



NHS Return to Athletics Guidelines

Pre-Preparation/Communication of constraints (with preliminary dates)

July 8 - 9:00am - Facility access for coaches to inventory equipment and condition of equipment

July 8 - 10:00am - Conduct sanitation/ disinfectant training with Head Custodian in the weight room*.

July 8 access would be needed in the following locations for the following:

(These individuals will maintain social distancing, wear masks and sanitize as necessary.)

- Duncan Moore-building
- Angela Cobb -building
- Antonio Moore- gym
- Tony Johnson- track
- Kandis Rainey-gym
- Maggie May-tennis courts
- Fatima Faison-building/ classroom
- Ronald Nixon- gym

*Weight room - everyone for sanitation training.

Important Upcoming dates:

July 13 9:00 coaches Meeting at NHS

July 14 5:00-7:00pm- Drive-thru form pick up - NHS front of school

July 15, 7:00pm and July 16 8:30pm - Town Hall Informational Meeting via Google Meet for athletes and parents - two times spots - mandatory participation

Teams to Participate and Head Coaches:

Football - Antonio Moore

Cross Country - Tony Johnson

Volleyball - Kandis Rainey (first responder)

Women's Tennis - Maggie May

Cheerleading - Fatima Faison

Soccer - Michaels Ratzloff/ Ronald Nixon

First Responder - Ronald Nixon

Responsibilities:

Athletic Director - Oversees all aspects of each practice. The Athletic Director will sign paperwork that says he: has read and understands the guidelines, will ensure adherence to said guidelines, and will be present at each practice. In the event that the Athletic Director is unavailable, the principal will be available. The principal will also sign the same information. The only time the principal would be the responsible party for these pre-conditioning sessions, would be in the event of an emergency and the AD is not available. District administration would need to be made aware prior to the principal assuming these responsibilities.

Athletic Trainer - Will assist in the initial screening and temperature check of athletes until coaches are comfortable with the process, will be available in emergency situations should the need arise.

Head Coaches - Oversees all aspects of his/ her specific practice. The Head Coach will sign paperwork that says he/ she: has read and understands the guidelines, will ensure adherence to said guidelines, and will be present at each practice. Will assist in the initial screening and temperature check of athletes. Will disinfect all areas at the end of each practice including the restroom facility. The restroom facility will also be disinfected after each use with disinfectant spray and left to air dry for two minutes as is the proper sanitation technique referenced by Nurse Kelli Scott. The disinfection method will model that taught by NHS Head Custodian.

Assistant Coaches - duties as assigned by the Head Coach. Not all sports have Assistant Coaches.

Required Documentation prior to participation

- Attend mandatory Town Hall Informational meeting: Date/ Time July 15/ 7:00 or July 16/ 8:30
- Sign form attesting to being aware of standards (attached)
- Pick up forms during drive thru and return forms: Date/ Time July 14/ 5:00-7:00

- Check Physical requirements (Athletic Director) including completion of student-athlete/family medical history portion of the PPE Form
- Physical Examination Form - dated on or after March 1, 2019
- Initial Screening Questions must be signed prior to beginning summer workout
- Daily Monitoring Form daily temperature and symptom check
- Both the Initial Screening and Daily Monitoring forms are provided by the NCHSAA.

Generalized Facilities Cleaning/ Health and Safety Hygiene FOR ALL SPORTS AS APPLICABLE

- Materials we will need assistance with:(6 workout kits that contain the following items - one for each coach and one to be shared with the Athletic Director and Athletic Trainer)
 - Disinfectant spray and wipes
 - Cloth masks for students
 - Forehead Thermometers
 - Hand sanitizer
- We plan to utilize the ONE restroom outside in the trailer area near the PLC. Hand hygiene must be performed after using the restroom. The Head Coach will disinfect all areas at the end of each practice including the restroom facility. The restroom facility will also be disinfected after each use. The disinfection method will model that taught by NHS Head Custodian.)
- Prior to an individual or groups of individuals entering a facility, hard surfaces within that facility must be disinfected (chairs, furniture in meeting rooms, weight room equipment, bathrooms, athletic training room tables, etc.).
- Hand sanitizer will be provided and available to individuals as they move from place to place.
- Appropriate clothing/shoes must be worn at all times to minimize sweat from transmitting onto equipment/surfaces.
- Any equipment such as weight benches, athletic pads, etc. having holes with exposed foam must be covered.
- Students must be encouraged to shower and wash their workout clothing immediately upon returning to home.
- Once facilities are cleaned - individuals must wash their hands for a minimum of 20 seconds with water and soap; or, in the absence of a hand washing station, hand sanitizer may be used before touching

any surfaces or participating in workouts. The Head Coach will disinfect all areas at the end of each practice including the restroom facility. The restroom facility will also be disinfected after each use. The disinfection method will model that taught by NHS Head Custodian.

- Wash hands with soap and water for at least 20 seconds, or use hand sanitizer often, especially after touching frequently used items or surfaces.
- Sneeze or cough into a tissue, or the inside of your elbow. Avoid touching your face, eyes, and nose. Dispose of all tissues.
- Disinfect frequently-used items and surfaces between use.
- No spitting! - e.g. sunflower seeds, tobacco, phlegm.
- No sharing of water bottles. All students must bring their own water bottle, clearly marked with their name. Food must not be shared.
- Donated bottled water will be utilized for all practices for water refills.. Participants will retrieve their own bottled water bottles and dispose of them after use.
- Locker rooms are closed during Phase One. Students must report in appropriate attire and immediately return home to shower after participation.
- No students are allowed in the athletic training room. (if an emergency, LAT must be present and appropriate disinfecting must occur afterwards.)
- Weight and mat rooms are closed during Phase One.
- Weights, mats and other training equipment can be moved outdoors, only, if they can be spaced 12 feet apart.
- Any lifting equipment or mats must be disinfected between each use.
- Spotters must wear a mask. Maintain 6 feet distancing as is possible.
- Artificial noisemakers such as an air horn or a timer system with an alarm, can be used as a signal in place of a traditional whistle,

Gathering Limitations/ Crowd Control

- Limitations on Gatherings Workouts/conditioning limited to no more than 90 minutes in Phase One.
- Gatherings in outside venues are limited to no more than 25 people.
- Gatherings in gymnasiums and/or other indoor facility areas are limited to no more than 10 people.
- The gathering numbers, as mentioned above, include coaches, managers, trainers, etc.

- Workouts should be conducted in "pods" of students with the same 5-10 students working out together weekly (same grouping each day) to limit overall exposures. Records must be maintained of the groupings to facilitate contact tracing, if required. Smaller pods can be utilized for weight training.
- There must always be a minimum distance of 6 feet between each individual. If this is not possible indoors, then the maximum number of individuals in the room must be decreased to obtain a minimum distance of 6 feet between each individual. Coaches will ensure social distancing requirements are met in their specific venue including but not limited to ground marking, spacing of start/stop activities of small groups, placement of equipment.

Arrival/ Departure FOR ALL CONDITIONING SESSIONS

- All coaches and students must be screened daily for signs / symptoms of COVID-19 prior to participating, including a temperature check.
- As soon as student athletes arrive on the NHS campus, they must report to the screening station. Student athletes will arrive at their scheduled conditioning time and report to the bus parking lot screening station. Once there, either the head coach, the athletic trainer, or as assistant coach who is a designated first responder will conduct the required temperature check and set of screening questions.
- Anyone with a temperature of 100.4° F or higher, or who reports any COVID-like symptoms must not be allowed to participate; must be sent home; and, should be directed to their primary care practitioner (Family Medicine, Pediatrics or Internal Medicine) for evaluation and potential need for further testing.
- Responses to screening questions for each person must be recorded and stored on forms provided by NCHSAA
- The head coach (or designee) is responsible for collection of the data from each day's screening. Ideally this would be the same individual each day for consistency.
- Students or coaches who have a positive pre-workout screening must not be allowed back until they have a note from their healthcare provider indicating that they do not need to be tested or that their symptoms are not due to COVID-19.

- Students, coaches, staff considered vulnerable individuals, or those concerned with contracting COVID-19 must not supervise or participate in any workouts during Phase One.
- Coaches must follow heat guidelines and lightning standards.
- Students will then report to their conditioning location. If the location is the tennis courts or football practice field, students will be allowed to drive over from the bus parking lot to the student parking lot.
- At the end of the conditioning session, students will report back to their vehicles in the small groups , or pods, they practiced with. Coach will accompany students to the parking lot to ensure social distancing remains in effect. Students are to immediately leave the campus once the conditioning session has ended.
- Signs will be placed at entrances/exits to facilities to limit crossover and contact. Staggering starting/ending times will be implemented.
- The AD and Coaches will be at entrance and exits to ensure social distance requirements are maintained.

Exposure of an Athlete, Coach, or Staff Member to a Person Who Tests Positive for COVID-19

If a person on the team tests positive for COVID-19, all members of that pod and those who had close contact with that individual should:

- Quarantine (stay at home) until 14 days after your last exposure, unless you have a negative PCR COVID-19 test. 2. Check your temperature twice a day and watch for developing symptoms of COVID-19. 3. If possible stay away from people who are at higher-risk for getting very sick contracting COVID-19
- If an Athlete or Coach tests positive for COVID-19, the head coach will notify the AD and principal of any athlete or coach who tests positive for COVID-19. The principal will notify district administration. District administration will then notify the local health authority as a designee of the head coach.
- TO RESUME WORKOUTS, an athlete or coach must meet each of the following criteria:
 - No fever for 72 hours without fever reducing medications, since recovery.
 - Resolution of respiratory symptoms
 - At least 10 days have passed since symptoms first appeared

- A note of clearance from a licensed medical provider (MD, DO, NP, PA)

Face Coverings

- Coaches, staff, managers, etc. are strongly recommended to wear cloth face coverings at all times and maintain 6-foot physical distancing.
- Athletes are strongly recommended to wear a cloth face covering when not actively engaged in physical activity and maintain 6-foot physical distancing.
- Face masks should not be worn during activities that inhibit breathing, (i.e. swimming, distance running, or other high aerobic activity)
- Face masks must not be shared.
- Plastic shields covering the entire face will not be allowed during participation due to the risk of unintended injury to the person wearing the shield or to others.

Team Travel

No team travel permitted during Phase One.

Spectators

- Spectators are not allowed during Phase One.
- Parents can remain in their cars, if desired. However, there must be no congregating allowed in the parking lot or on adjacent fields.

Specific Sports Guidelines:

Each conditioning session will consist of 90 minutes. NHS will use a 15-60-15 model - 15 minutes for check-in, temperature checks and screening questions, 60 minutes for conditioning and 15 minutes for disinfecting and sanitation.

Physical Activity and Athletic Equipment

- There must be no sharing of athletic equipment --towels, clothing, shoes, or sports specific equipment-- between students.
- Students must wear their own appropriate workout clothing (do not share clothing); Individual clothing/towels must be washed and cleaned after every workout at home.

- All athletic equipment, including balls, must be cleaned after each individual use and prior to the next workout.
- Individual drills requiring the use of athletic equipment are permissible, but the equipment must be cleaned prior to use by the next individual.
- Physical contact such as high-fives, fist/elbow bumps, and hugs are not allowed.

Football

NCHSAA Constraints:

Wearing protective equipment is prohibited during Phase One. Conditioning and individual drills only. A player must not participate in drills with a single ball that will be handed off or passed to other teammates. Contact with other players is not allowed. Tackling dummies / donuts / sleds must be disinfected after each use.

NHS Constraints:

- 8 Players/2 Coaches will be in the outdoor weight room and 11 Players/3 Coaches and AD will be outside with a 30 minute rotation. Both locations are in the same area
- Outdoor weight room lifting will be conducted. Weights, mats and other training equipment can be moved outdoors, only, if they can be spaced 12 feet apart.
- Workouts will occur in small group pods.
- Any lifting equipment or mats must be disinfected between each use.
- Spotters must wear a mask. Maintain 6 feet distancing as is possible.
- Agility drills and 100 yard sprints will be conducted on the Parks & Recreation Soccer Field and occasionally the NHS Practice Field.
- Six foot social distances will be administered at all times.
- Sanitizing will be conducted between all lifts. The coaches have been trained in all proper sanitizing techniques that custodians are also going to also be using in the school buildings. Equipment will be sprayed with disinfectant spray and left to air dry for two minutes as is the proper sanitation technique referenced by Nurse Kelli Scott.
- Groups will dismiss through the student/gym parking lot.

Volleyball

NCHSAA Constraints

Conditioning, individual ball handling drills, each player has own ball. A player must not participate in drills with a single ball that will be bumped, served, or passed to other teammates.

NHS Constraints

- Volleyball - inside the gym (limited to 10 including coaches)
- Tuesday, Wednesday, & Thursday
- 8 athletes, AD or representative, Coach
- Specifics for their pre-conditioning session include individual drills, no balls being touched or shared by more than one player.
- Conditioning multiple stations placed throughout the gym
- Individual Ball Drills- Players will place mark their balls to ensure they only touch that ball for the entirety of the practice. After each practice, balls will be sanitized in the same method taught by the Head Custodian with disinfectant spray.
- Identify groups or pods of student athletes that will work together during each workout to minimize exposure.

Cross Country

NCHSAA Constraints

Runners must maintain at least 6 feet of distancing between individuals, no grouping (i.e. starts and finishes).

NHS Constraints

- No equipment needed
- 8 athletes 1 coach
- Staggered entry to running track for social distancing. Runners must maintain at least 6 feet of distancing between individuals, no grouping (i.e. starts and finishes).
- The Cross Country Course is attached

Tennis

NCHSAA Constraints

Conditioning; no sharing of balls; each player may use own can of balls to serve. Ball machine use by individuals only. Players may do individual drills, wall volleys and serves. Disinfect down rackets and balls afterwards.

NHS Constraints

- Parks and Rec Tennis Courts (limited to 25 including coaches)
- Phase One return to play will consist of cardiovascular conditioning, agility and strengthening on-court.
- This may consist of rackets and balls but adherence will be required using the beginning general guidelines.
- Drills will be done with the ball machine, 1 individual at a time and operated by the coach.
- A ball machine holds approximately 70 balls.
- Balls will be picked up using the Ball Tube and it will be sanitized after individual's use per methods taught by head custodian.

Cheerleading

NCHSAA Constraints:

Conditioning and individual technique/choreography work. Students may not practice/perform partner or group stunts. Chants, jumps, dance, tumbling without contact are permissible with 6-foot physical distancing.

NHS Constraints:

- Athletes will remain 6ft apart while participating in the following activities
 - Tabata style strength and stamina conditioning (athletes are encouraged to bring their own 3-5 lb ankle weights or dumbbells, but it is NOT required. All workouts can be done without added weights)
 - Motion drills and technique
 - Jump technique and individual workouts specific to jumps
 - Voice training and cheers
- **Where:** Athletes will arrive in band parking lot. Practice will be held in grassy area between band room and gym, in front of cafeteria and trailers. If needed, athletes will have access to the bathroom

connected to the trailer where a disinfectant station will be located as well.

- **Who:** MAXIMUM of 20 athletes, 1 manager, and myself (Coach) will be present. If more than 20 girls are interested, they will practice on different days in groups with a maximum of 20. Additional virtual practices and workouts will be conducted as well.

Men's Soccer

NCHSAA Constraints:

- Conditioning, individual ball skill drills,
- Each player has his own ball which is disinfected at the end of practice.
- Feet only (no heading/use of hands); no contact.

NHS Constraints:

- Maximum number of participants: 23
- Location: Soccer Field
- Restroom location: PLC trailer
- Athletes will perform conditioning drills using appropriate physical distancing
- Individual ball skills will be done with students using one ball per student athlete.
- Each ball will be sanitized at the end of practice.

*Ronald Nixon will serve as acting coach in the absence of Michael Ratzloff.

NHS Athletic Re-entry Participation form:

As an Eagle athlete at Northeastern High School, your signature on this form says the following:

____You have participated in a Town Hall Meeting about Athletic Conditioning Re-entry. (Verified by _____)

____You are aware of the procedures in place to make sure that our Eagles stay safe and well during this conditioning period.

____You have the necessary physical examination requirements in place that are required to participate. (Verified by _____)

____You will report any illness or exposure to anyone with COVID-19 symptoms or positive test results to your Head Coach immediately.

Failure to follow any of the guidelines set forth for the health and safety of all of our Eagle participants - athletes and coaches - may result in your removal from the practice area for that day. A second instance of non-adherence to the procedures and protocols set forth could restrict your participation in the conditioning period.

Sport: _____

Eagle Athlete signature: _____

Date signed: _____

Eagle Parent signature: _____

Date signed: _____

**THIS FORM IS REQUIRED BEFORE ANY PHYSICAL
ACTIVITY CAN BEGIN.**

