



ATHLETE RETURN TO CAMPUS PLAN

FOR

PC SUMMER STRENGTH CONDITIONING AND MISD SKILLS TRAINING

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SUMMARY

On behalf of McKinney ISD Athletics, we are pleased to present this outline for the Phase 1 plan to return our student-athletes to in-person on campus training. This is our blueprint to return our athletes to PC Strength Conditioning and MISD Skills on our campus'. The health and safety of our student-athletes is our number one priority and the following guidance based on what is currently known about the coronavirus disease (COVID-19). McKinney ISD Athletics designed this guidance to help prevent workplace exposures to COVID-19 for all student-athletes, coaches, and staff and will be updated as additional information becomes available.

The following guidelines were compiled with the assistance of McKinney ISD athletic administration, our Licensed Athletic Trainers, our High School Campus Coordinators, and the guidelines of the University of Interscholastic League. With social distancing requirements, it will take many more HOURS and AREAS to provide our student-athletes a quality summer strength and conditioning experience.

Athletics will continue to work closely with the UIL, campus administration, the State of Texas, Collin County and the City of McKinney health officials so timely and accurate information can guide appropriate responses. Local conditions will influence the decisions that public health officials make regarding community-level strategies.

We will expect staff and athletes to conduct themselves as if they are contagious. The policies in our plan are designed to minimize risk for yourself and others. It is vital to the health and safety of everyone that our athletes and staff are fully conscious of this at all times and take responsibility of following these guidelines seriously.

A. Key Principles:

- Limiting personal interaction – face-to-face interaction and person-to-person contact will be limited to essential activities that cannot be performed in an alternative (virtual or remote) fashion. When such activities are required, social distancing and other infection-spreading mitigating measures will be emphasized.
- Hygiene – hand washing will be emphasized before, during, and after team activities when practicable.
- Cleaning and sanitation – routine and enhanced cleaning and sanitation measures will be implemented.
- Safe access to facilities – Facility entry and exit points will be coordinated to minimize personal interaction and facilitate social distancing.
- PC and MISD staff will keep a 1:15 coach-to-student ratio at all times.
- Screening Procedures for Student-Athletes – Daily symptom and temperature screening assessment will be required of student-athletes.
 - Staff will continue to be screened daily

OVERALL GUIDELINES AND RESPONSE STRATEGIES

SANITATION

- **Disinfection and Sanitation**
 - Two Aramark custodians will be present and maintaining sanitization during summer conditioning and skills.
 - Facilities Cleaning – athletic facilities will be disinfected and sanitized per industry guidelines, continuously before, during, and after PC and MISD Skills. Emphasis will be given to ensuring disinfecting high touch surfaces and surfaces that are used by multiple student-athletes, disinfecting between users. (Checklist for Custodial and staff)
 - Equipment like bar bells will be sanitized after each use and before a new athlete uses it. Spray bottles and paper towels will be at each station so that athletes can spray and wipe after the use of the bar.
 - Enhanced Cleaning – specific athletic facilities in which an individual with a confirmed COVID-19 positive has been identified will undergo enhanced disinfection per CDC and industry guidelines. **Disinfection and Sanitation**
 - Sanitizing all balls after use during all skills sessions.
- **Athletes and Staff**
 - Both athletes and staff will sanitize their hands before, during, and after workout. There will be multiple hand sanitizing stations spread out all conditioning and skills areas.
 - There will be no high fives, back slaps, or any other physical encouragement.
 - 6 foot social distancing will be kept when not actively exercising.
 - 10 foot social distancing will be kept when actively exercising.
 - **Masks are recommended when not actively exercising but are not mandatory.**

STUDENT ATHLETE REQUIREMENTS

- A.** Athletes will be required to have the following on file with MISD before participating.

MISD FORMS

- MISD Physical
- MISD COVID-19 Waiver form
- MISD Completed Daily Screening Questionnaire

PERFORMANCE COURSE FORMS

- PC Registration form
 - PC Waiver form
- B.** Athletes will check in and complete the screening process each day from their phone before arriving.
- C.** Athletes will stay home if they answered “YES” to any screening questions or if they do not feel well.
- D.** Athletes will park or be dropped off at their groups pre-designated areas.
- E.** Athletes will get in check in line and keep social distancing at all times.
- F. 6 Foot Rule** – Maintain 6 feet of space between each other. This includes lift groups, run groups, and common areas including restrooms.

- G. Physical Contact** – Limit physical contact with others. Do not shake hands, hug, fist-bump or high five.
- H.** Athletes will use hand sanitizer before entering the facility, during workouts, and when exiting skills.
- I.** Athletes not adhering to safety procedures will be warned once, and could possibly be removed with further incidents.
- J. Restrooms** – Student-athletes are required to wash hands; utilize the “one in one out” model; 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. Other than RR, 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 individual labeled water bottles. They are prohibited from sharing water bottles.
 - Water bottles will be refilled by the Athletic Trainers as needed throughout the workout.

PC and MISD STAFF REQUIREMENTS

- A.** Staff will check in and complete the screening process each day from their phone before arriving. (LAT's will check staff)
- B.** Staff will stay home if they answered “YES” to any screening questions or if they do not feel well.
- C.** Staff will get temperature checked by LAT's and keep social distancing at all times.
- D.** Staff will use hand sanitizer before entering the facility, during workouts, and skills.
- E.** Staff will bring their own labeled water bottle.

SCREENING PROCESS - DAILY

- A. BEFORE Arriving to Facility – Every student will have filled out screening questionnaire on their phone. If a student answers “YES” on any question they will stay at home and call their coach to let them know.**

All student-athletes are required to complete the online screening questionnaire for symptoms prior to leaving home, including checking your temperature if you can. *Screening questions:*

- Any contact with person who is/was positive for COVID-19; or
 - New or worsening cough or shortness of breath/difficulty breathing; or
 - Fever (subjective or >99.6); or
 - At least two of: chills, repeated shaking with chills, muscle pain, headache, sore throat, new loss of taste or smell, diarrhea.
- B. A temperature check** is required on first entry into the screening check point. Temperature check station will be staffed by McKinney ISD coaches and LAT's wearing appropriate PPE. They will confirm receipt of student-athlete COVID-19 screening questionnaire answers and will make sure questions have been answered and temperature has been taken prior to entry. If a student-athlete has an elevated temperature,

they will be directed to the LAT for further assessment.

- C. A **hand sanitizing station** will be set up outside the indoor facilities screening checkpoint where all student-athletes must sanitize their hands prior to entry/re-entry into the indoor facility.
- D. A Compliance Coach will monitor athletes in line through the process, and until they are seated appropriately inside the facility.

ENTRY PROCEDURES

- A. All student-athletes are required to enter indoor facilities via the entrance predetermined for your school. Parking will be predetermined for each group to minimize interactions when student athletes are arriving and departing. Screening checkpoint will be managed by McKinney ISD coaches and LAT's. This is **THE ONLY permissible entry** for employees/student-athletes. All other entry points will be inaccessible.
- B. Six feet **social distancing** indicators will be set up along the sidewalk. The denotations will assist in keeping student-athletes at a safe distance from each other as they are waiting to get screened prior to entering the indoor facility. Signage will also be posted along the fence, so student-athletes have the ability to fill out the screening questionnaire if they forgot.

WORKOUT / SKILLS GROUPS

- A. Athletes workout and skills groups will be coordinated by MISD and PC staff to minimize exposure. Athletes will work with same groups in both MISD skills as they do in PC strength conditioning.
- B. When an athlete develops symptoms, all athletes in his/her group will be removed until the athlete is cleared.

INDOOR REGULATIONS

- A. Groups limited to no more than **10** athletes. Groups have to stay 10 feet away from other groups
- B. Capacity is 25% of building
 - 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 coaches** allowed at one time.

OUTDOOR REGULATIONS

- A. Groups limited to no more than **15** athletes. Groups have to stay 10 feet away from other groups

WORKOUT PROCEDURES/POLICIES

- A. Both athletes and staff will sanitize their hands before, during, and after workout. There will be multiple hand sanitizing stations spread out all conditioning and skills areas.
- B. There will be no high fives, back slaps, or any other physical encouragement.
- C. 6 foot social distancing will be kept when not actively exercising
- D. 10 foot social distancing will be kept when actively exercising
- E. Spotting is allowed but recommended that the spotter cover their mouth and nose. Side spotting is encouraged when applicable.
- F. Bars and other equipment will be sprayed and wiped after every use.
- G. Students may attend only up to 2 hours per day of PC
- H. Students may attend only up to 90 min/day of skills with no more than 60 min/day in one sport.
- I. Sport specific skills may include specific sports equipment, but not contact equipment
 - i. Any equipment should be regularly disinfected during sessions.
 - ii. Equipment should not be shared between groups.
- J. No competitive drills involving one or more students on offense vs defense in skills
 - i. No 1-on-1, 3-on-3, 5-on-5, 7-on-7 etc.
- K. A Compliance Coach will be monitoring all athletes continuously during workouts to ensure that safety measures are being maintained.
- L. A minimum of One Compliance Coach will be in all sessions.

EXIT PROCEDURES

- A. Student-athletes must exit the route predetermined and learned during orientation, while practicing social distancing, avoiding contact with other student-athletes and staff.
- B. Students must sanitize their hands when they exit the facility
- C. Parents **must** stay in their cars during pick up process
- D. **Routes** – See appendix B for diagrams of following facility routes.

COVID-19 SYMPTOMS, TESTING & MANAGEMENT

A. COVID-19 Symptoms or Positive Test

Management of COVID-19 Positives – confirmed COVID-19 positives will be managed by the McKinney ISD Director of Health Services, Julie Blankenship, per current public health guidelines. Management will include reviewing testing results, isolation, and symptom management as well as return-to-sport clearance.

Student-athletes who appear to have symptoms or who become sick during the day will be immediately separated from other student-athletes/staff and instructed to return home. Direction will be provided by MISD LAT'S regarding symptom monitoring, quarantine, and testing. **A symptomatic student-athlete will be managed as a presumptive COVID-19 positive and all precautions will remain in place until testing confirmation is received.**

Student-athletes who are presumed or confirmed COVID-19 positive cannot report to campus until cleared to do so by the MISD Campus Coordinator and the campus LAT by meeting the criteria listed below.

1. Resolution of fever **without** the use of fever-reducing medications **AND** improvement in respiratory symptoms (e.g., cough, shortness of breath),

AND

2. Negative results of an FDA Emergency Use Authorized COVID-19 molecular assay for detection of SARS-CoV-2RNA from at least two consecutive respiratory specimens collected less than 24 hours apart (total of **TWO** negative specimens).

OR

3. The student-athlete is symptom free for 72 hours without the use of medication, **and** at least 10 days have passed since symptoms first appeared.

B. Positive Test Confirmed: If a student-athlete tests positive for COVID-19, they are to self-isolate until 10 days from onset of symptoms AND 72 hours of being symptom free without medications

- C.** If a student-athlete has been in **close contact with someone who has tested positive** for COVID-19 or has a family member that lives with them that has tested positive for COVID-19:
- Student-athlete should inform the Campus Athletic Coordinator and the campus LAT and quarantine for 14 days.
 - MISD LAT's will notify McKinney ISD Director of Health Services, Julie Blankenship who will contact the Collin County Health Department and McKinney Public Health as needed for guidance based on current COVID-19 and communicate disease recommendations.
 - MISD LAT's will notify student-athletes and their parents who may have been exposed to COVID-19 and provide guidance. Fellow student-athletes may be sent home to self-quarantine for at least 14 days or until a confirmed negative test result is received. Contact tracing will be overseen by the Campus Athletic Coordinator and the campus LAT.

PARENT/GUARDIAN COMMUNICATION PLAN

- Frequent emails will be sent to all parents/guardians outlining return to campus plan & safety measures
- Organize Zoom meeting for all parents/guardians with MISD AD Shawn Pratt, MISD Assoc AD Jennifer Frazier, PC Director Geno Pierce, Campus Coordinators and LAT's from all three high schools
- Coaches will educate the athletes via Zoom meetings before they show up day 1. Maps and information will be provided to share.
- Constant & detailed communication via email with parents/guardians

PC Strength Conditioning and MISD Skills Training & Education

A. Preparation Plan

- **June 1 – June 5: The Preparation and Educating**, this week will include extensive education and training for our student-athletes, so they are prepared to begin workouts on June 11th.

PREPARING STAFF & ATHLETES

- All MISD and PC staff will meet with MISD AD, Campus Coordinators, and MISD LAT's to learn new procedures and protocols.
- Student-athletes will be required to participate in a Zoom meeting with their coach to walk through the entry and exit procedures for their specific high school. During this orientation, student-athletes will
 - Complete the screening questionnaire with an Athletics staff member
 - Learn how to save the screening questionnaire to their phone for easy access
 - Learn where to park for workouts
 - Experience the social distancing "waiting line" on the sidewalk prior to reaching the screening station
 - Use hand-sanitizing station prior to reaching the screening station
 - Get screened by McKinney ISD staff prior to entering the Indoor Facility.

PREPARING FACILITIES

- Sanitation supplies delivered, installed, and placed in predetermined places
- Trash Cans delivered and placed strategically for paper towels being used at racks
- Social Distancing Signs, RR Signs, Hand washing signs, Check in Signs will be made and hung
- Sidewalks will be marked for social distancing spots during check in process
- Indoor Facilities marked for social distancing spots after check in process
- Social distancing markings installed on each rack and throughout facility
- Hand Sanitizing stations will be set up through out the facility for use.

WEEK 1

**June 8 – 10: High School Groups Only
Weight Room& Skills Athlete Education**

- Student-athletes will have educational session where they will walk-thru the daily process for the check in process
- Student-athletes will have educational session by lift group where they will walk-thru the daily process for entry and exit of the facility
- Student-athletes will have educational session about social distancing during workout and skills.
- Student-athletes will have educational session about symptoms and preventative measures

June 11th : First full normal workout day

June 15th : Middle Schools First Day of Athlete Education

June 18th : Middle Schools First full normal workout day

B. Please see Appendix C for detailed phase I workout schedule and diagrams including the following:

- Parking or drop off plan for each group
- Social distancing plan (including lift groups & runs)
- Schedule Strength, Conditioning, and Skills groups

SUMMER STRENGTH & CONDITIONING and SUMMER SKILLS FAQ

Q. Are students required to have a physical on file in order to participate in strength and conditioning and summer skills?

A. Yes, all participants must have a physical on file with MISD. (returning athletes can use the one on file for 2019-2020)

Q. Are parents or visitors allowed to watch workout sessions?

A. No. We are managing entry and exits throughout the sessions to maintain social distancing.

Q. What if I do not sign my student athlete up ahead of time, can I walk up and register?

A. Yes, however all forms must be completed upon arrival and payment must be made for the S&C program.

Q. Who do I contact if I have questions about strength and conditioning or sport specific skill instruction?

A. The Athletic Coordinator over your campus/school.

Q. Is my student athlete required to bring their own water bottle?

A. Yes. Student-athletes will be required to bring their own individual labeled water bottles. They are prohibited from sharing water bottles. Water bottles will be refilled by the Athletic Trainers as needed throughout the workout.

Q. Will my student athlete stay with the same group of kids for every workout session?

A. Yes, we will minimize contact with other athletes by keeping them in group of 15 for strength and conditioning and sport specific skills sessions.

Q. Will balls or sport specific equipment be disinfected after an individual touches/uses it?

A. Yes, all equipment will be disinfected after each session.

Q. Will restrooms be available?

A. Yes, restrooms will be available. However, no one will be allowed access to locker rooms.

Q. Will Hand Sanitizing Stations be available?

A. Yes, hand sanitizing stations will be available throughout all workout areas.

Q. Will staff be screened daily?

A. Yes. Staff will have temperature check and answer screening questions daily.

APPENDIX A SIGNAGE

GOOGLE EARTH MAPS W/:
PARKING/DROP OFF
ENTRY – W/SOCIAL DISTANCING PATH
CHECK IN
HAND SANITIZING STATIONS
EXIT / PICK UP

APPENDIX B

MAPS/DIAGRAMS

APPENDIX C

STRENGTH & CONDITIONING

PHASE I PLAN

TIMES FOR SUMMER PC STRENGTH

CONDITIONING & SKILLS

TIME	10-12 BOYS	GIRLS	7-9 BOYS
7:00 AM	PC	OFF	OFF
8:00 AM	PC	OFF	OFF
9:00 AM	SKILLS	PC	OFF
10:00 AM	OFF	PC	OFF
11:00 AM	OFF	SKILLS	PC
12:00 PM	OFF	OFF	PC
1:00 PM	OFF	OFF	SKILLS