**NVSD “RETURN TO PLAY”**

**Modified/Limited Practice Guidelines, and Safety procedures.**

All coaches will be trained in each of these areas prior to any activities beginning.

Documentations of training will be provided upon request.

**Quality control and Internal Accountability will be supervised by:**

**Matt Galley, NVHS Principal matt.galley@nv.k12.wa.us**

**Liza Diaz, NVSD Head Nurse liza.diaz@nv.k12.wa.us**

**Tom Harmon, NVSD Athletic Director tom.harmon@nv.k12.wa.us**

**Pre-Workout/Contest Screening:**

All coaches and students will be screened for signs/symptoms of COVID-19 prior to a workout. Screening includes a temperature check. (See attached forms) Any athlete or coach with a temperature 100.0 or higher, will not allowed to participate, and may be requested to get a COVID test prior to returning to activity.

Responses to screening questions for each person will be recorded and stored so that there is a record of everyone present in case a student develops COVID-19 (see attached forms).

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 health-care professional.

 People at high risk for health problems will not oversee or participate in any workouts.

**Limitations on Gatherings**:

• No gathering of more than 10 people at a time inside. Up to 50 individuals may gather outdoors for workouts.

• If locker rooms or meeting rooms are used, there must be a minimum distance of 6 feet between each individual at all times. Coaches will supervise use. Locker rooms will be cleaned and sanitized after each practice or session.

 • Workouts will be conducted in “pods” of students with the same 5 students always working out together. Smaller pods can be utilized for weight training. This ensures more limited exposure if someone develops an infection.

• There must be a minimum distance of 6 feet between each individual at all times. If this is not possible indoors, then the maximum number of individuals in the room must be decreased until proper social distancing can occur. Appropriate social distancing will need to be maintained on sidelines and benches during practices. Tape or paint will be used as a guide for students and coaches when necessary.

**MASKS:**

● Recognizing the benefits and potential drawbacks of the use of cloth face coverings during conditioning and physical activity, the WIAA, NFHS and SMAC recommends the following:

* State, local or school district guidelines for cloth face coverings should be strictly followed.
* Cloth face coverings should be considered acceptable. There is no need to require or recommend “medical grade” masks for athletic activity.
* Students will wear cloth face coverings unless otherwise identified in sport specific guidelines.
* For staff, cloth facial coverings must be worn by every individual not working alone at the location unless their exposure dictates a higher level of protection under Department of Labor & Industries safety and health rules and guidance.
* Plastic shields covering the entire face (or attached to a helmet) shall not be allowed during practice. Their use during practices increases the risk of unintended injury to the person wearing the shield or teammates.

**Facilities Cleaning**:

• Adequate daily cleaning schedules have been 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 will be wiped down and sanitized (chairs, furniture in meeting rooms, locker rooms, weight room equipment, bathrooms, athletic training room tables, etc.).

• Individuals must wash their hands for a minimum of 20 seconds with warm water and soap before touching any surfaces or participating in workouts.

• Hand sanitizer will be plentiful and available to individuals as they transfer from place to place.

 • All equipment will be wiped down thoroughly before and after an individual’s use of equipment. Coaches will be only ones using sanitizing spray or wands. Athletes will wipe down equipment with disposable towels, or put usable ones in a laundry bin to be washed with bleach.

• Appropriate clothing/shoes will be worn at all times in the weight room to minimize sweat from transmitting onto equipment/surfaces.

• Any equipment such as weight benches, athletic pads, etc. having holes with exposed foam should be covered.

• Students must be encouraged to shower and wash their workout clothing immediately upon returning to home.

**Physical Activity and Athletic Equipment:**

• Lower risk sports practices follow Low Risk NFHS Guidelines (see Potential Infection Risk by Sport, NFHS Guidelines)

• Modified practices utilized for Moderate Risk sports. (NFHS Sport Specific Guidelines)

• There will be no shared athletic towels, clothing, or shoes between students.

• Students will wear their own appropriate workout clothing (do not share clothing), and individual clothing/towels should be washed and cleaned after every workout.

• All athletic equipment, including balls, will be cleaned as much as possible during practices. Use of sanitizing wands utilized at each practice.

• Hand sanitizer should be plentiful at all practices.

• Athletic equipment such as bats, batting helmets and catchers gear should be cleaned between each use. There will be no sharing of any of these items between athletes.

• Maximum lifts should be limited and power cages should be used 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 cows, water trough, water fountains, etc.) should not be utilized.

**BATHROOMS:**

● Only 1 student may use the bathroom at a time. The facility will need to be sanitized after use per individual District procedure upon their exit after washing their hands for 20 seconds or using sanitizer. ● There must be an adequate break between uses to ensure sanitation can dry. ------ Special Considerations for the use of the following equipment:

● Any item that is held in the hands or that makes contact with the body (stretching equipment) timing devices, tents, flagging/marking equipment, bibs/tags/chips, etc.)

**Special Considerations for the use of the following components of the facility**

● Bleachers

● Team Areas

● Bathrooms

● Locker rooms

● Weight training facilities

● Athletic Training Facilities

Any issues in any of these areas will be corrected with proper adjustments by the three supervisors.

Tom Harmon

NVSD Athletics

360-220-7142