



**Muscogee County
School District
Athletics
Return to Practice
Summer 2020
Plan**



Dear Parents,

First and foremost, we hope that you and your loved ones are safe and healthy. We have received questions from the community about if and how COVID-19 will change this year's athletic season. We know this outbreak has been stressful to many and recognize that exercising and participating in activities like sports can be a healthy way to cope with stress and connect with our community. After much thought, planning, and consideration of guidance from health officials, we are excited to let you know that we plan to resume high school sports while implementing safety guidance from the CDC and Health Department to help protect players, families, and our community. These workouts during the summer are completely voluntary.

The health and safety of our athletes, staff, and volunteers remain our highest priority. Below, you will find a summary of actions we are taking to help ensure we are lowering COVID-19 risk as much as is reasonably possible while also allowing our athletes to play. We are:

- Intensifying the cleaning of our facilities and premises by disinfecting our practice facilities before and after each workout session.
- Reducing physical closeness or contact between players when possible by allowing players to focus on building individual skills, putting signs and tape on floors or playing fields to ensure that coaches and players stay 6 feet apart, and discouraging unnecessary physical contact, such as high-fives, handshakes, fist bumps, and hugs.
- Promoting healthy hygiene practices by providing hand sanitizer for practices and workouts, reminding athletes to cover coughs and sneezes with a tissue or to use the inside of their elbow, encouraging athletes to wash their hands often, and reminding them to not spit.
- Encouraging coaches, officials, parents, and spectators to wear a cloth face covering during practices and games. Players may opt to wear a cloth face covering on the sidelines and the dugouts, as well as during play, if feasible.
- Weight equipment should be cleaned after each session. Athletes will have their own water bottle, no water fountains will be used. No locker room facilities will be open.

Anyone who is sick or has been in contact with someone who has COVID-19— including players, family members, coaches, staff and spectators — should not attend practices or games. Be on the lookout for symptoms of COVID-19, which include fever, cough, or shortness of breath. Call your doctor if you think you or a family member is sick.

If a student has an underlying health condition that puts that student at a higher risk than most for developing serious health complications from COVID-19, it is recommended that you discuss with your physician whether such student should participate in athletic activities under current conditions.

Following recommended guidance to lower the risks of transmission does not eliminate one's risk of exposure to COVID-19 or any contagious disease. Exposure to the virus is still possible.

If someone does get sick during practice or at a game, coaches have plans in place to isolate that person until they are picked up by a parent. If you have a specific question about this plan or COVID-19, please contact your school athletic director for more information. You can also find more information about COVID-19 at www.cdc.gov.

We look forward to seeing you!

Thank you and stay healthy,

Dr. David Lewis
Superintendent of Education

Dr. Angela Vickers-Ward
Chief of Student Services

Muscogee County School District Plans for Athletics Return to Practice

The Muscogee County School District, in accordance with the GHSA, NFHS, GADOE, and health official's recommendations and restrictions for returning to conditioning on July 6, 2020, has determined the following to be appropriate steps for improving the safety of participants during this first phase of resuming athletic activities. Following these steps does not eliminate one's risk from the COVID-19 virus or any contagious disease. Exposure to the virus is still possible. Health experts indicate these steps are helpful in reducing the risks of transmission:

- Prior to returning to activity, MCSD coaches will receive educational training on safety and best practices regarding COVID-19. This training will review items such as screening procedures, physical distancing, facility disinfecting and hydration. MCSD has an Infectious Disease Prevention Plan that was developed with experts and key stakeholders in our school system and community to enhance safety and health.
- The agencies identified above recommend that, during conditioning, physical distancing be maintained as small groups rotate through activities in different areas. It is recommended that each sport allow groups, 50 people maximum (coaches and players), to work out at any given time. Multiple sport conditioning groups should be scheduled with staggered start and end times to prevent large gatherings before and after workouts. Groups should be the same individuals (including coaches) for each session to limit risk of exposure. Students and coaches should not change groups for the duration of this guidance. Athletic Directors and Head Coaches are allowed to monitor all workouts. These individuals count in the group limit of 50 persons. Social distancing, hand washing/sanitizer use are stressed and masks/face coverings for these individuals is highly recommended. Groups should be consistent from workout to workout. If there are multiple-sport athletes, one conditioning group should be selected and adhered to for the duration of this guidance. There should be no student-athlete in multiple conditioning groups. Sport specific equipment is allowed, including balls, except football cannot wear shoulder pads or girdle pads. No one outside of the group, coaches and athletes, is allowed to attend workouts.
- Before each workout, coaches and student-athletes will be screened as follows: (1) temperatures should be taken by a coach or administrator and (2) each participant, (coach and student-athlete) will be asked a series of questions. If any participant has a fever of over 100.0 or is deemed to pose an elevated risk based on the answers to the daily questions, they will be asked to return home. These questions will be asked daily:

- Do you or have you had a fever in the last week?
- Have you had any respiratory or flu-like symptoms in the last week (coughing, vomiting, sore throat, nausea, shaking with chills, and/or loss of smell or taste)?
- Have you been diagnosed with COVID-19?
- Have you been in contact with anyone diagnosed with COVID-19?
- Have you traveled to a “hot spot” for COVID-19?
 - Please review the CDC Guidelines on COVID-19 at <https://www.cdc.gov/coronavirus/2019-ncov/index.html> (If you cannot access them electronically contact your school athletic director and they can provide a copy)
- If a coach/athlete presents with symptoms, they will be monitored closely. If they have a fever, they will be removed from activity and will not be allowed to return until:
 - Proof of a negative COVID 19 test and/or clearance from a Health Care Provider (with 72 no fever or cough without medication)
 - 14-day quarantine and symptom free – if not tested or cleared by a Health Care Provider
- If at any time a coach/athlete tests positive for COVID 19 or comes in contact with someone who tests positive, all other members of that workout group will be notified and will not be allowed to return until:
 - Completion of the 14-day home isolation/quarantine per CDC/Georgia Department of Public Health (GDPH) guidance
 - If a person tests negative during the 14-day self-quarantine and is symptom free – 14-day home isolation is still required per GDPH guidance
 - Following return guidance from CDC/GDPH for those who test positive and are asymptomatic – 72 hours no fever or cough without medication and at least 10 days have passed since symptoms first appeared
- In case of a failed screening by a coach/athlete, the coach will email the Athletic Director. The Head Coach or Athletic Director will contact the parent of the athlete to inform them of the failed screening. They will also notify the lead nurse and the risk management office.
- Self-monitoring is to be instituted continuously. All athletes, coaches, and staff are to be educated as to the importance of and signs to be monitored via this process.
- If a coach/student does have a temperature of over 100.0, a note will be sent home to all members of the group that day. The note will say substantially as follows:

Dear Parent,

This is to inform you that a participant in your child's group arrived and prior to entry, was noted to have a temperature of over 100.0. Though the student was sent home, did not enter the workout facility, and maintained a

distance over 6 feet away from other students at all times while on campus, we want you to be aware that this occurred. The student will do a 14 day quarantine with no symptoms of COVID-19 or have a negative test result before they are allowed back at workouts. Per the GHSA guidelines, we cannot switch any groups, but we understand if you want to keep your student at home during this period. If you have any questions, please feel free to reach out to our school athletic director.

- Students will be required to arrive in appropriate attire with a personal water bottle. No locker rooms or water fountains will be available for use. Following the workout, coaches and student-athletes are expected to leave the facility immediately. Specific restrooms will be designated for use and will be cleaned daily. Hand sanitizer will be available at the facility.
- Coaches will clean the weight room after each session. There will be 20-30 minutes between sessions to allow for cleaning facilities. Coaches will log their cleaning of the equipment to ensure it is completed. Only side spots are allowed while lifting. Frequently touched surfaces will be cleaned between uses. Conditioning will focus on individual strength and skill improvement. Social distancing should be adhered to whenever possible.
- Summer conditioning is optional. If a student has an underlying health condition that puts that student at a higher risk than most for developing serious health complications from COVID-19, that student is encouraged to refrain from these athletic activities.
- No visitors are allowed at workouts. Coaches will reach out to their student-athletes and families to share additional details with regards to Phase One procedures. For any questions regarding student activities, please contact your child's coach or school athletic director.
- These guidelines are subject to change following recommendations from the GHSA, GADOE, and health officials. Safety must be our top priority.

**Muscogee County School District
COVID-19 Return to Practice
Infectious Disease Plan**

Purpose

With the recent occurrence of COVID-19 and concerns for re-opening of high school athletics, the following guidelines are being implemented. These guidelines are for the protection of all athletes, coaches, athletic training personnel, and affiliated support staff in accordance with current Governor's Office, Centers for Disease Control and Prevention (CDC), and Georgia High School Association (GHS) guidelines and policies. These guidelines will be flexible and subject to change as time, information, and research is updated. It has been recommended by health care authorities and leaders to have a process for screening and educating athletes, parents, and staff to self-monitor and report pertinent changes as they are encountered. Following these steps does not eliminate one's risk from the COVID-19 virus or any contagious disease. Exposure to the virus is still possible. Health experts indicate these steps are helpful in reducing the risks of transmission.

General Guidance

- ◆ Each school should set up designated athlete drop-off stations and a separate, if possible, athlete pick-up stations.
- ◆ Every athlete, coach, or staff member should be screened prior to participating in any workout using the designated COVID-19 screening form and temperatures should be checked. All screenings should be documented.
- ◆ Appropriate COVID-19 informational signage will be placed at each workout location.
- ◆ Groups of no more than 50 people, including coaches, can be scheduled for workouts per sport at any given time at the campus/facility.
- ◆ Groups should be the same individuals (including coaches) assigned for each distinct session to limit risk of exposure. Students or coaches should not change groups for the duration of this guidance.
- ◆ Workouts are for conditioning only. Sport-specific equipment can be used.
- ◆ No locker rooms or showers can be used. Students should report to the facility dressed to condition and change clothes/shower at home.
- ◆ A bathroom will be designated for use at each workout location on campus and will be disinfected at appropriate intervals during use.
- ◆ Hand sanitizer will be available and encouraged at all times.
- ◆ Masks or face coverings are encouraged but are not required.
- ◆ Social distancing should be practiced at all times.
- ◆ In the weight room, safety bars are encouraged, and only side spotting may be used.
- ◆ Information will be emailed to parents/guardians by the coach prior to athletes arriving on campus.
- ◆ No visitors are allowed on campus at any time during the conditioning sessions.
- ◆ No competitions with other schools will be allowed.

Screening and Testing

- ◆ **Symptoms are present** - If an athlete/coach/staff member presents with symptoms or has had a recent direct exposure, the athlete/coach/staff member will be removed from activity and asked to sit in a designated area until transportation arrives. All other members of that workout

group and parents/guardians will be notified. The athlete/coach/staff member with symptoms will not be allowed to return until:

- Proof of a negative COVID-19 test; OR,
- 14 day quarantine, symptom free
- ◆ **Positive Test Result** - If at any time an athlete/coach/staff tests positive for COVID-19, all other members of that workout group and parents/guardians will be notified. All athlete/coach/staff members in that group will not be allowed to return until:
 - Proof of a negative COVID-19 test; AND,
 - 14 day quarantine, symptom free
- ◆ Screening forms should be completed and sent electronically to the Athletic Director daily.
- ◆ Self-monitoring is to be instituted continuously. All athletes, coaches, and staff are to be educated as to the importance of and symptoms of Coronavirus and COVID-19 to be monitored throughout this process.
- ◆ Reported self-monitoring positives are to follow the above process for screening and testing as indicated and reported to the school Principal, school Athletic Director, and the MCSO Office of Risk Management.

Athletic Training Clinic Procedures

There are no Athletic Trainers present during summer workouts. The Athletic Training Room will not be accessible.

Cleaning Procedures

- ◆ At least 15 minutes between groups should be scheduled to allow for disinfecting the facility.
- ◆ Shared equipment will be cleaned between each use with disinfecting wipes/solution.
- ◆ Guidance from the GHSA, the Centers for Disease Control on Cleaning and Disinfecting Your Facility and best practices should be followed.

Weight Room

- ◆ Any equipment used by an athlete during a workout will be cleaned prior to workouts beginning and immediately following each workout.
- ◆ The weight room will be cleaned with disinfectant at the end of each day.

Other Equipment

- ◆ Any equipment used during workouts will be cleaned prior to workouts beginning and immediately following each workout.
- ◆ Any equipment used by an athlete during a workout will be cleaned prior to use by any other athlete.

Athlete Recommendations

- ◆ Due to safety concerns, no water fountains will be provided during workouts. Athletes are required to bring their own water bottle. Athletes will not be allowed to participate in workouts if they do not bring their own water.
- ◆ Towels are not allowed.
- ◆ Social distancing will be practiced between athletes during activities, rest breaks, etc.
- ◆ All athletes are encouraged to change clothes and immediately shower at home as soon as possible after practices and activities. No showers or locker rooms will be available at school. All clothing worn during workouts should be washed immediately following each workout.
- ◆ A bathroom will be designated for use at each workout location on campus and only one athlete will be allowed to use the bathroom at a time. Bathrooms will be cleaned daily.

MUSCOGEE COUNTY ATHLETICS

Summer 2020 Return to Practice Permission Form

Student – Athlete Name: (Please Print)		Home Street Address:		
Date of Birth:	Student Cell Phone: () -	City:	State:	Zip:
Grade (for 2020-2021):	School (for 2020-2021):	In what extra-curricular activities will the student-athlete participate in?		
Parent/Guardian Name:(Please Print)	Parent Cell Phone: () - Parent Work Phone: () -	Email Address:		
2nd Parent/Guardian Name:	Parent Cell Phone: () - Parent Work Phone: () -	Email Address:		
EMERGENCY CONTACT – Other than Parents listed above:				
Name:		Relationship:	Phone#: () -	
INSURANCE INFORMATION				
The MCSD requires that all students who participate in athletics be adequately covered by health insurance (proof of health insurance). <i>Changes/updates to student insurance coverage must be communicated by a parent/guardian to the Site-School Athletic Director.</i>				
Name of Insurance Company:			Policy No:	
Address:			Group No:	
<p>COVID-19 Acknowledgment: We acknowledge that the above named student-athlete is attending these workouts voluntarily. If the student-athlete shows any signs of COVID-19 illness, such as a cough, sore throat or a temperature above 100.0, we will keep the student at home and contact the head coach. We understand that if the student-athlete is at workouts and begins to show any signs of COVID-19, we will be contacted immediately and expected to pick up immediately. A student-athlete who becomes sick must either be quarantined for 14 days with no symptoms or provide the head coach with a negative COVID-19 test. If one of the athletes in my child’s group tests positive for COVID-19, the entire group will be quarantined for 14 days. Students will receive a temperature check and be asked a series of questions about COVID-19 risks before each workout.</p> <p>Waiver of Liability Relating to Coronavirus/COVID-19: The novel coronavirus, COVID-19, has been declared a worldwide pandemic. COVID-19 is extremely contagious. Every individual faces risks of infection from the virus, whether at work, at home or engaged in activities away from work. This guidance is an effort to share information. The below considerations should be followed as is reasonable under the given circumstances and re-evaluated as new orders and advisories are introduced through public health officials, and governmental agencies. The virus is believed to spread from person-to-person contact and/or by contact with contaminated surfaces and objects, and through the air. People can be infected and show no symptoms but still spread the disease. There is no known treatment, cure, or vaccine for COVID-19. Evidence has shown that COVID-19 can cause serious and potentially life threatening illness and even death.</p> <p>Even though steps are being implemented to reduce the risk of transmission, MCSD cannot prevent your child from being exposed to, contracting, or spreading COVID-19 if you decide your child will participate in school athletic activities. It is not possible to eliminate the risk of contracting the disease. Therefore, if you choose for your child to participate you may be exposing your child, your family and others to a risk of contracting or spreading COVID-19.</p> <p>ASSUMPTION OF RISK: I have read and understand the above warning concerning COVID-19. I hereby choose to accept the risk that my child may contract COVID-19 while engaging in school athletic activities. I further accept the risk that, if my child contracts COVID-19, that he or she may spread the virus to others he or she comes in contact with, including family members. I accept these risks because I want my child to participate in school athletics.</p>				

MUSCOGEE COUNTY ATHLETICS

Summer 2020 Return to Practice Permission Form

WAIVER OF LAWSUIT/LIABILITY: I hereby forever release and waive on behalf of myself, my heirs, executors or assigns any right to bring suit for myself or on behalf of my child against MCSD and its officers, administrators, teachers, officials, agents, employees, or other representatives in connection with exposure, infection, and/or spread of COVID-19 related to participating in school athletic activities. I understand that this waiver means I give up my right to bring any claims including for personal injuries, death, disease or any other loss I may have to seek damages, whether known or unknown, foreseen or unforeseen.

CHOICE OF LAW: I understand and agree that the law of the State of Georgia will apply to this contract.

I HAVE CAREFULLY READ AND FULLY UNDERSTAND ALL PROVISIONS OF THIS RELEASE, AND FREELY AND KNOWINGLY ASSUME THE RISK ON BEHALF OF MYSELF AND MY CHILD AND WAIVE MY RIGHTS CONCERNING LIABILITY AS DESCRIBED ABOVE.

General Risk of Injury: We acknowledge and understand that there is a risk of injury involved in athletic participation. We understand that the student-athlete will be under the supervision and direction of a MCSD athletic coach. We agree to follow the rules of the sport and the instructions of the coach in order to reduce the risk of injury to the student and other athletes. However, we acknowledge and understand that neither the coach nor MCSD can eliminate the risk of injury in sports. Injuries may and do occur. Sports injuries can be severe and, in some cases, may result in permanent disability or even death. We freely, knowingly, and willfully accept and assume the risk of injury that might occur from participation in athletics.

Hold Harmless Agreement: As a lawful parent/guardian of the above-named student, I hereby give permission for my child to participate in school sponsored extra-curricular activities. By signing this form, I agree that I have fully read, understand and agree to the conditions set forth below:

I acknowledge and agree that, during this school sponsored activity, my child will be subject to any and all Muscogee County School District (MCSD) disciplinary rules and Student Code of Conduct to which he or she is subject during the school day. I further understand that, during this activity, my child will be subject to the supervision and direction of those adults who accompany the students on behalf of MCSD. I consent for/to my child's participation in extra-curricular activities. I acknowledge and agree that I am responsible for informing appropriate District personnel of any medical needs of my child and authorize MCSD personnel, or other chaperones, to take any and all medical actions they believe necessary for my child until such time as I may be contacted. I acknowledge and agree that MCSD, its officers, employees, agents and volunteers do not have or assume any liability for damages, losses, or injuries to the above-named student as a result of the student participating in this activity. I acknowledge and agree, there is not school district insurance to cover any injuries, losses, or damages during a school activity. I acknowledge and agree that any revocation of permission given by this form can only be in writing and must be delivered to the appropriate school officials to be effective.

CERTIFICATION AND MEDICAL AUTHORIZATION: We certify that all of the information provided on this form is correct. We agree to abide by state and local rules. If the student-athlete is injured while participating in athletics and MCSD is unable to contact the parent, we grant MCSD permission and authority to obtain necessary medical care and/or treatment for the student's injury. Treatment may include, but is not limited to first aid, CPR, medical or surgical treatment recommended by a physician. We accept the financial responsibility for such medical care or treatment.

We, the undersigned student and parent/guardian, have read this document and understand all of the expectations for athletic participation at my school.

Student:	Date:
Parent/Guardian:	Date: