



**Cypress-Fairbanks ISD**  
**Summer 2020**  
**SAC/SSI Plan**



**CFISD**  
**ATHLETICS**

**ATHLETIC DIRECTOR**

**Ray Zepeda**

**ASSOCIATE ATHLETIC DIRECTORS**

**Kirk Eaton**

**Carey Palmer**

**Sharon Farrah**

**Virginia Flores**



## SUMMARY

On behalf of the Cypress-Fairbanks ISD athletics department, we are pleased to present this outline for the Phase 1 plan for return of our student-athletes to in-person on-campus training. The following details is our plan for the return of our athletes to strength and conditioning and skills training on campus. The health and safety of our student-athletes and staff is our number one priority.

The following guidelines were compiled with the assistance of the CFISD administrative team, licensed athletic trainers, our high school campus coordinators and assistant coordinators, and the guidelines of the University Interscholastic League. We will continue to work closely with the UIL, the State of Texas and Harris County health officials to ensure that timely and appropriate information is guiding our plans and responses to the current public health situation.

We will expect our staff and student-athletes to strictly follow all guidelines to ensure their safety and the safety of others, and have plans in place to fully educate all before there is any return to campus. The policies and plans are designed to minimize risk for our athletes, staff and others. It is vital to the health and safety of all concerned that we take responsibility for our personal actions and the responsible implementation of our plan.

## KEY PRINCIPLES

- A. **Screening Procedures for Staff and Student-Athletes:** All staff will be screened prior to their arrival on campus per current CFISD expectations. Once on campus, all staff will have their temperature assessed daily by a licensed athletic trainer. Students are expected to review the screening questions prior to coming onto the campus and stay home if they would answer 'yes' to any of the screening questions. Students will be pre-screened prior to their return to campus, and will be screened daily on campus per CFISD protocols and procedures. Once on campus, they will have their temperature assessed by a CFISD athletic trainer and their temperature will be logged daily.

- B. **Safe Access and Exit from CFISD Facilities:** Campus specific plans will be approved and publicized for the safe entry and exit of students from the campus on a daily basis. The entry and exit points will be coordinated to minimize personal interaction and to facilitate social distancing.
- C. **Hygiene:** Hand washing and sanitizing will be emphasized and expected before, during, and after activities by staff and students.
- D. **Cleaning and Sanitization:** Routine and enhanced cleaning and sanitization protocols will be implemented to clean equipment and workout facilities to minimize the risk to all concerned. The CFISD operations team will perform rigorous cleaning procedures daily in support of our activities.
- E. **Limiting Personal Interaction:** Group sizes will be kept small and within UIL guidelines. All participants, including coaches, will be required to follow the 6-10 rule. We expect all to be no closer to each other than 6 feet and when actually taking a physical repetition be 10 feet from each other. We expect all athletes to limit physical contact with each other. Do not shake hands, hug, fist bump or high five. This will be closely monitored by our staff.
- F. **Attention to Detail:** Our staff will be resolute in ensuring that all expectations are met in the execution of our plan. We understand the importance of providing a safe environment for all.

We are excited about the return of student-athletes to our campus. Please reach out to your campus athletic administrative team or our office if you have any further questions.

## **OVERALL GUIDELINES AND RESPONSE STRATEGIES**

### **COACHES EDUCATION**

- A. All coaches are expected to thoroughly review all CFISD, UIL, and TEA literature provided by the CFISD Athletics Department. All coaches will sign off on completion of this expectation.

- B. The Campus Athletic Coordinator, Assistant Athletic Coordinator and Head Athletic Trainer will conduct in-person orientation for all staff members the week of June 1st to review all guidelines, expectations, UIL rules and campus specific procedures (including screening), duty stations, entry and exiting procedures, etc.

## **PRE-MESSAGING**

- A. During the week of June 1st, all campuses and the CFISD athletic department will communicate with athletes and parents through as many means as possible what the procedures and expectations will be for our summer strength and conditioning programs. This will include the following:
1. Paperwork and Medical requirements (RankOne)
  2. Initial screening questionnaire
  3. Google Earth labeled maps noting drop off, pick up areas and screening locations. Social distancing procedures will be labeled on maps.
  4. CFISD and UIL 6-10 Rule
  5. What to bring: Ample water, mask, hand sanitizer, small personal towel, appropriate footwear
- B. CFISD Athletic Department will organize a webpage for guidelines and response strategies regarding SAC/SSI for the community.

## **STUDENT ARRIVAL PROTOCOL AND CAMP GUIDELINES**

All staff will need to arrive at least 30 minutes prior to the students' report time, at a minimum, to ensure that kids socially distance and follow all protocols and procedures. All campus staff will be responsible for executing their campus-based site plan using CFISD/UIL/TEA guidelines.

- A. Athletes will self-check reviewing all screening questions prior to arriving at school.

- B. Athletes will stay home if they answered “YES” to any screening questions or if they do not feel well.
- C. All students will need to come dressed and ready for workouts.
- D. All students will need to bring their own water, face mask, small towel, appropriate footwear, and hand sanitizer (if possible).
- E. Athletes will follow arrival/entry procedures communicated prior to the first day via various means of communication from HS staff.
- F. Athletes will get in the check-in line and keep social distancing at all times.
- G. 6-10 Rule: Maintain 6 feet of space between each other when not actively exercising. This includes lift groups, run groups, and in other common areas. Maintain 10 feet of space between each other when actively exercising.
- H. Physical Contact: Avoid physical contact with others. Do not shake hands, hug, fist-bump or high five.
- I. Athletes will use hand sanitizer before entering the facility, during workouts, and when exiting every area.
- J. Restrooms: Student-athletes are required to wash hands; utilize the “one in - one out” model with mask on; 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. Locker room use is not allowed for any reason.
- K. Hydration: Water will not be provided for student-athletes. Student-athletes will be required to bring their own labeled individual water bottles/jugs. They are prohibited from sharing water bottles and refilling water bottles.

## **SCREENING AND MEDICAL CLEARANCE PROCESSES**

- A. All staff will need to complete pre-screening utilizing CFISD link/QR code. This will be completed at home prior to coming in to work. All staff will take temperature at home and complete screening questions. All staff reporting into work will also have temperature taken and recorded by trainers on-site. Staff will stay home if they answered “YES” to any screening questions or if they do not feel well. Staff will be social distancing at all times. Staff will use hand sanitizer before entering the facility, during workouts, and exiting all areas. Staff will bring their own labeled water bottle.
  
- B. Students will complete screening questions prior to coming in the first time, then will be screened by utilizing phone and QR codes specific to each campus. The student will scan QR code and answer the same screening questions that staff answered and will have temperature taken. If temperature is above 100 degrees, the athlete will be isolated to the side and have temperature retaken. If above 100 again, the athlete will be sent home immediately with follow-up communication initiated by the campus athletic trainer to the student’s parent/guardian. If below 100 degrees, then the student will enter this temperature on the screening questionnaire. One staff member will be monitoring the information coming in on a google document. Questions will be visible and posted as well. If any issues arise due to a ‘yes’ answer, the student will be turned red and have to be sent home for a designated time.
  
- C. Staff will be monitoring the data in real time as it comes in. Also, one staff member will be entering information manually on a laptop for any students that do not have a phone.
  
- D. There will be a hand sanitizing station at the end of the screening line. Students will sanitize hands before leaving the area. Upon leaving the area, campus athletic staff will designate athletes to specified locations for assigned groups, all while continuing to follow social distancing guidelines.
  
- E. All students must be checked the first week to ensure that they meet CFISD and UIL medical clearance guidelines.

## **STAFFING AND GROUPING**

- A. Guidelines indicate at minimum to have one coach for every 20 students in a holistic way and also in each workout area.
- B. Groups will be no larger than 15 outside working together and 10 inside working together.
- C. Every effort will be made to have consistent athlete groups working with specific coaches as much as possible in case a student or staff member begins to experience COVID symptoms.

## **SOCIAL DISTANCING GUIDELINES, WORKOUT AREA CAPACITY AND OFF LIMIT AREAS**

- A. At all times, all athletes and staff are expected to keep a minimum of 6 feet of distance between each other. This includes staff with staff, staff with students, and students with students. This also includes during all processes, including arrival, screening, departure, post-workout, coaches' offices, etc.
- B. If taking a working rep, 10 feet of distance must be kept between the student taking the rep and all others.
- C. Safety reasons (spotting, emergency care, etc.) are the only acceptable reason for getting closer than 6 feet, however, a mask covering nose and mouth will be a minimum requirement for the spotter or person giving emergency care. All staff will enforce hand sanitizing prior to spotting another athlete.
- D. All workout spaces/racks, etc. will have at minimum 10 feet of space between people working out.
- E. Only 25% of official building capacity in indoor areas will be utilized.
- F. Weight rooms: Code calls for 50 square feet for each person. We will then take the total square footage, divide by 50, and then multiply by .25 to determine capacity.

- G. Gyms: Seat count of bleachers by code determines capacity. The 6-10 rule will always be in effect after 25% capacity is enforced.
- H. Multipurpose (Leggo) Gyms: If any weight equipment at all (bars, med balls, etc.) are being used, staff will use 1 student to 50 sq. ft. ratio for determining capacity. If used for calisthenics, agility, etc., staff will use a 1 student to 7 sq. ft. ratio.
- I. Indoors or outdoors must maintain UIL/CFISD 6-10 guidelines at all times.
- J. There will be no access to locker rooms at all. Campus staff will identify restrooms for use and put up signage indicating which areas are off limits and what are the maximum occupants at any one time. Any student that goes into a restroom will need to have a mask on while utilizing the restroom. The expectation is a “one in-one out” traffic flow model.

## **INDOOR REGULATIONS**

- A. Groups will be limited to no more than 10 athletes. Groups are expected to respect the UIL/CFISD 6-10 rule (10 feet if actively exercising and 6 feet if not actively exercising).
- B. Weight Room Capacity is 25% of maximum occupancy
- Formula: Divide sq ft by 50. Multiply that number by .25.
  - Example:  $7,200 \text{ sq ft} \div 50 = 144 \times .25 = 36$ . 36 total athletes and staff members allowed at one time.
- C. Competition Gym Capacity is 25% of maximum occupancy, which is based on seat count. The UIL/CFISD 6-10 rule will always be implemented.
- D. Multipurpose Gym Capacity is 25% of maximum occupancy
- Formula: Divide sq ft by 7. Multiply that number by .25.
  - Example:  $7,200 \text{ sq ft} \div 7 = 1,028 \times .25 = 300$ . The UIL/CFISD 6-10 rule will always be implemented.



## **OUTDOOR REGULATIONS**

Groups will be limited to no more than 15 athletes. Groups are expected to respect the UIL/CFISD 6-10 rule (10 feet if actively exercising and 6 feet if not actively exercising).

## **SANITIZATION, SIGNAGE, AND SUPERVISION**

- A. A member of the campus athletic department will be designated as a person that will be in charge of roving throughout all workout areas to ensure that all sanitizing and social distancing requirements are being met at all times.
- B. All kids and coaches will be educated in sanitizing procedures and requirements through pre-messaging stated earlier, as well as, an Athlete Education Day taking place on June 8th for HS students and tentatively June 22nd for MS students. This review will take place each day the first week of workouts.
- C. Hand sanitizing unit stations and equipment sanitization supplies will be spread throughout workout areas. All kids will sanitize hands prior to starting or ending at a station.
- D. There will be signage throughout our facilities echoing all UIL/TEA/CFISD guidelines: No entry, max occupancy, hand washing, 6-10 rule, etc.
- E. Weight rooms: Any equipment will be thoroughly disinfected before and after each individual use. If a student uses a piece of equipment, that equipment must be disinfected before another student uses it. All staff and students must also continuously maintain social distancing guidelines. Students will not utilize shared towels that students use repeatedly to sanitize equipment. Students will utilize single use paper towels.
- F. Outside: Any equipment that is utilized will be disinfected at regular intervals and will not be shared between groups. Balls, etc. will be sanitized before and after the group finishes utilizing them and before another group of athletes will utilize them. This provision includes cones or spacer dummies.

- G. Campus coaches will have rest/water intervals between groups switching sites to allow for coaches working to sanitize equipment thoroughly while students are taking a water break, etc.
- H. Kids will be supervised at all times. Coaches will ensure that sanitizing and social distancing guidelines are being met.

## **EXIT PROCEDURES**

- A. Student-athletes must exit the route predetermined, learned during pre-messaging and covered during Athlete Education day on June 8th. Students and staff will continue to practice social distancing, avoiding any contact.
- B. Students must sanitize their hands when they exit the facility.
- C. Parents/guardians must stay in their cars during the pick-up process.

## **SSI (Sport-Specific Instruction)**

- A. SSI: There will be no more than 1.5 hours a day with a maximum of 1 hour for any one sport per individual student.
- B. There will be no competitive contact drills at all. This includes any 1-on-1, 3-on-3, 7-on-7, etc. in any sport.
- C. As such, there will be no open gyms, open mats, open fields, etc. until further notice. SAC and SSI will only be allowed.
- D. Coaches and athletes must follow all sanitizing and social distancing guidelines.

## **WORKOUT TIME LIMITS, PHASING AND RESPONSIBLE RAMPING UP OF WORKOUTS**

- A. HS athletes: We will initially only offer SAC/SSI for HS athletes (incoming 9th-12th grades) to ensure that our facility and staff can safely adhere to all UIL/TEA and CFISD regulations. It is expected that HS athletes will have 8 weeks of SAC/SSI. We are also giving our HS staffs flexibility in scheduling the first two weeks to ensure that all routines meet all rules and regulations.
- B. MS athletes: We will evaluate our ability to meet UIL and TEA guidelines over the first 2 weeks of SAC camp, and will announce plans for MS athletes as we move forward.
- C. SAC: There will be no more than 2 hours per day from start to finish. This includes sanitization times, etc.
- D. SSI: There will be no more than 1.5 hours a day with a maximum of 1 hour for any one sport per individual student.
- E. We will be very careful during the first two weeks with workout intensity, volume, etc. Time will be allowed for rest, water recovery and sanitization. We will minimize the chance that an athlete has a soft tissue injury by having workout plans in place that gradually ramp up intensity and volume.
- F. Transition paths will be clearly marked and monitored, and social distancing will take place as students move from one site to another.
- G. Inclement weather plans will be developed that could include the cancellation of that day's activities. A communication system and process will be initiated if a cancellation is necessary.
- H. CFISD campus athletic departments will continue to provide at-home workouts for students that may not be able to attend SAC/SSI on campus.
- I. No activity days (Friday, July 3, Tuesday and Wednesday, July 7 & 8, Monday and Tuesday, July 20 & 21). Students will not attend SAC/SSI on these days.

J. The last day for CFISD SAC camp and SSI will be Friday, July 31st.

## **COVID-19 RESPONSE GUIDELINES: STUDENTS OR STAFF WITH SUSPECTED, PRESUMPTIVE, OR CONFIRMED COVID-19**

- A. If a positive case is identified among a participant, either staff or student, the group to which the staff member or student is assigned and in possible close contact with will be removed from the sessions while all group members self-isolate for a period of two weeks.
- B. Any staff member or student who experiences symptoms but has not tested positive for COVID-19 must meet all three of the following criteria before returning to activity:
  - 1. At least 72 hours of being fever-free without the use of fever reducing medications,
  - 2. Improved respiratory symptoms, and
  - 3. At least 10 days have passed since the arrival of first symptoms.
- C. Anyone wanting to return before the above has been met must obtain a medical professional's note clearing the individual for return based on a possible alternative diagnosis.
- D. Any student or staff that is living with someone that experiences symptoms of COVID-19, whether they have a positive test or not, should self-isolate and stay away from athletic activities for a period of 2 weeks. If we have any student or staff member that is positively identified to have contracted COVID-19, we are required by TEA to provide written notice to all.

## **PARENT/GUARDIAN COMMUNICATION PLAN**

- A. Athletic webpage and social media content will be available to all parents/guardians outlining the return to campus plan and safety measures.
- B. Coaches will educate the athletes via Zoom meetings and the SportsYou app the week of June 1st. Communication plans will be developed by each campus to keep all parents informed of campus procedures, timelines and expectations.

- C. Campus specific Google Earth Maps that clearly label drop off and pick up points, screening locations and staging areas will be reviewed with students and shared with parents prior to the first day of SAC.
- D. Campuses will be responsible for providing communication via various means with parents/guardians and student-athletes throughout the summer as processes, capacities and procedures change and adapt.

## **PREPARING STAFF & ATHLETES**

- A. The CFISD Athletics administration staff will meet with Campus Athletic Coordinators, Assistant Athletic Coordinators, and LAT's to review new procedures and protocols.
- B. Student-athletes will be required to participate in a Zoom meeting with their coach to review entry and exit procedures for their specific high school, as well as, SAC camp procedures and expectations.
- C. During this orientation, student-athletes will complete the screening questionnaire with a campus athletics staff member.
- D. All student-athletes will learn how to save the screening questionnaire to their phone for easy access.
- E. All parents/guardians and student-athletes will learn where to park for workouts.
- F. All student-athletes will experience the social distancing process prior to reaching the screening station.
- G. All student-athletes will review hand-sanitizing protocols and expectations, as well as, equipment sanitizing procedures.

## **PREPARING FACILITIES**

- A. Sanitizing supplies will be delivered, installed, and placed in predetermined locations before the first day of SAC/SSI.

- B. Trash cans will be placed strategically for paper towels used at racks.
- C. COVID-19 Facility Warning Signs and Posters will be printed, laminated, and posted at appropriate locations. The following links will take you to the signs and posters utilized within our facilities:

[Occupancy Sign](#)

[Prohibited Sign](#)

[Stop Sign](#)

[Cough Poster](#)

[Hands Poster](#)

[Spread Poster](#)

- D. Sidewalks will be marked for social distancing spots during the check-in process.
- E. Social distancing markings will be installed on each rack and throughout the facility.
- F. Hand sanitizing stations will be set up throughout the facility for use.