. Mouth whistles and blow horns are not allowed for safety. Officials are encouraged to be masked whenever feasible to decrease risk of transmission.
- Participants should be encouraged to wear a mask if feasible for the sport.

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 appropriate social distance when feasible.

Any person with positive symptoms reported should not be allowed to take part in workouts and should contact his or her primary care provider or other appropriate healthcare professional.

**Should the conditions warrant, these requirements will be adjusted. Any further official updates will be posted on IHSA.org and the IHSA social media platforms.**

# COVID-19 Athlete/Coach Monitoring Form

Name	Time	Circle Yes/No below										Temp (if greater than or equal to 100.4°F)		
		Fever, Cough, Chills, and/or muscle aches		Sore throat, runny nose, and/or loss of taste or smell		Nausea, vomiting, and/or diarrhea		Shortness of Breath and/or headache		Close contact, or cared for someone with COVID-19				
		Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	
		Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	
		Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	
		Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	
		Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	
		Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	
		Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	
		Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	
		Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	
		Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	
		Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	

Resources:

<https://www.nfhs.org/media/3812287/2020-nfhs-guidance-for-opening-up-high-school-athletics-and-activities-nfhs-smac-may-15-2020-final.pdf>

Restore Illinois Youth Sports Guidelines for Phase IV (link not yet available)

## Greenfield/Northwestern Tigers

### Return to Training Protocols IHSA Phase 4

These policies are in compliance with Greenfield CUSD #10 and Northwestern CUSD #2, local health department, and IHSA procedures.

- All strength and conditioning trainings are voluntary
- Athletes must train in groups of 50 or less with the coach
- Coaches and athletes will wear proper face mask protection when/if a 6 foot of social distancing is not possible
- Temperature checks will be administered
- **All training equipment must be disinfected regularly before use, and again after the training session is complete**
  - **Athletes and coaches are to clean and disinfect weight equipment after each use**
- Any athlete or coach displaying or having flu like symptoms, a fever, a cough, will not be allowed to attend training
- Coaches and athletes will observe proper social distancing precautions during training session
- Locker rooms are off-limits until further notice
- All IHSA Return to Play Phase 4 guidelines will be followed
  - Any student who has had close contact with another student or any other person who is diagnosed with COVID-19 should 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 location. All other students should be on alert for symptoms of fever, cough, or shortness of breath, and taking temperatures if symptoms develop.
  - Before participating in training, coaches will ask whether athletes are currently exhibiting COVID-19 symptoms. If they do have symptoms, they should wait to enter the premises until they have had no fever for at least 72 hours, other symptoms have improved, and at least 10 days have passed since their symptoms first appeared, and feeling well for at least 72 hours OR has negative COVID-19 tests in a row, with testing done at least 24 hours apart.

**I agree to comply with Greenfield CUSD #10 and Northwestern CUSD #2, local health department, and IHSA Return to Play Policies, and will not hold Greenfield CUSD #10 and Northwestern CUSD #2 or its employees liable should my athlete contract COVID-19.**

Parent Signature \_\_\_\_\_

Athlete Signature \_\_\_\_\_