



**SUMMER 2020 PLAN FOR
STRENGTH CONDITIONING PROGRAMS
& SPORT-SPECIFIC SKILL INSTRUCTION**



OVERVIEW

This is an overview of the Frisco ISD Athletic Department's plan for in-person on campus summer strength conditioning and sport-specific skills training for this summer. Throughout the development of these guidelines, the health and safety of our student athletes has been our top priority. This plan is designed to provide appropriate protocols for social distancing to help prevent exposure to COVID-19 by student athletes, coaches and staff and will be updated as additional information becomes available.

The following guidelines were compiled with assistance from the Frisco ISD Athletic Administration, High School Campus Coordinators, Frisco ISD's Licensed Athletic Trainers, and the guidelines provided by the University of Interscholastic League (UIL).

The Frisco ISD Athletic Department will work closely with Frisco ISD leadership, campus administrations, the City of Frisco health officials, Collin & Denton Counties, the UIL and the state of Texas to ensure that timely and appropriate responses will be made to help protect the safety and well-being of our student athletes and staff.

Staff and student athletes will be expected to conduct themselves in a manner aligned with all guidelines in order to protect themselves and others. It is the responsibility of all those involved to ensure these guidelines are followed.

PRIMARY GOALS

- Limit risk of exposure by maintaining social distancing throughout all athletic activities conducted on campuses.
- Emphasize personal hygiene such as hand washing and use of hand sanitizer before, during and after activities.
- Implement routine and enhanced cleaning and sanitization of equipment and facilities.
- Plan and communicate safe access to facilities to minimize personal interaction and facilitate social distancing.
- Require a daily health screening process for student athletes and staff, which will include a temperature check.

GUIDELINES & PREVENTION STRATEGIES

FACILITY & EQUIPMENT SANITIZATION

1. All athletic facilities will be cleaned thoroughly and disinfected prior to the beginning of strength conditioning and sport-specific skill instruction.
2. Workout equipment, such as weights, will be disinfected throughout the day and every evening.
3. Sports equipment, such as balls, will be regularly disinfected during and following workout sessions and will not be shared between groups.
4. Hand sanitizing stations will be located at each entrance, exit and workout area.
5. Adequate supplies will be on hand for staff to disinfect throughout the day.

STUDENT ATHLETE REQUIREMENTS

1. All student athletes must have a physical on file with Frisco ISD before participating in strength and conditioning. Returning student athletes who participated last year in Frisco ISD should have an existing physical on file. New to Frisco ISD or incoming 7th grade student athletes must submit a current physical to the athletic trainer onsite.
2. Athletes will check in and complete a health screening process each day.
3. Athletes will park or be dropped off and picked up each day at designated areas.
4. **6-Foot Rule** - 6 feet of space should be maintained between athletes at all times while not exercising/working out.
5. Athletes will immediately report to a predetermined location while maintaining the 6-Foot Rule.
6. 10 feet of social distancing should be maintained at all times during exercise.
7. Athletes will sanitize their hands before, during and after workouts.
8. **Physical Contact** - Limit contact with others. No handshakes, high fives, back slaps, hugs, fist bumps, etc.
9. Locker rooms will be closed. Athletes will report to workouts in proper gear and should immediately return home and shower following workouts.
10. **Water Bottles** - Athletes will be required to bring their own individually labeled full water bottle. Athletes are prohibited from sharing water bottles.

STAFF REQUIREMENTS

1. Staff will check in and complete the health screening process each day.
2. **Physical Contact** - Limit contact with others. No handshakes, high fives, back slaps, hugs, fist bumps, etc.
3. **6-Foot Rule** - 6 feet of space should be maintained between athletes and staff at all times while not exercising/working out.
4. 10 feet of social distancing should be maintained at all times during exercise.
5. Staff will sanitize their hands before, during and after workout.
6. Staff will bring their own individually labeled full water bottle.

ENTRY / DAILY HEALTH SCREENING PROCESS

1. EACH morning, upon arrival at Frisco ISD facility, every staff and student athlete will have completed a screening questionnaire utilizing a google form via a QR Code on their phone. If unable to complete, a paper version will be distributed upon arrival. **If a staff member or a student athlete answers “YES” on any question, they will need to stay home and inform the campus coordinator or the athletic trainer.**
 - a. Have you had any contact with a person who is/was positive for COVID-19 in the last 14 days; or
 - b. Do you have a new or worsening cough or shortness of breath/difficulty breathing; or
 - c. Do you have a fever (≥ 100.0); or
 - d. Do you have any of the following symptoms: chills, repeated shaking with chills, muscle pain, headache, sore throat, new loss of taste or smell, or diarrhea? If yes, report to the licensed athletic trainer onsite for further assessment.
2. Temperature checks are required for all student athletes and staff upon arrival.
 - a. Temperature checkpoint(s) will be staffed by coaches and/or licensed athletic trainers wearing appropriate PPE (personal protective equipment).
 - b. If a student athlete or staff member has an elevated temperature, they will be directed to the licensed athletic trainer for further evaluation.

WORKOUT / SKILLS GROUPS

1. Workout and skills groups will be organized by staff to minimize the number of individuals with whom each student athlete will interact.
2. Workout groups will be limited to no more than 10 athletes when indoors.
3. Workout groups will be limited to no more than 20 athletes when outdoors.

4. Workout stations for different groups will be appropriately spaced to meet social distancing requirements.
5. Indoor facilities will be limited to 25% capacity.
6. Face masks may be required for some activities. Student athletes should bring their own.
7. A minimum of one licensed athletic trainer will be present for all sessions.

COVID-19 SYMPTOMS, TESTING & MANAGEMENT (UIL/TEA PROTOCOL)

1. **When a staff member or student athlete tests positive for COVID-19** - the group to which that staff or student-athlete was assigned and in contact with must be removed from the sessions while all members of the group self-isolate for two weeks.
2. **When a staff member or student athlete experiences any of the symptoms (listed above in the daily health screening process) of COVID-19**, they should self-isolate until the below conditions have been met.
 - 1) In the case of an individual who was diagnosed with COVID-19, the individual may visit when all three of the following criteria are met: at least three days (72 hours) have passed since recovery (resolution of fever without the use of fever-reducing medications); and the individual has improvement in respiratory symptoms (e.g., cough, shortness of breath); and at least ten days have passed since symptoms first appeared; or
 - 2) In the case of an individual who has symptoms that could be COVID-19 and does not get evaluated by a medical professional or tested for COVID-19, the individual is assumed to have COVID-19, and the individual may not return to campus until the individual has completed the same three-step criteria listed above, or
 - 3) If the individual has symptoms that could be COVID-19 and wants to return to campus before completing the above self-isolation period, the individual must obtain a medical professional's note clearing the individual for return based on an alternative diagnosis.
3. **When a staff member or student athlete is living with someone who experiences any of the symptoms of COVID-19** (whether they have a positive COVID-19 test or not), they should self-isolate for two weeks. If they do not experience any COVID-19 symptoms during that period, they can return to summer workouts. If they experience symptoms, they must self-isolate until the conditions outlined above have been met.

PARENT / GUARDIAN COMMUNICATION PLAN

1. Information will be provided to all parents/guardians outlining the arrival and dismissal plan and safety measures that will be in place.
2. Coaches will communicate the campus-specific plan to parents and make themselves available for questions.
3. Coaches will contact and educate student athletes on expectations and protocol prior to the first day of strength and conditioning on June 8.
4. Parents will be updated on a regular basis on any changes in protocol.

EDUCATION & TRAINING PLAN FOR STAFF & ATHLETES

- June 1-5:** Staff and coaches will be educated onsite on all protocol and procedures to be used during all workout sessions.
- June 8-9:** The first two days of Strength & Conditioning will focus on educating student athletes on proper protocol and procedures.
- June 10:** First normal workout day

MIDDLE SCHOOL

- June 22-23:** The first two days of Strength & Conditioning will focus on educating middle school student athletes on proper protocol and procedures.
- June 24:** First normal workout day for middle school athletes