

## COVID-19 Return to Sports

### ACTION PLAN:

**This document provides guidelines set in place that must be followed by all personnel. All players and coaches must sign a waiver agreeing to these guidelines in order to participate in a fall sport. In the event these guidelines are not followed, the Hinsdale School Board has full rights to suspend all athletic activities.**

### Home Team:

- As the home team arrives to the venue, temperature/symptom checks will be taken for all home team personnel
  - Temperature/symptoms will be recorded
  - Records will be kept in a locked filing cabinet in the AD's office
- If someone has a fever greater than 100°F, they will be asked to leave and return home to self-isolate
  - Call parent/guardian
  - Athlete is quarantined in an isolated area until they can leave
- All home team personnel must practice social distancing and wear masks

### Visiting Team:

- As the visiting team comes off the bus, temperature/symptom checks will be taken for all visiting team personnel
  - Temperature/symptoms will be recorded
  - Records will be kept in a locked filing cabinet in the AD's office
- If someone has a fever greater than 100°F, they will be removed from participation and isolated from all others
  - Call parent/guardian to pick up athlete
  - Athlete will be quarantined in an isolated area until they can leave
- All visiting team personnel must practice social distancing and wear masks

### Team Benches:

- Add bleachers from spectator section
- Signs will be put in place to remind athletes of social distancing
- Sports bags/backpacks will be lined up against the fence; bags spaced 6ft apart
  - Bags can only be accessed by their owner
  - Signs will be put in place to designate baggage area

- Social distancing on benches/bleachers
- Masks are to be worn by athletes while they are not participating in competition
- Touchless hand sanitizer will be provided at benches and center line
- Substitution:
  - Athletes must apply hand sanitizer coming on and off the field
  - One substitute will come to the center line, maintaining social distancing from opposing substitute
  - Additional substitutes are called in from the bench, with permission from the referee

#### Officials Table:

- Home team can provide one score keeper and one timekeeper
  - One person will be designated to keep time and score
    - Head referee will keep official time
  - Scoreboard remote will be sanitized after each event
- Masks are required
- Visiting team personnel are not essential and will not be asked to keep score or time

#### Ball Holders:

- No ball holders
- Extra game balls will be placed in corners and at the center line
- Balls cleaned and disinfected after each event

#### Game manager:

- Enforces social distancing, hand sanitation, and masks

#### Spectators:

- Social distancing outside of household members
- Painted pods will act as social distancing barriers
- Masks are required
  - Unless the spectator is under the age of two years old
- Signs will be put in place to remind spectators of social distancing and to wear masks
- Bleachers will be removed, spectators must bring their own seating
- Touchless hand sanitizer provided at entrances to field
  - If possible, create entrances and exits to the field

### Equipment:

- Cloth face masks are allowed
- Gloves are allowed
- Long sleeves are allowed
- Long pants are allowed, if worn they must be tight-fitting and must be worn under the shorts, socks, and shin-guards
- Under garments are allowed, if worn they must be a school color
- Mouthguards are no longer required for 2020
  - If an athlete would like to wear a mouthguard, they must leave the mouthguard in their mouth as much as possible
  - When not being used it needs to be put in a case
  - Mouthguards should only be touched by their owner
  - Athlete must use hand sanitizer after touching their mouthguard
- Balls will be provided and sanitized after each event

### Facilities:

- Locker Rooms:
  - May be used for:
    - Changing
    - Showering
    - Toilet use
  - Hand sanitizer will be placed at the entrances of each locker room
    - Encouraged to use when entering and exiting the locker room
  - Locker rooms will be cleaned and disinfected daily
- Weight Room
  - Can be used when:
    - Social distancing can be maintained consistently at 6ft
    - Equipment is thoroughly cleaned after each use
      - Only clean equipment can be placed back on the racks
  - Hand sanitizer will be provided in weight room
    - Encouraged to use when entering and exiting the weight room
  - Weight room will be cleaned and disinfected daily
- Athletic Training Room
  - Can be used for:
    - Evaluation of a single athlete
      - One other adult may be in the room if the door needs to be closed, for liability purposes
      - All parties must wear a mask

- NOTE: The athlete is exempt if the injury is suspected to involve the cardiac or respiratory system
  - Taping/wrapping of a single athlete
    - One other adult may be in the room if the door needs to be closed, for liability purposes
  - Rehabilitation of a single athlete
- Hand sanitizer will be provided in athletic training room
- Athletic training room will be cleaned and disinfected daily
  - Treatment table will be cleaned and disinfected after every use

### Travel:

- Staff and volunteers should not transport any athlete that is not an immediate family member
  - If transportation is necessary, all parties must:
    - Wear a mask
    - Space out seating to maintain maximum distance between each other
- Away Competition:
  - Temperature/symptom checks of each athlete and coach will be taken prior to entering the bus
    - Temperature/symptoms will be recorded
    - Records will be kept in a locked filing cabinet in the AD's office
  - If someone has a fever greater than 100°F, they will be asked to leave and return home to self-isolate
    - Call parent/guardian
    - Athlete will be quarantined in an isolated area until they can leave
  - Masks are required
  - Space out seating to maintain maximum distance between each other

### Training Sessions:

- Encouraged to be non-contact
- Focusing on skills and drills
- When possible, maintain social distancing
- Face masks are required
- Mouth-based activities that normally occur during competition are no longer allowed, these include but are not limited to:
  - Spitting
  - Chewing gum
  - Licking fingers
  - Chewing/spitting sunflower seeds

- Staff/volunteers will bring trash bags to pick up any trash following training sessions

#### Hydration:

- Adequate water breaks should be provided
  - Encouraged to occur between changes in training activities
  - Equipment should be sanitized during these breaks
- Sharing of water bottles is prohibited
- Water coolers and shared water bottles will not be provided
- Water bottles should be brought by each athlete and should be kept with their bag when not being used

#### Reports of COVID-19:

- Following the report of close contact of someone suspected/confirmed with COVID-19:
  - Symptomatic persons should be instructed to contact their health care provider to be tested for COVID-19 and self-isolate at home
  - Asymptomatic persons reporting that in the past 14 days they have had close contact with someone suspected or confirmed with COVID-19, or who report one of the traveled-related risk factors should self-quarantine for 14 days from their last exposure
  - NOTE: Healthcare workers caring for COVID-19 patients while wearing appropriate personal protective equipment should answer “no” when asked if they have had close contact with someone suspected/confirmed with COVID-19.
- If someone with suspect or confirmed diagnosis of COVID-19 must stay home until symptom-based criteria are met for discontinuation of isolation:
  - At least 10 days have passed since symptoms first appeared

**AND**

- At least 3 days (72 hours) have passed since recovery

## Plans for Participation

### No Contact Plan:

- Practices:
  - Masks are required
  - Activities (all activities will be spaced at least 6ft apart, marked by cones for each athlete):
    - Ball Control
    - Dribbling skills and drills
    - Trapping
    - Balancing drills
  - Practices will be held at Hinsdale Middle/High School's main soccer field and the adjacent smaller soccer field
- Games are not allowed

### Partial Contact Plan:

- Practices:
  - Masks are required
  - Activities:
    - Refer to No Contact Plan, Activities
    - Shots can be made on goal without a goalkeeper
      - Athlete retrieves their own ball
    - Passing drills
    - Shielding
  - Practices will be held at Hinsdale Middle/High School's main soccer field and the adjacent smaller soccer field
- Games:
  - Masks are required
  - Co-ed Intramurals
    - Two divisions; middle school and high school
    - Athletes will be split into two or more teams per division
  - Games will be held at Hinsdale Middle/High School's main soccer field

### Full Contact Plan:

- Practices:
  - Masks are required
  - Activities:
    - Refer to Partial and No Contact Plans, Activities
    - Shots can be made on goal with a goalkeeper

- Goalkeeper retrieves the ball
      - Tackling
      - Scrimmages
  - Practices will be held at Hinsdale Middle/High School's main soccer field and the adjacent smaller soccer field
- Games:
  - Masks are required
  - Home Game Procedures: Refer to Home Team and Visiting Team
  - Away Game Procedures: Refer to Travel, Away Competition
  - Pregame Conference:
    - One coach
    - Head/center referee
    - One team captain
    - Held at center field, all participants maintaining distance of 6ft apart
    - No hand shaking
  - No pregame line up
  - Athletes are sent to starting position from bench
    - If announcing, announce athletes from starting position
  - No postgame line up
    - No hand shaking
  - Home games will be held at Hinsdale Middle/High School's main soccer field
    - Venue may only be used by two schools at a time

Resources:

NFHS 2020-21 Soccer Rules Considerations Document

<http://www.nhiaa.org/ckfinder/userfiles/files/NHIAA%20Phase%203%20Approved.pdf>

**RELEASE OF LIABILITY FOR PARTICIPANTS**

READ BEFORE SIGNING

If the guidelines set in place cannot be followed, the HINSDALE SCHOOL BOARD has full rights to suspend all athletic activities.

IN CONSIDERATION of my child/ward being allowed to participate in HINSDALE MIDDLE/HIGH SCHOOL ATHLETICS related events and activities, the undersigned acknowledges, appreciates, and agrees that:

The risks of injury and illness (ex: communicable diseases such as MRSA, influenza, and COVID-19) to my child from the activities involved in these programs are significant, including the potential for permanent disability and death, and while particular rules, equipment, and personal discipline may reduce these risks, the risks of serious injury and illness do exist; and:

1. FOR MYSELF, SPOUSE, AND CHILD, I KNOWINGLY AND FREELY ASSUME ALL SUCH RISKS, both known and unknown, EVEN IF ARISING FROM THE NEGLIGENCE OF THE RELEASES or others, and assume full responsibility for my child's participation; and,
2. I willingly agree to comply with the program's stated and customary terms and conditions for participation. If I observe any unusual significant concern in my child's readiness for participation and/or in the program itself, I will remove my child from the participation and bring such attention of the nearest official immediately; and,
3. I myself, my spouse, my child, and on behalf of my/our heirs, assigns, personal representatives to next of kin, HEREBY RELEASE AND HOLD HARMLESS HINSDALE SCHOOL DISTRICT; it directors, officers, officials, agents, employees, volunteers, other participants, sponsoring agencies, sponsors, advertisers, and if applicable, owners and lessors of premises used to conduct the event ("Releases"), WITH RESPECT TO ANY AND ALL INJURY, ILLNESS, DISABILITY, DEATH, or loss or damage to person or property incident to my child's involvement or participation in these programs, WHETHER ARISING FROM THE NEGLIGENCE OF 'THE RELEASES' OR OTHERWISE, to the fullest extent permitted by law.
4. I, for myself, my spouse, my child, and on behalf of my/our heirs, assigns, personal representatives and next of kin, HEREBY INDEMNIFY AND HOLD HARMLESS all the above Releases from any and all liabilities incident to my involvement or participation in these programs, EVEN IF ARISING FROM THEIR NEGLIGENCE, to the fullest extent permitted by law.
5. I, the parent/guardian, assert that I have explained to my child/ward; the risks of the activity, his/her responsibilities for adhering to the rules and regulations, and that my child/ward understands this agreement.

**I, FOR MYSELF, MY SPOUSE, AND CHILD/WARD, HAVE READ THIS RELEASE OF LIABILITY AND ASSUMPTION OF RISK AGREEMENT, FULLY UNDERSTAND ITS TERMS, UNDERSTAND THAT WE HAVE GIVEN UP SUBSTANTIAL RIGHTS BY SIGNING IT, AND SIGN IT FREELY AND VOLUNTARILY WITHOUT ANY INDUCEMENT.**

Name of Child/Ward: \_\_\_\_\_

Name of Parent/Guardian: \_\_\_\_\_

Parent/Guardian Signature: \_\_\_\_\_

Date Signed: \_\_\_\_\_

**UNDERSTANDING OR RISK**

I understand the seriousness of the risks involved in participating in this program, my personal responsibilities for adhering to rules and regulation, and accept them as a participant.

Name of Child/Ward: \_\_\_\_\_

Signature of Child/Ward: \_\_\_\_\_

Date Signed: \_\_\_\_\_



## COVID-19 ATHLETE/COACH MONITORING FORM

Date: \_\_\_\_\_ Time: \_\_\_\_\_

Name	Mark YES/NO Below						Where have you traveled to?	Temperature (if higher than 100.4°F)
	Fever	Cough	Sore Throat	Shortness of Breath	Close contact, or cared for someone with COVID-19*			

\*NOTE: Healthcare workers caring for COVID-19 patients while wearing appropriate personal protective equipment should answer "no."