



**WEST GEAUGA ATHLETICS
SAFE START GUIDE**



TABLE OF CONTENTS

Page 2 Guidelines for Opening Athletics Facilities

Page 3 Overall Guidelines for Student-Athletes and Coaches

Pages 5-7 West Geauga Return-to-Play Guideline Phases

Pages 5-7 West Geauga Athletics Pre Screen Details

Page 9 Return-to-Activity Guidelines for West Geauga Facilities - West Geauga Athletics Student-Athlete & Families

Page 10-11 Mandatory Responsibilities for Responsible RestartOhio

Pages 12-14 Parent Waiver, Consent and Release Form

Guidelines for Opening Athletics Facilities

FACE COVERINGS: Decreasing potential exposure to respiratory droplets is the guiding principle behind physical distancing and the use of face coverings. The use of cloth face coverings is meant to decrease the spread of respiratory droplets. Ohio recommends the use of face coverings, especially by coaches, parents, and student athletes when not training or competing.

PHYSICAL DISTANCING: All activities should follow physical distancing guidelines with designated space for each student athlete at least 6 feet apart during phase 1 and 2. For phase 3, it is recommended that student-athletes stay 6 feet apart when not participating in workouts or sport activity. For the weight room, maximum lift with spotters can only be done during phase 2 and 3, with a two-person spotter system being used with spotters on each end of the bar.

NO TOUCH RULE: All individuals must avoid physical contact with others including high fives, huddles, or other close contact occurring before, during, and after skills sessions unless the contact is for the purpose of safety. Scrimmages and games are not permitted. No congregation should occur before or after the training or practice session.

DAILY SYMPTOM CHECKS: Coaches and student-athletes must do a self-symptom check daily at home. At check in, coaches will conduct symptom checks prior to the start of all activities. ANYONE experiencing symptoms or a fever MUST stay home.

CONTACT TRACING: Coaches will check in student-athletes at each workout and maintain that information for potential contact tracing. Coaches and student-athletes are asked to keep track of contact with any individual throughout their day for potential contact tracing.

SANITATION MATERIALS: West Geauga will provide sanitation materials including but not limited to soap, sanitizing wipes, sanitizing spray, and paper towels. Student-athletes and coaches are encouraged to bring their own product to supplement sanitizing materials at our facilities.

OVERALL RETURN-TO-PLAY GUIDELINES FOR STUDENT-ATHLETES AND COACHES

Students will be grouped by sport and into PODS of up to 9 students with a coach. The students in each pod will work with their specific pod throughout the 3-phase Return-to-Play plan. West Geauga coaches will create their student workout pods. The schedule will be communicated to individual teams by their coaching staff and is subject to change.

The Individual Skills Training will be a 3-phase process with each phase lasting for at least 14 calendar days. Progression or regression of phases will be at the discretion of the school administration and/or governmental leadership.

Locker rooms will be closed until further notice. Students should report to workouts in proper gear and immediately return home to shower at the end of the workout.

Access to the athletic trainer will be limited at the workout site or by appointment only. As always, summer participation in workouts/training sessions is voluntary and may not be used toward team or program selection.

Participation of “vulnerable individuals” will not occur in Phases 1 & 2. “Vulnerable individuals” are defined by the Center for Disease Control (CDC) as people age 65 and older and others with serious underlying health conditions. These conditions include, but are not limited to: high blood pressure, chronic lung disease, diabetes, obesity, asthma, and those whose immune systems that are compromised by chemotherapy for cancer and other conditions requiring such therapy.

BEFORE ACTIVITIES

- Be symptom-free for 14 days prior to athletic activity.
- Stay home if you are sick or do not feel well.
- Wash and sanitize your hands often; avoid touching your face, eyes or mouth.
- Cover your mouth and nose with a tissue or your elbow if you cough or sneeze.
- Practice physical distancing regularly.
- Wear face covering to reduce potential exposure to respiratory droplets.
- Keep list of people you have been in contact with each day.
- Students must be on Final Forms.
- Students must sign the COVID-19 waiver prior to participation.
- Be aware and disclose any potential contacts with affected individuals.
- AT HOME symptom checks will be done DAILY by coaches and student-athletes prior to activity.
- Student-athletes and coaches must use hand sanitizer before starting activities.

DURING ACTIVITIES

- Refrain from attending any activity if displaying any COVID-19 symptoms.
- Comply with all state and local regulations approved by West Geauga School.
- Wash and sanitize your hands often; avoid touching your face, eyes, or mouth
- No-touch rule applies to all activities.
- Practice physical distancing as often as possible.
- Student-athletes wear face covering before and after activities.
- Coaches wear face covering throughout activity.
- Bring your own water bottle (minimum 2 liters; 1 gallon recommended), hand sanitizer, and sanitizing wipes.
- Student-athletes must not share water bottles, clothing, or other personal items
- Properly dispose of sanitizing wipes and/or paper towels when used.
- Keep list of people you were in contact with during activity.

AFTER ACTIVITIES

- Wash and sanitize your hands often; avoid touching your face, eyes, or mouth.
- Monitor your health and report any symptoms after every activity.
- Practice physical distancing regularly.
- Wear face covering to reduce potential exposure to respiratory droplets.
- Wash and sanitize all gear, uniforms and apparel used during the activity.
- There will be no lost and found for left items; any item left will be thrown away.

WEST GEAUGA RETURN-TO-PLAY GUIDELINE PHASES FOR SUMMER 2020

PHASE 1 *Phase movement contingent on recommendation of the Governor and OHSAA*

PRE-WORKOUT SCREENING

- All coaches and students should be screened for signs/symptoms of COVID-19 prior to a workout, to include a temperature check. (Temperature check shall be done at home)
- Responses to screening questions will be recorded and stored for contact tracing purposes if a COVID-19 infection occurs.
- Any person with positive responses on the screening should not be allowed to take part in workouts and should contact their medical provider. Student-athletes will be sent home and parents contacted.
- Vulnerable individuals should not oversee or participate in any workouts during Phase 1.

LIMITATIONS ON GATHERING

- Gatherings should not consist of more than 10 people at a time (inside or outside), which includes all participants and coaches.
- Locker rooms should not be used during Phase 1. Students should report to workouts in proper gear and immediately return home to shower at the end of the workout.
- Workouts should be conducted in groups of students with the same 5-10 people (including coaches) always working out together.
- There should be a minimum distance of 6 feet between each individual at all times.

FACILITIES CLEANING

- Adequate cleaning schedules should be created and implemented for all athletic facilities.
- Prior to an individual or group entering a facility, all hard surfaces within that facility should be wiped down and sanitized. Hard surface examples include but are not limited to chairs, furniture, locker rooms, weight room equipment, bathrooms, and training tables.
- Individuals should wash their hands for 20 seconds with warm water and soap before touching any surfaces or participating in workouts.
- Hand sanitizer should be plentiful and available to individuals.
- Shirts and shoes should be worn at all times.
- Students should be encouraged to shower and wash their workout clothing immediately upon returning home.

PHYSICAL ACTIVITY AND ATHLETIC EQUIPMENT

- There should be no shared athletic equipment (towels, clothing, shoes, or sport specific equipment) between students.
- Students should wear their own workout clothing, and clothing/towels should be washed and cleaned after every workout.
- All athletic equipment, including balls, should be cleaned after each use and prior to the next workout.
- Individual drills requiring the use of athletic equipment can be permissible, but the equipment should be cleaned between use of each individual.
- There should be a focus on resistance training with bodyweight, sub-maximal lifts, and use of resistance bands.
- Free weight exercises that require a spotter should not be conducted, as they cannot be conducted while observing physical distancing.

HYDRATION

- All students should bring their own water bottle, minimum 2 liters, and water bottles should not be shared.
- Hydration stations (water fountains, water troughs, etc.) should not be used.

PHASE 2 *Phase movement contingent on recommendation of the Governor and OHSAA*

PRE-WORKOUT/CONTACT SCREENING

- All coaches and students should be screened for signs/symptoms of COVID-19 prior to a workout, to include a temperature report. (Temperature check shall be done at home)
- Responses to screening questions will be recorded and stored for contact tracing purposes if a COVID-19 infection occurs.
- Any person with positive responses on the screening should not be allowed to take part in workouts and should contact their medical provider.
- Vulnerable individuals should not oversee or participate in any workouts during Phase 2.

LIMITATIONS ON GATHERINGS

- Gatherings should not consist of more than 10 people at a time inside. Up to 50 people may gather outdoors for workouts.
- If locker rooms or meeting rooms are used, there should be a minimum distance of 6 feet between each individual at all times.
- Indoor workouts should be conducted in groups of students with the same 5-10 people (including coaches).
- There should be a minimum distance of 6 feet between each individual at all times.
- Appropriate physical distancing should be maintained on sidelines and benches. Consider using tape or field paint as a guide for students and coaches.

FACILITIES CLEANING

- Adequate cleaning schedules should be created and implemented for all athletic facilities.
- Prior to an individual or group entering a facility, all hard surfaces within that facility should be wiped down and sanitized. Hard surface examples include but are not limited to chairs, furniture, locker rooms, weight room equipment, bathrooms, and training tables.
- Individuals should wash their hands for 20 seconds with warm water and soap before touching any surfaces or participating in workouts.
- Hand sanitizer should be plentiful and available to individuals.
- Weight equipment should be wiped down thoroughly before and after each individual uses the equipment.

- Shirts and shoes should be worn at all times.
- Students should be encouraged to shower and wash their workout clothing immediately upon returning home.

PHYSICAL ACTIVITY AND ATHLETIC EQUIPMENT

- Lower risk sports practices may resume.
- Modified practices may begin for moderate risk sports/activities.
- There should be no shared athletic towels, clothing, or shoes between students.
- Students should wear their own appropriate workout clothing, and individual clothing/towels should be washed and cleaned after every workout.
- All athletic equipment, including balls, should be cleaned intermittently during practices and between practices/sessions.
- Hand sanitizer should be readily available.

- Maximum lifts should be limited, and power cages should be used for squats and bench presses. Spotters should stand at each end of the bar.

HYDRATION

- All students should bring their own water bottle, minimum 2 liters, and water bottles should not be shared.
- Hydration stations (water fountains, water troughs, etc.) should not be used.

PHASE 3 *Phase movement contingent on recommendation of the Governor and OHSAA*

PRE-WORKOUT/CONTACT SCREENING:

- All coaches and students should be screened for signs/symptoms of COVID-19 prior to a workout, to include a temperature report. (Temperature check shall be done at home)
- Responses to screening questions will be recorded and stored for contact tracing purposes if a COVID-19 infection occurs.
- Any person with positive responses on the screening should not be allowed to take part in workouts and should contact their medical provider.
- Any person who has had a fever or cold symptoms in the previous 24 hours should not be allowed to take part in workouts and should contact his/her medical provider.
- A record should be kept of all individuals present.
- Vulnerable individuals can resume public interactions but should practice physical distancing, minimizing exposure to social settings where distancing may not be practical, unless precautionary measures are observed/implemented.

LIMITATIONS ON GATHERINGS:

- Gatherings sizes of up to 50 individuals, indoors or outdoors, can resume.
- When not directly participating in practices or workouts, care should be taken to maintain a minimum distance of 3 to 6 feet between each individual. Consider using tape or field paint as a guide for students and coaches.

FACILITIES CLEANING:

- Adequate cleaning schedules should be created and implemented for all athletic facilities.
- Prior to an individual or group entering a facility, all hard surfaces within that facility should be wiped down and sanitized. Hard surface examples include but are not limited to chairs, furniture, locker rooms, weight room equipment, bathrooms, and training tables.
- Individuals should wash their hands for 20 seconds with warm water and soap before touching any surfaces or participating in workouts.
- Hand sanitizer should be plentiful and available to individuals.
- Weight equipment should be wiped down thoroughly before and after each individual uses the equipment.
 - Shirts and shoes should be worn at all times.
 - Students should be encouraged to shower and wash their workout clothing immediately upon returning home.

PHYSICAL ACTIVITY AND ATHLETIC EQUIPMENT:

- Moderate risk sports practices may begin.
- Modified practices may begin for high risk sports/activities.
- Continue pre-practice screening as in Phases 1 and 2. Shower immediately after practices/workouts.
- There should be no shared athletic towels, clothing, or shoes between students.
- Students should wear their own appropriate workout clothing, and individual clothing/towels should be washed and cleaned after every workout.
- All athletic equipment, including balls, should be cleaned intermittently during practices and between practices/sessions.
- Other equipment, such as wrestling ear guards, football helmets, etc. should be worn by only one individual and not shared.
- Hand sanitizer should be readily available.
- Maximum lifts should be limited, and power cages should be used for squats and bench presses. Spotters should stand at each end of the bar.

HYDRATION:

- All students should bring their own water bottle, and water bottles should not be shared.
- Hydration stations (water fountains, water troughs, etc.) may be used but must be cleaned intermittently and after every practice/workout.

NFHS/OHSAA RISK BY SPORT CATEGORIES

Potential Infection Risk by Sport (modified from United States Olympic and Paralympic Committee – Sports Medicine recommendations)

Higher Risk: Sports that involve close, sustained contact between participants, lack of significant protective barriers, and high probability that respiratory particles will be transmitted between participants.

Examples: wrestling, football, boy's lacrosse, competitive cheer, dance

Moderate Risk: Sports that involve close, sustained contact, but with protective equipment in place that may reduce the likelihood of respiratory particle transmission between participants OR intermittent close contact OR group sports OR sports that use equipment that can't be cleaned between participants.

Examples: basketball, volleyball, baseball*, softball*, soccer, gymnastics* (if equipment can't be sufficiently cleaned between competitors), ice hockey, tennis*, swimming relays, pole vault*, high jump*, long jump*, girls lacrosse, 7-on-7 football*

****Could potentially be considered "Lower Risk" with appropriate cleaning of equipment and use of masks by participants***

Lower Risk: Sports that can be done with physical distancing or individually with no sharing of equipment or the ability to clean the equipment between use by competitors.

Examples: individual running events, throwing events (javelin, shot put, discus), individual swimming, golf, weightlifting, sideline cheer, cross country running (with staggered starts)

RETURN-TO-ACTIVITY GUIDELINES FOR WEST GEAUGA FACILITIES

FIELDS:

limits determined by Phase 1 in OHSAA guidelines

Coaches will create groups and/or sub-groups, depending on phase.

Workout groups must be the same and physical distancing should be used to spread out groups on the field.

Athletic Department will schedule teams/programs, allowing time in between groups for sanitizing any athletic equipment and minimize congregating between groups.

Student-athletes will do daily check ins.

Coaches will record daily attendance and Health Screenings.

Coaches must enforce all current physical distancing and sanitizing regulations.

Student-athletes must wipe down their equipment before and after use.

Coaches must sanitize athletic equipment after each group session.

Non-West Geauga student-athletes and adults may not use West Geauga facilities.

Locker room facilities will be closed until further notice. Student-athletes should come dressed and ready to participate in workouts.

Restrooms are provided for "emergencies" only.

GYMNASIUM:

Main GYM, Auxiliary GYM

Limits determined by Phase 1 in OHSAA guidelines

Coaches will create groups and/or sub-groups, depending on phase.

Workout groups must be the same and physical distancing should be used to spread out groups in the gyms.

Athletic Department will schedule teams/programs, allowing time in between groups for sanitizing any athletic equipment and minimize congregating between groups.

Student Athletes will do daily check ins with Coaching Staff.

Coaches will take daily attendance.

Coaches must enforce all current physical distancing and sanitizing regulations.

Student-athletes must wipe down their equipment before and after use.

Coaches must sanitize athletic equipment after each group session.

Non-West Geauga student-athletes and adults may not use West Geauga facilities.

Locker room facilities will be closed until further notice. Student-athletes should come dressed and ready to participate in workouts.

Restrooms are provided for "emergencies" only.



WEST GEAUGA ATHLETICS STUDENT-ATHLETE & FAMILIES MANDATORY RESPONSIBILITIES FOR RESPONSIBLE RESTARTOHIO

Updated June 1, 2020

This will be a three-phase process. Participation of “vulnerable individuals” will not occur in Phases 1 & 2. “Vulnerable individuals” are defined by the Center for Disease Control (CDC) as people age 65 and older and others with serious underlying health conditions. These conditions include, but are not limited to: high blood pressure, chronic lung disease, diabetes, obesity, asthma, and those whose immune systems that are compromised by chemotherapy for cancer, and other conditions requiring such therapy.

Stay home if you are sick or do not feel well.

Student-athletes must do a self-symptom check before going to the training session or practice. Completion of daily symptom screening is a requirement to attend training sessions. Anyone experiencing symptoms must stay home. Symptoms include cough, shortness of breath or difficulty breathing, fever, chills, muscle pain, sore throats, and new loss of taste or smell.

Student-athletes should report to workouts in proper gear and immediately return home to shower at the end of the workout. Locker rooms will not be available. Any changes in this protocol will be shared to student-athletes and families.

Student-athletes must wear their own appropriate workout clothing, and individual clothing/towels should be washed and cleaned after every workout.

Student-athletes are strongly recommended to travel to the venue alone or with a member(s) of their immediate household, if possible.

Arrive no more than 10 minutes early or you must wait in your car.
Allow space between cars in the parking lot.

Student-athletes must wear a mask when entering and exiting a facility and cannot remove a mask until given permission by a coach. Anyone unwilling to adhere to protocols to protect others will be removed from the premises and not permitted to participate.

Athletes will be required to store their gear in designated spaces; no exceptions. Physical distancing must be followed at all times. There will be designated spaces for each player to maintain six foot spacing. Student-athletes **MUST** bring their own water bottle, minimum 2 liters (1 gallon is recommended) and are not permitted to share their water bottle at any time with another



athlete or coach. If an athlete doesn't bring a water bottle, then they are not permitted to participate. Water fountains are not available.

Do not touch other players' equipment.

No-touch rule is in effect. All individuals must avoid physical contact with others including high fives, huddles, or other close contact occurring before, during, and after skills sessions unless the contact is for the purpose of safety.

No spitting at any time before, during, or after events.

No congregation should occur before or after the training or practice session.

Hand sanitizer will be available to individuals. It is recommended that each student-athlete brings their own personal hand sanitizer as well.

Locker rooms will not be available. Bathrooms will be available for "emergency" use only. Athletes should plan on not using the bathroom while at training sessions.

Practice good personal hygiene including washing hands often with soap and water for at least 20 seconds, using hand sanitizer, refraining from touching eyes, nose, and mouth with unwashed hands, coughing and sneezing into an elbow, etc.

No spectators are permitted.

Teams and individuals must adjust rules to adhere to the requirements herein.

All Student Athletes must have a signed COVID-19 waiver on file prior to participation.

SKILLS TRAINING: STATED AND CUSTOMARY TERMS AND CONDITIONS

This guide was written to help district administrators better understand the rules in place for district sports teams to use athletic facilities. There is no specific written position in regards to coverage for claims from persons contracting the virus or potential liability impact from decisions to open your facilities. Our best advice for schools is to fully comply with Ohio Health Department Specific Operating Requirements ([click here](#) to link to the requirements) and seek input from the local Health Department to place your district in the best defensible position should legal action be taken.

Daily Self-Symptom Check

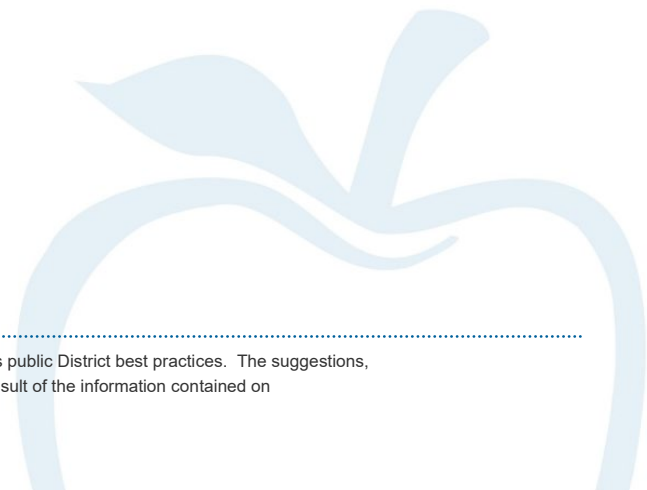
- Coaches and athletes must do a self-symptom check before going to a training/practice session. Anyone experiencing symptoms of fever (> 100.4) cough, sore throat or shortness of breath must stay home.

Drop Off / Pick Up

- Parents who are dropping-off and picking-up their kids should wait in their vehicles and not enter the athletic facility area(s). Athletes should not be dropped off early and need to be picked up on time.

Daily Attendance Tracking

- Coaches will take all athletes temperatures daily and verify lack of other symptoms. A traditional sign-in sheet should not be passed among the athletes. Coaches will record all persons present and their healthy condition.

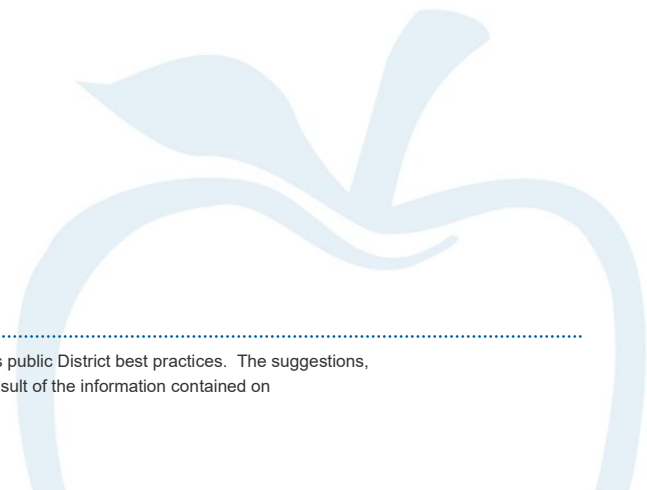


Athlete Participation

- A no-touch rule is in effect. All individuals must avoid physical contact with others including high fives, fist bumps, huddles, or other close contact occurring before, during and after training/practice sessions unless the contact is for the purpose of safety.
- Social distancing controls must be implemented by limiting participation, increasing space between machines and/or defining spacing in open areas.
- Athletes need to bring their own water/beverage bottles. They should not be shared. The use of coolers, water fountains, and water stations will not be permitted.
- All athletes will be required to wash their hands or use hand sanitizer prior to starting a new activity.
- Machines will be wiped down between each use.

Confirmed Cases

- Coaches must isolate any participant or coach that develops symptoms, with instructions to seek medical attention.
- The health department must be contacted for any suspected or confirmed case of the virus for direction on contact tracing and communication.



PARENTAL WAIVER, CONSENT AND RELEASE FORM

The undersigned, in my capacity as parent and/or legal guardian of _____, hereby provides consent for my child to participate in _____. I understand participation in this event/activity is inherently dangerous and that injury and illness (including communicable diseases such as Influenza, MRSA, Coronavirus, etc.) are possible.

I agree that I and my child will comply with the stated and customary terms and conditions for participation in regards to protection against injury and infectious disease, both to my child and to others. If I observe any unusual or significant hazard during my child's participation, I will remove my child from participation and bring such to the immediate attention of an official. If I have reason to believe that my child may have become infectious I will remove my child from participation until said risk has passed.

I agree to waive claims against West Geauga Local School District for any and all liability for injury or illness sustained by my child or any other person as a result of my child's participation in _____, whether caused by the negligence of West Geauga Local School District or otherwise, and agree to hold harmless and indemnify West Geauga Local School District from said liability.

Parent/Guardian (Print)

Parent/Guardian (Signature)

Date

