

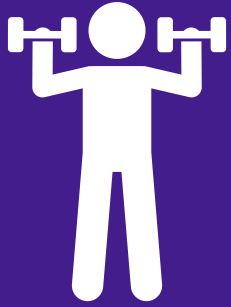


ATHLETICS

Reopening Plan 2020-21



Monday, July 6, 2020



Athletic workouts and conditioning activities may begin on school campus.

*All summer activities are voluntary.

COVID-19 SCREENING

It is the expectation of parents to pre-screen and send only healthy athletes to practices.

COVID-19 POSITIVE PROTOCOL

Individuals must quarantine per physician's orders before returning to practice. Contact tracing will be conducted by the Fishers Health Department.

OTHER ILLNESSES

Athletes must be symptom and fever-free for 72 hours without the use of fever-reducing medication before returning to practice.

HEALTH AND SAFETY MEASURES



Small groups of athletes will be established and utilized for **attendance, water breaks, and dismissal.**



Athletes are **encouraged to wash their hands** before, during and after workouts or conditioning activities. Additional **hand sanitizer** will be available in **training facilities.**



Cleaning schedules for all utilized facilities will follow **CDC guidelines.** All hard surfaces will be **wiped down and sanitized** prior to usage.



Appropriate clothing/shoes should be worn at **all times** to minimize sweat from **transmitting** onto equipment/surfaces.



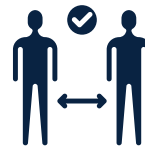
Non student-athlete personnel (coaches, managers, medical-related staff and directors) **should wear a face mask** at all times unless performing rigorous activity. **Athletes** will be **required to wear a face mask** while in the **Training Room.**



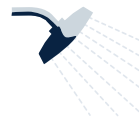
Athletes must bring all **necessary equipment** to and from home each workout, including: **filled** water bottle/jug. Water bottles **cannot be shared.** Hand **sanitizer**, clean beach **towel** and face **mask.**



Athletes are **encouraged** to bring only **essential** items and keep them separated in a **designated area.**



When **not directly** participating in a drill, **social distancing** (6 feet) should be **observed.**



Athletes are encouraged to **shower** and **wash** their clothing **immediately** after returning home.



Athletes who exhibit **any signs or symptoms** of COVID-19 will be immediately sent to the Training Room to be **evaluated** by our Community Health Athletic Trainers.

PLEASE NOTE: Restrooms will be available. Locker Rooms will not be accessible during Phase I.

Stay home if...

- Fever of 100.4 or greater
- Cough
- Chills
- Rash
- Nausea
- Shortness of breath or difficulty breathing
- Diarrhea
- Muscle pain
- Congestion or runny nose
- sore throat
- New loss of taste or smell

Helpful Hints...

- Avoid physical contact when not in activity, i.e., high fives, hugs, etc.
- No Spitting
- No sharing personal items.



Take care of your emotional and mental well-being

This is stressful and anxious time for everyone. We're here to support you! Reach out to a coach or trusted adult anytime.

SOURCE: CDC.GOV