



PROPOSAL FOR RETURN TO

ATHLETICS



CHRISTINA
SCHOOL DISTRICT

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BACKGROUND

The Christina School District, (hereinafter referred to as CSD), Athletics reopening plan has been developed as a result of attending online seminars and studying National Federation of State High School Associations, Delaware Interscholastic Athletic Association and The Delaware Department of Public Health guidelines.

The CSD consists of three high schools; Christina High School (hereinafter referred to as CHS), Glasgow High School (hereinafter referred to as GHS) and Newark High School (hereinafter referred to as NHS).

In addition, we will be implementing the following specific procedures as our coaches and athletes begin the process of returning to school based athletics.

VENTILATION AND SQUARE FOOTAGE

CHS - G Bld. Gym,

- a. 9125 sq. ft.,
- b. Air dampers set for 20 cfm per person at capacity of fresh air entering space, equipment designed for 6 air changes per hour.

CHS - H Bld. Gym

- a. 7775 sq. ft.
- b. Air dampers set for 20 cfm per person at capacity of fresh air entering space, equipment designed for 6 air changes per hour.

GHS - Main Gym

- a. 12,333 sq. ft.
- b. Air dampers set for 20 cfm per person at capacity of fresh air entering space, equipment designed for 6 air changes per hour.

GHS - Auxiliary Gym

- a. 3831 sq. ft.
- b. Air dampers set for 20 cfm per person at capacity of fresh air entering space, equipment designed for 6 air changes per hour.

NHS - West or Main Gym

- a. 14373 sq. ft.
- b. Air dampers set for 20 cfm per person at capacity of fresh air entering space, equipment designed for 6 air changes per hour.

NHS - East or Auxiliary Gym

- a. 8490 sq. ft.
- b. Air dampers set for 20 cfm per person at capacity of fresh air entering space, equipment designed for 6 air changes per hour.

Note: During COVID with social distancing no indoor space would be allowed to be at normal capacity. 1/3 capacity would be a maximum allowed so all spaces would have much more than 20 cfm per person of fresh air.

SCREENING PROCEDURES

All athletes and coaches in the Christina School District will complete a daily screening process before every practice and event. The screening process includes checking an athlete’s/coach's temperature and asking a series of related questions regarding symptoms and his/her potential exposure to someone who has tested positive. The District will implement the screening process below:

- Online Form and Collection
- Identical Questions
- School Specific QR Codes

Sample: Christiana’s QR code for student screening code



General Process Information:

- Trainer and/or Athletic Director (AD) supervises screening, coaches will assist.
 - Check online form for screening completion
 - Assist student if form not completed
 - Verify that there are no “yes” answers.

- If an athlete answers yes to any screening questions or has a temperature > 100.4, they will be directed to immediately leave the facility.
 - Athletes answering yes will be isolated from the other participants until they depart
 - Record temperature in appropriate area of form
- Teams assigned to separate areas, athletes will report to those areas upon screening clearance.
- Athletes limited to 90 minutes. (one session per day) so practices are only 90 minutes?
 - Must arrive dressed and ready
 - Sanitize hands a minimum of every 15 minutes
 - Must bring your own water
 - Must wear a mask when arriving and departing
 - Must remain socially distanced on breaks
 - Must Leave campus immediately at conclusion of session
- Record of all attendees must be submitted/updated at the conclusion of each session
- Coaches must keep accurate records of athletes that are grouped together, and turn in their documentation/plan to the AD at the conclusion of each session
- All records/documentation will be kept by the AD.

GENERAL GUIDELINES FOR ALL ATHLETIC ACTIVITIES

General Guidelines for all Activities

- We will publish a notice to all stakeholders outlining the risks of returning and how we intend to minimize those risks.
 - Posted at Facilities (see appendix)
 - Posted on Websites4Sports
- All Return to Play and participation will be voluntary.
- We will train and educate all coaches, staff, and adults that may come in contact with a player on the protocols and requirements, including state and local regulations, CDC recommendations and other necessary information.
- Coaches, staff, and any other adults that come in contact with players must wear a face mask until Governor Carney lifts the ban.

- As per recent modification to Governor’s State of Emergency as well as the Delaware Interscholastic Athletic Association (DIAA) Sports Medicine Advisory Committee (SMAC) recommendations and DIAA adoption of those recommendations
 - All Athletes participating in Medium and High-Risk Sports (football, basketball, wrestling, competitive cheer, lacrosse, soccer, field hockey, volleyball, softball, baseball) or participating in any indoor activity will wear a face mask at all times.
- If anyone develops COVID symptoms while involved in any activity, that person will be immediately removed and isolated from others. Adults will leave the facility immediately. The Athlete’s parent will be called immediately for pick up.
- Players, coaches or staff will not be allowed to participate if they have tested positive and have an active infection for COVID-19 or have any of the symptoms of COVID-19. Also, they cannot participate if they have been in contact with anyone who has tested positive and has active infection for COVID 19 or has any of the symptoms of COVID-19 within 14 days. Players, coaches and staff will complete an online health questionnaire daily prior to any session.
- If anyone is experiencing symptoms, they should stay home and not come to the gym. In addition, if you are a part of a vulnerable population as defined by the CDC or DPH, you should consider not participating.
- Athletes will complete the online Health Assessment by 11:00am on the day of practice. They must do so for every practice date.
- Upon arrival, athletes will report to the designated check-in area, for the temperature check.
 - If temperature is <100.4 then the athlete will be directed to the appropriate practice area
 - If temperature is > 100.4 the athlete will wait for 10 minutes, masked, in a shaded area and temperature will be rechecked. If temperature remains above 100.4 they will be directed to leave campus and will wait in a designated shaded area until their transportation arrives.
- We have several safety and hygiene managers on site for parents, athletes, coaches and staff members. They are the Athletic Directors and Trainers at each school.
- The DPH contact will be Christiana: Jennifer Mayer (302) 521-0287, Newark: Jason Bedford (302) 545-1745 or Glasgow: Robert Peterson (302) 507-8563.

Outdoor Training

- The area will be cleaned and disinfected at the beginning, between sessions and after sessions.

- Equipment will be disinfected at the end of each individual session. Sessions will be no more than 90 minutes with most sessions being 1 hour.
- There will be at least a 10-minute break between sessions to clear the playing area and prep the area for the next session. Only coaches and staff will be allowed in the area for their period of time.
- Athletes will not be allowed to enter the area until 5-10 minutes prior to their session and must exit the area immediately at the end of their session. All athletes and participants from the previous sessions must have exited the area before new athletes/participants have entered the playing area.
- Athletes will be separated into pods of no more than 15 for all workouts and conditioning activities.
 - There will be at most 2 coaches per pod
 - Pods will be separated from each other, and coaches will keep a record of all members in each pod.
 - Pods will be separated according to the following:
 - Christianiana
 - Football field - max of five pods 20 yards apart (10 if lower practice field is used)
 - Soccer - max of 4 pods 2 per ½ field, 5 if utilize baseball outfield
 - Field Hockey - max of 4 pods, 2 per ½ field, 5 if softball outfield is used
 - Cross Country will utilize staggered starts
 - Glasgow
 - Football field - max of five pods 20 yards apart.
 - Soccer - max of 4 pods 2 per ½ field
 - Field Hockey - max of 5 pods, utilizing the playing field and the large adjoining grassy area.
 - Cross Country will utilize staggered starts
 - Newark
 - Football field - max of five pods 20 yards apart
 - Soccer - max of 4 pods 2 per ½ field, 5 if baseball outfield is used
 - Field Hockey - max of 4 pods, 2 per ½ field, 5 if softball outfield is used
 - Cross Country will utilize staggered starts
- Coaches and staff will wear face masks that cover the nose and mouth, during the entire time that they are in the playing area.
- As per recent modification to Governor’s State of Emergency as well as the DIAA SMAC recommendations and DIAA adoption of those recommendations

- All Athletes participating in Medium and High-Risk Sports (football, basketball, wrestling, competitive cheer, lacrosse, soccer, field hockey, volleyball, softball, baseball) or participating in **any** indoor activity will wear a face mask at all times.
- Players will be checked in for each session and it will be confirmed that the health questionnaire allows them to participate. Please see below.
- Coaches, staff and players will have their temperature taken prior to their entry into the area. If their temperature is 100.4 or above, they will not be allowed to enter the area or participate.
- Players and coaches will sanitize their hands right before entering the field area for their session. Staff and coaches will confirm that is done. It is strongly encouraged that each player and coach bring their own, however, there will be one sanitization station for every 15 athletes.
- Spectators must follow all DPH guidelines including socially distance 6-feet for members outside their household and sit in the area designated away from the playing area. They must wear face masks at all times. In compliance with DPH guidelines there will be a maximum of 1 spectator per athlete. This spectator must also complete a health screening form and pass the temperature check. Non-traditional spectator areas (such as outside of the fence of outdoor events) will be actively discouraged.
- If there are multiple field areas in session at a time, and a ball or equipment from another area comes into their area, players and coaches will be instructed to kick it back to the other area and it should not be picked up by players.
- Players and coaches are required to bring their own water, towels, etc. There will be no sharing of water bottles, towels, etc. If an athlete does not bring their own water bottle, they will not be permitted to participate.
- During water breaks, players and coaches will maintain social distance of 6-ft. Upon arrival, player's bags and their water bottles will be placed six feet apart and they will return to their bag/water bottle for the water break. They will also sanitize their hands at that time.
- Coaches will not be allowed to participate in drills with players.
- There will be no hugs, high fives, huddles, etc. allowed during the sessions.
- At the end of each session, players and coaches will sanitize their hands. Players will exit the area immediately after that.

Indoor Training

- The area will be cleaned and disinfected at the beginning, between sessions and after sessions.
- The individual will clean and disinfect with EPA approved cleaner, HALT, all high touch surfaces including not limited to door knobs, doors, tables, pads, chairs, railings, etc. 2-3 times an hour.
- Equipment will be disinfected at the end of each session with EPA approved cleaner, HALT. Individual sessions will be no more than 90 minutes with most sessions being 1 hour. For sessions longer than 90 minutes, they will be treated as individual sessions with a 15-minute break and all athletes and participants will exit the facility.
- There will be at least a 15-minute break between sessions to clear the gym and prep the area for the next session. Only coaches and staff will be allowed in the area for their period of time.
- Athletes will not be allowed to enter the gym until 5-10 minutes prior to their session and must exit the gym immediately at the end of their session.
- Coaches and staff will wear face masks during the entire time that they are in the gym.
- Players should enter the gym with a face mask and will not remove it.
- As per recent modification to Governor's State of Emergency as well as the DIAA SMAC recommendations and DIAA adoption of those recommendations
 - All Athletes participating in Medium and High-Risk Sports (football, basketball, wrestling, competitive cheer, lacrosse, soccer, field hockey, volleyball, softball, baseball) or participating in **any** indoor activity will wear a face mask at all times.
- Players will be checked in for each session and it will be confirmed that the health questionnaire allows them to participate.
- Coaches, staff and players will have their temperature taken prior to their entry into the gym. If their temperature is 100.4 or above, they will not be allowed to enter the area or participate
- Players and coaches will sanitize their hands right before entering court for their session. Staff and coaches will confirm that is done. We will provide hand sanitizer but it is strongly encouraged that each player and coach bring their own.
- Sessions will have no more than 15 athletes per court and they will remain static during the duration of the training session. There will be no more than 3 coaches per court.
- If there are multiple fields/areas in session at the time and while the courts are separated well, if a ball from another court comes to their area, players and coaches will be instructed to kick it back and it should not be picked up by players.
- Players and coaches are required to bring their own water, towels, etc. There will be no sharing of water bottles, towels, etc.

- During water breaks, players and coaches will maintain social distance of 6-ft. Upon arrival, player's bags and their water bottles will be placed six feet apart and they will return to their bag/water bottle for the water break. They will also sanitize their hands at that time. Water breaks will be at least every 20 minutes.
- Only one individual will be allowed in the restroom at a time and designated stalls/sinks will be marked for usage.
- Coaches will not be allowed to participate in drills with players.
- There will be no hugs, high fives, huddles, etc. allowed any time during the sessions.
- At the end of each session, players and coaches will sanitize their hands. Players will exit the gym immediately after that. There will separate entrance and exits if applicable to keep groups from intermixing.

Conditioning – workouts – Informal Instruction

- Equipment will be cleaned/sanitized at the beginning, between sessions and after sessions.
- Equipment will be cleaned at the beginning of each day or they will be out of use for a period of 4 days before they are used again.
- Sessions will be no more than 90 minutes with most sessions being 1 hour.
- Student athletes may only attend 1 session per day
- In the case of multiple sessions, there will be at least a 15-minute break between sessions to clear the area and prep the area for the next session. Only coaches and staff will be allowed in the area for this period of time.
- Athletes will be assigned to appropriate areas prior to entering the screening area and will be expected to wear a facemask and maintain social distancing.
- As per recent modification to Governor's State of Emergency as well as the DIAA SMAC recommendations and DIAA adoption of those recommendations
 - All Athletes participating in Medium and High-Risk Sports (football, basketball, wrestling, competitive cheer, lacrosse, soccer, field hockey, volleyball, softball, baseball) or participating in **any** indoor activity will wear a face mask at all times.
- Athletes are expected to exit the area/facility/campus at the conclusion of their session.
- Coaches and staff will correctly (cover nose and mouth) wear face masks during the entire time that they are in the area.
- Players will be checked in for each session and it will be confirmed that the health questionnaire allows them to participate.
- Coaches, staff and athletes will have their temperature taken prior to their entry into the area.

- Players and coaches will sanitize their hands right before entering court/field for their session. Staff and coaches will confirm that is done. We will provide hand sanitizer but it is strongly encouraged that each player and coach bring their own.
 - As per DIAA and DPH recommendations there will be one sanitation station for every 15 athletes
- Parents/Spectators may not enter the building, remain in or enter the playing area. This is to protect our staff and athletes by limiting contact.
- There will be no more than 15 players per group for each coach. Each athlete group will remain separate from other groups that are working out and a record will be kept of student athletes that have been in common groups. Every effort will be made to keep all groups consistent between workout sessions.
- Players and coaches will stay with their court/field and group assignment during their entire time in the session.
- If they are multiple courts/fields in session at the time and while the courts are separated well, if a ball or other equipment from another court/field/area comes to their court, players and coaches will be instructed to kick it back to the other court/field/area and it should not to be picked up by players.
- Players and coaches are required to bring their own water, towels, etc. There will be no sharing of water bottles, towels, etc.
- During water breaks, players and coaches will maintain social distance of 6-ft. Upon arrival, player's bags and their water bottles will be placed six feet apart and they will return to their bag/water bottle for the water break. They also sanitize their hands at that time.
- Coaches will not be allowed to participate in drills with players.
- There will be no hugs, high fives, huddles, etc. allowed any time during the sessions.
- At the end of each session, players and coaches will sanitize their hands. Players will exit the area immediately after that.

Weight Room Usage

- Weight room usage scheduled via the Athletic Director
- Limited to 1 pod or maximum of 15 athletes for each session
- Equipment will be cleaned and sanitized with an EPA approved cleaner before and after each use.
- Athletes and coaches will maintain social distancing except when spotting for safety purposes.
- Coaches will wear protective masks at all times.
- Athletes will wear protective masks at all times.

- Doors and windows will be left open to increase ventilation

Any athlete or coach with a temperature of 100.4 or greater is not permitted to participate. Any athlete or coach answering yes to any of the screening questions is NOT permitted to participate. Any athlete or coach that has had direct contact with any person positive for COVID 19 or has tested positive themselves, is not allowed to participate and must be cleared by a qualified health professional, (MD, DO, NP) to return to participation.

SPORT SPECIFIC INFORMATION

Volleyball

Practice

- Coaches will wear a mask at all times.
- Athletes will maintain social distancing from their coach
- Athletes will use Hand Sanitizer to sanitize their hands every 15 minutes. As per DIAA and DPH recommendations there will be one sanitation station for every 15 athletes
- Athletes will remain on their assigned court/area throughout practice.
- Balls will be sanitized after each session and will be assigned to specific courts.
- There will be no sharing of water bottles or other personal items
- Athletes will wear masks during breaks and maintain social distancing.
- As per recent modification to Governor's State of Emergency as well as the DIAA SMAC recommendations and DIAA adoption of those recommendations
 - All Athletes participating in Medium and High-Risk Sports (football, basketball, wrestling, competitive cheer, lacrosse, soccer, field hockey, volleyball, softball, baseball) or participating in **any** indoor activity will wear a face mask at all times.
- Coaches will use electronic/hand held whistles.

Matches

- Coaches and officials (including table) must wear masks
- Only coaches and officials will wear masks at pre-game
- Officials will use hand held/electronic whistles
- As per recent modification to Governor's State of Emergency
 - All Athletes participating in High Risk Sports (football, basketball, wrestling, competitive cheer, lacrosse) or participating in **any** indoor activity will wear a face mask at all times.

- Players on benches will wear masks and maintain social distancing (3-ft) (may need to use 2 rows of bleachers)
- Spectators
 - If limited spectators– Parent/Guardian only, given passes in advance 1 per athlete. Temperature check required
 - Spectators must remain a minimum of 6-ft apart and wear a mask at all times. Failure to do so - they will be asked to leave the property.
 - If no spectators – rostered team members only
- No switching sides between sets (unless clear advantages exist and then benches sanitized)
- No cheering/yelling through the net
- Players will sanitize their hands when entering and leaving court and during timeouts.
- Officials will sanitize their hands between sets and during timeouts.
- Provide 4 Game Balls: Ball will be switched during each timeout. Ball being replaced will be sanitized, using EPA approved cleaner, HALT, before returning to the rotation.
- Social distancing at table
- All table staff must wear masks
 - To limit the number of people at the table, home team provides paid/adult scorekeeper and visiting team keeps their scorer at their bench, libero trackers behind table or at bench
- Teams required to train line judges, no line judge meeting. Line Judges must wear masks.
- No shared warm-up balls. Home team will provide 20 sanitized volleyballs for the visiting team to use.
- Warm-up Procedures
 - Shared 5-minute keep zone from 10' to 10' clear.
 - Team 6-minute, full court – off team, no ball work.
 - No shagging for the opposing team.
- As per DIAA revised regulations and SMAC recommendation there will be 5 minutes between sets at least 2 of which should be solely for player hydration, sanitation, and mask respite.

Team Arrival:

- Temperature check for the arriving team.
- Coaches will meet and verify that appropriate health screening has occurred prior to team arrival

Field Hockey

Practice

- Coaches will wear a mask at all times.
- Athletes will maintain social distancing from their coach
- Athletes will use Hand Sanitizer to sanitize their hands every 15 minutes.
- Athletes will refrain from sharing sticks and other equipment.
- Balls will be sanitized after each session.
- There will be no sharing of water bottles or other personal items
- As per recent modification to Governor's State of Emergency as well as the DIAA SMAC recommendations and DIAA adoption of those recommendations
 - All Athletes participating in Medium and High-Risk Sports (football, basketball, wrestling, competitive cheer, lacrosse, soccer, field hockey, volleyball, softball, baseball) or participating in **any** indoor activity will wear a face mask at all times.
- Coaches will use electronic/hand held whistles.

Pre-Game

- No teams allowed on the field more than 40 minutes prior to game time - only bring the team that is playing to the field.
- Space out entry to field, make sure there is signage and spacing markers on the sideline for adequate social distancing.
- All players are responsible for their own equipment and the cleaning of their equipment.
- Each player must have their own hand sanitizer and water bottle
- Sanitation Station will be provided for both teams in the bench area. 1 per 15 athletes
- No captains' meetings - coaches can talk with officials at appropriate distance with face mask
- No score table - each team is responsible for keeping their own book

During Game

- Play quarters with no time outs
- As per DIAA revised regulations and SMAC recommendation there will be 5 minutes between quarters at least 2 of which should be solely for player hydration, sanitation, and mask respite.
- Officials will keep time like soccer officials (on their watch)

- Officials use electronic whistle
- Officials do not touch ball
- Officials - if speaking/carding a player/coach - use 6 feet distancing
- Officials use radios (cleaned often) to communicate with partner
- Players will not pick up the ball during the game (may use their sticks to move the ball). If ball goes out of bounds, the ball girl should be the only one touching ball - clean hockey balls during half time
- Only socially distanced huddles
- Substitution - from each team's side of the field will be done at the 25-yd. marker – so that player is not standing at the 50-yd. line with another player - stagger substitutions.
- Team personnel not playing should be wearing mask and maintain social distancing on the sideline
- Disinfect the bench area before and after each contest
- No sharing food, towels, drinks or any other personal care items

Spectators

- If Limited Spectators– Parent/Guardian only, given passes in advance 1 per athlete. Temperature check required
- Spectators must remain a minimum of 6-ft apart and wear a mask at all times. Failure to do, spectators will be asked to leave the property.
- If No spectators – rostered team members only

After Game

- No hand shaking, use social distance with a group cheer
- Use hand sanitizer
- Leave field as soon as possible
- Shower and clean equipment/clothing when returning home

Cross Country

Designated drop off and pick up locations for teams and coaching staff should be determined based on the location of the XC Meet as to provide for adequate spacing and social distancing throughout the event at all times. It is recommended strongly that we begin the return to meets as safely as possible and begin with dual scrimmages & meets only.

It is recommended that no invitationals or meets larger than a dual meet should occur at this time. It is also not recommended that scrimmages and competitions occur with out of state teams.

Restrooms/Porta Potties may be provided and made available by the host team; however, this is not guaranteed as COVID restrictions are in place in many state parks.

Prior to the Meet:

- Pre-screening including use of touchless thermometer and QR Coded Survey/Paper DIIA Survey prior to departure of school for each meet (or at arrival at meet location if transportation is not provided by the school)
- The QR coded survey should be completed for all student athletes, coaches, and event staff/volunteers within one hour of arrival to meet location for the most accurate results.
- Event staff/volunteers should wear masks and gloves (for emergency use)
- Sanitizer for start and finish areas and any designated area where students/team staff will be located and contact may occur by each team for their team only.
- Waivers for participants, parents, and event staff (electronic) when designated by the Event Organizer/Host*.
- All events shall be “carry in/carry out” - teams will provide their own garbage bags to collect single use waste, and take with them to dispose at their home site.
- Athletes must arrive at meets and practices dressed in proper attire for the meet.

Host School must adhere to or provide the following:

- Signage: CDC and DPH directives must be clearly placed where arriving participants enter and on all fields/areas where activities will be taking place
- Sanitizing: Sanitizer for start and finish areas and any designated where students/team staff will be located and physical contact might occur. Social distancing should be strongly enforced.
- Staging areas pre and post meet: Separate areas must be identified where both the host and guest teams should gather separately to stretch, warm up, etc. This area should be large enough for proper social distancing to occur for 14 athletes and coaching staff/designated volunteers.

All Guest Teams must adhere or provide the following during each meet.

- Rosters: Provide an electronic copy of up to 14 names (7 boys, 7 girls) of their student athletes and their coaches/event staff/volunteers 24 hours prior to the meet. (See DPH Guidelines for Participants p2. See Social Distancing).
- Sanitizer: make sure to have enough sanitizer for their team to use intermittently as needed.
- Masks and Gloves: Coaches and designated volunteers must wear masks at all times. Gloves should be worn at the start and finish areas when physical contact may be necessary.
- Waivers: Waivers for participants, parents, and event staff (electronic)*
- Athletes must bring on water bottles and snacks.

Spectators

- If Limited Spectators– Parent/Guardian only, given passes in advance 1 per athlete. Temperature check required
- Spectators must remain a minimum of 6-ft apart and wear a mask at all times. Failure to do so they will be asked to leave the property.
- If No spectators – rostered team members only

Meet Procedures

- Course Walks: Scheduling of Course walks should be determined by the schools hosting and participating in DIAA sponsored events.
 - All participants in course walks should be wearing face masks, and keeping socially distant during the walk.
 - If possible, course maps should be provided to the guest team prior to the day of the meet.
 - If multiple teams need to walk the course, course walks should be staggered to minimize social interactions.
- Start Area Setup and Procedures
 - Start Line: Boxes should be painted and or marked so that individual participants are practicing social distancing and lines of runners should be staggered to allow participants to start in heats.
 - Based on DPH Return to Play Guidelines it is recommended that a maximum of 14 runners from each school participate in the event.
 - Two Heats/Starts: 1 boys and 1 girls
 - Staggered Start Line: Four runners from each team on the front line (8 boxes), and 6' back staggered between each of the runners on the front line is 3 from each team (6 boxes).

- Boys start 3-5 minutes before girls start (to be determined by Coaches prior to event start.)
- Athletes must wear their mask prior to start and on the start line until told to safely remove them. If at all possible masks should remain with runners throughout the event.
- All coaching staff and designated volunteers must wear a mask at all times.
- Race Start should be completed using a noisemaker such as bullhorn, airhorn, or gunstart.

Finish Line Set Up and Procedures

- **Finish Line Staff:**
 - All volunteers and staff will adhere to the rules regarding facemasks, screening, and social distancing. Volunteers should have gloves and a mask while handing out cards to finishers and should throw gloves away immediately after the last finisher crosses.
 - Masks should be worn at all times and proper social distancing should occur as often as possible.
 - Host Coach will be responsible for determining the order in which racers finish
 - Host Coach will be responsible for designating official timer(s); these people should also be screened following DIAA Regulations and CDC recommendations.
 - Host Coach will designate a screened person to hand out cards at the finish line.
 - Each team is also responsible for providing screened volunteers to record times and places on clipboards to support host coach in determining score - “recommendation to two volunteers per team”
 - Each team is expected to provide their own stopwatches, clipboards and pens for their volunteers/staff
- **“Split Finish line/chute” and Use of Index Cards**
 - This is recommended to help separate teams after finishing and to encourage social distancing (see WCC Invitational Finish 2019)
 - Assisting the Finish: Host team should go to the left of the split and guests to the right of the split.
 - The split should be clearly visible to finishers and coaches as well as screened volunteers assisting in the finish.
 - Use of Index Cards: Notecards are one time use and will be disposed of after the meet by the host coaching staff. This is recommended for one time use and minimal contact with runners and volunteers.
 - A designated volunteer wearing proper PPE (gloves recommended) shall hand out one time use cards to students in the finish chute. Volunteers in/near the finish chute should have gloves and a mask while handing out cards to finishers and should throw gloves away immediately after the last finisher crosses.

- Runners should maintain recommended distance for safety throughout the chute after finishing.
- Students should apply their face covering after proper recovery time has been allowed and at any time where proper social distancing is not possible.
- Each team will designate a volunteer to be present to enforce social distancing at the finish line.

- **Table: Index Card collection**
 - Designate an area and table monitored by screened event staff or volunteer with pens for athletes to record their names
 - Provide two containers (total of 14 pens) marked Clean and Used: “Used” pens can be placed in the used bin after use; a designated volunteer will sanitize the pens and refill the clean bin intermittently as needed with wipes/spray.
 - Students athletes should put their mask back on prior to approaching the designated table.
 - Student athletes will need to write their first and last name on the card at a designated table.
 - Once the athlete has put their name on the card, they will place them in the designated “Results” Bin for record keeping.
 - The cards will be used to confirm the score and then disposed of after the meet by the Host School.

Post-Race Guidelines

- Results should be shared between coaches and relayed to their teams in their designated areas to prevent social gathering.
- Students should submit their time card and then report to the designated team area immediately.
- Whenever possible, team departures should occur immediately after the event has finished.
- *If multiple teams are using one facility, arrivals and departures should be staggered to prevent social gathering.

Soccer DIAA Update - [HERE](#)

Practices

- All athletes should maintain social distancing while warming up and stretching.
- All Coaches should wear a mask at all times.
- As per recent modification to Governor's State of Emergency as well as the DIAA SMAC recommendations and DIAA adoption of those recommendations
 - All Athletes participating in Medium and High-Risk Sports (football, basketball, wrestling, competitive cheer, lacrosse, soccer, field hockey, volleyball, softball, baseball) or participating in **any** indoor activity will wear a face mask at all times.
- All athletes and coaches should provide their own water bottles.
- Coaches should use an electric whistle.
- Balls should be sanitized before and after each practice session, using an EPA approved cleaner, HALT.

Game Situations

Host site responsibilities

- Have the screening location established for both teams and complete home team screening prior to visiting team arrival. Screen should be done by the trainer or trained member of the host school not the host teams coach. Screen will consist of standard COVID -19 questions and infrared touchless temperature checks.
- Host schools should provide chairs for bench players so that players not playing in the game can maintain social distancing on sidelines. Chairs should be a safe distance away from the playing area.
- Host school will provide a safe entry location for the visiting team to arrive and enter the field/stadium safely.

General Guidelines

- As per recent modification to Governor's State of Emergency and DIAA SMAC regulations
 - All Athletes participating in Medium or High-Risk Sports (football, basketball, wrestling, competitive cheer, lacrosse, field hockey, baseball, softball) or participating in **any** indoor activity will wear a face mask at all times.
- All parties must provide their own personal water bottles.
- It is suggested that all parties carry with them to the event their own hand sanitizers (Host school will provide one station per 15 athletes in bench area)

Pre-Game

- Visiting team should not arrive more than 45 minutes prior to game time. If they arrive earlier, they will either wait on the bus, or socially distance to wait on the sidelines
- There will be no pregame meeting with captains and coaches. ONLY the coaches and officials will meet prior to the start. Information shared by officials will be shared with teams via coaches.
- Home score table managers should stay on respective bench areas.

Games

- It is required that officials use electronic whistles
- If an official has to card a player or speak with a player/coach at any time they should maintain 6-ft of social distancing.
- When the ball goes out of bounds for throw-in, the host school will provide ball runners with a sanitized ball. Host school should provide towels and EPA approved cleaning spray, HALT, to be used by ball runners to clean the balls. Gloves will also be provided for the ball runners.
- There should be no team huddle before, during or after the game.
- There should be no post game handshake with opponents or officials.
- Substitutions should wait at midfield unless there is more than one and then they should maintain social distance with teammates and opponents that may also be checking into the game.
- As per recent modification to Governor's State of Emergency as well as the DIAA SMAC recommendations and DIAA adoption of those recommendations
 - All Athletes participating in Medium and High-Risk Sports (football, basketball, wrestling, competitive cheer, lacrosse, soccer, field hockey, volleyball, softball, baseball) or participating in **any** indoor activity will wear a face mask at all times.
- If JV/V games are both scheduled the team that is not currently playing should be socially distant in an area set up by the host site. It is recommended that it be in an area in the bleachers.
- If teams are doing a post-game meeting they must maintain social distance. It is recommended that the teams depart the fields as soon as possible and return to the bus for visiting teams.
- Chairs and team benches should be disinfected following the contest.

Spectators

- If Limited Spectators– Parent/Guardian only, given passes in advance 1 per athlete.
Temperature check required

- Spectators must remain a minimum of 6-ft apart and wear a mask at all times. Failure to do so they will be asked to leave the property.
- If No spectators – rostered team members only

Football

Practice

- Pre-Screen all players and coaches prior to entering the locker room
- Coaches will wear masks at all times
- As per recent modification to Governor’s State of Emergency as well as the DIAA SMAC recommendations and DIAA adoption of those recommendations
 - All Athletes participating in Medium and High-Risk Sports (football, basketball, wrestling, competitive cheer, lacrosse, soccer, field hockey, volleyball, softball, baseball) or participating in **any** indoor activity will wear a face mask at all times.
- Stagger entrance into locker room by grade level
- Eliminate team stretching/warmup. All stretching would take place in their position group
- No team water breaks. Breaks by position group or players carry bottles with them
- All players will wear gloves except for the Quarterback
- It will be recommended that teams adopt a no-huddle or semi-huddle system to reduce the risk of contact.
- Eliminate double sessions: reduce practices to 2 hours max per school day
- Limit the number of people on the field at one time during practice sessions.
- Live action drills should not occur on consecutive days.
- 1 or 2 practices: no equipment (air, bags, control)
- Only 1 practice can be contact: full-live contact (limit to 30 min)
- 2 practices must be thud (uppers only)
- All equipment must be sanitized following practice
- Footballs being used should be sanitized every 30 minutes
- As per recent modification to Governor’s State of Emergency
 - All Athletes participating in High Risk Sports (football, basketball, wrestling, competitive cheer, lacrosse) or participating in **any** indoor activity will wear a face mask at all times.

Game Day

- The visiting team should prescreen their athletes prior to boarding the bus

- There will be no post game/pre-game handshakes between players and coaches
- As per recent modification to Governor's State of Emergency
 - All Athletes participating in High Risk Sports (football, basketball, wrestling, competitive cheer, lacrosse) or participating in **any** indoor activity will wear a face mask at all times.
- All Coaches and Officials will wear face masks at all times.
- As per recent modification to Governor's State of Emergency
 - All Athletes participating in High Risk Sports (football, basketball, wrestling, competitive cheer, lacrosse) or participating in **any** indoor activity will wear a face mask at all times.
- There will be a sanitation station provided in each team's bench area (1 per 15 athletes)

Spectators

- If Limited Spectators– Parent/Guardian only, given passes in advance 1 per athlete. Temperature check required
- Spectators must remain a minimum of 6-ft apart and wear a mask at all times. Failure to do so, spectators will be asked to leave the property.
- If No spectators – rostered team members only

Officials

- Officials will arrive dressed for games and request designated parking areas where they all park together.
- Officials will wear masks at all times.
- Officials will allow athletes to spread out on the side line from 10-yard line to 10-yard line
- Officials have requested anyone on the sideline who is not actively participating to be wearing a mask
- Officials have asked that the coaches box be extended back to allow more social distancing between the chain crew, officials, coaches, and players on the sideline
- Officials are currently planning to use standard whistles, but are exploring the option of electronic whistles
- NDFOA currently has 40 confirmed officials for fall and 10 possible. They believe they will have no issues covering games if we are able to spread games out between Thursday night, Friday night, Saturday morning/afternoon, and Saturday night

Cheer

Practice

- Pre-Screen all players and coaches prior to entering the practice area
- Coaches and athletes will wear masks at all times
- Athletes will maintain social distancing from their coach
- Athletes will use Hand Sanitizer to sanitize their hands every 15 minutes. Sanitation Stations 1 per 15 athletes will be provided as per DIAA recommendations
- Athletes will remain in their assigned area throughout practice.
- There will be no sharing of water bottles or other personal items
 - As per recent modification to Governor's State of Emergency as well as the DIAA SMAC recommendations and DIAA adoption of those recommendations, all Athletes participating in Medium and High-Risk Sports (football, basketball, wrestling, competitive cheer, lacrosse, soccer, field hockey, volleyball, softball, baseball) or participating in any indoor activity will wear a face mask at all times.
- No team water breaks. Breaks by position group or players carry bottles with them
- Teams will adopt a semi-huddle system to reduce the risk of contact.
- Reduce practices to 1.5 hours per day
- Athlete groups will be limited based on DPH guideline to a max of 12 athletes per group
- Stunting drills will not occur on consecutive days.
- At least one practice per week no equipment (poms, signs)
- Only 1 practice can be contact: full-live contact (limit to 30 min)
- All equipment must be sanitized following practice

Game Day

- As per recent modification to Governor's State of Emergency as well as the DIAA SMAC recommendations and DIAA adoption of those recommendations, all Athletes participating in Medium and High-Risk Sports (football, basketball, wrestling, competitive cheer, lacrosse, soccer, field hockey, volleyball, softball, baseball) or participating in any indoor activity will wear a face mask at all times.
- Athletes on benches will wear masks and maintain social distancing
- Hands sanitized when entering and leaving the gym and during timeouts.
- Spectators
 - If Limited Spectators– Parent/Guardian only, given passes in advance 1 per athlete. Temperature check required

- Spectators must remain a minimum of 6 feet apart and wear a mask at all times. Failure to do so they will be asked to leave the property.
- If No spectators – rostered team members only

Team Arrival:

- Temperature check for the arriving team.
- Coaches will meet and verify that appropriate health screening has occurred prior to team arrival

IMPLEMENTATION PLAN

Coach and Staff Training

- NFHSLearn course on Coaching and COVID-19
- Meeting to explain and practice procedures
 - Review documentation expectations
 - Review screening process
 - QR Code and accessing the generated spreadsheet
 - Determine access to google document
 - Practice editing document to include current temperature
 - Review procedures if an individual fails screening process
 - Adults leave premises immediately
 - Students will be isolated until their ride arrives. Schools will designate an isolation area.
 - Modeling appropriate behaviors and precautions
 - Face covering nose and mouth (no chin protectors)
 - Enforce frequent hand sanitization
 - Maintaining high expectations for staff and athlete compliance
 - Train coaches on screening process
- Live session at school
 - Student Athlete arrival – maintain 6-ft as waiting in line
 - Practice recording temperature
 - Hand Sanitizer process
 - As per DIAA and DPH recommendations there will be one sanitation station for every 15 athletes
- Post workout/conditioning times and dates on athletic and school website

Additional Coach Responsibilities

- Coaches that are running workouts are required to forward group/pod assignments to the Athletic Director at the conclusion of every session.

- Identify the coaching staff member responsible for ensuring equipment is cleaned/sanitized as required
- Identify the coaching staff member responsible for assisting students with maintaining social distancing
- Identify the coaching staff member responsible for checking that student's clean hands appropriately

Roles and Importance of Certified Athletic Trainer

- ASAP contact ATI to arrange for trainer coverage
- Increase trainer hours due to increased responsibilities and changes due to COVID-19
 - Help with pre-screening Physicals
 - Based on last year which athletes will require new physicals due to pre-existing conditions
 - Update google doc appropriately
 - Assist with COVID-19 Screening
 - Staggered practice times (sample)
 - 3 – 5pm, 4:30 - 6:30 (Fall)
 - 3 – 5pm, 5 - 7pm (Winter)
 - Saturday 9-12pm, 1-4pm
- Assist with contact tracing
 - Keep copies of practice plan (cohort grouping)
 - Work with school personnel to manage notifications (if necessary)

Athlete Clearance to Participate

- Cleared Physical (CHS has a google doc of cleared physicals as well as Trainers' records)
- Physicals from last year are valid until Winter Season **unless**
 - Athlete had positive test for COVID-19
 - Has a preexisting condition such as Asthma, Sickle Cell, etc.

In those cases, the athlete must have a clearance to participate from a MD, DO, or NP, specifying that the athlete is okay to participate while wearing a mask (new physical).

- Personal Equipment
 - Mask
 - Water Bottle(s)
 - Mouthguard (if required)

If an athlete is missing required equipment effort will be made to provide the necessary equipment. If unable to do so, then the athlete will not participate and may only observe.

Transportation

Practice/Workout Transportation

- Survey to determine transportation needs
- Schedule appropriate runs based on survey results
 - Stagger runs if necessary
 - Increase number of buses based on COVID-19 restrictions

DPH Guidelines for bus transportation will be strictly adhered to.

Athletes must register in advance for transportation. Schedules/Routes will be generated and student athletes must follow the following protocols:

1. Must complete the electronic health form.
 - a. By 11:00am each day of practice
 - b. May not attend if not feeling well
2. Must wear a mask the entire time on the bus (from entry to exit)

EMERGENCY ACTION PLAN (COVID-19 VERSION)

Lightning (Practice)

- Trainer will monitor storm progress and make decision regarding returning to fields
 - Christiana
 - Football to H-Gym (pods divided by ½ courts)
 - Field Hockey to H-Cafe (pods separated by tables)
 - Soccer to G-Cafe (pods separated by tables)
 - Glasgow
 - Football will report to Center 2, cafeteria (pods separated in open area of the cafeteria)
 - Field Hockey will report to the Auxiliary Gym (sorted in existing pods)
 - Soccer reports to the main gym separate and apart from volleyball athletes. Additional pods will report the Center 1, cafeteria
 - Newark
 - Football will report to The Hive, building located on the Stadium Field
 - Soccer will report to the D- Cafeteria, next to their practice field.
 - Field Hockey will report to the Annex building, next to their practice field.

Lightning (Game)

- Trainer will monitor storm progress and make decision regarding returning to fields
 - Christiana
 - Field Hockey both teams to h-gym, home on girls locker room side, visitors on away (or visitors can return to buses)
 - Soccer both teams to G-Cafe, home on Kitchen side, visitors on far side (or visitors can return to buses)
 - Football Home team to H-gym, visitors to G-gym (or visitors can return to buses)
 - All spectators will report to their vehicles.
 - Glasgow
 - Field Hockey, Home team will report to the main gym, visiting team will report to the Auxiliary gym until busses arrive or directly to the bus.
 - Soccer, Teams will either report to the main gym, and teams will be sorted between the main and Auxiliary spaces. Or, teams will report to the cafeteria with the teams sorted into Center 1 and Center 2. The visiting team could report directly to the bus, if the bus is present.
 - Football, home team will report to the Locker Room. Visiting team will return to the busses.

- Newark
 - Student-athletes will proceed to the West gym entering through the annex doors located closest to the stadium field.
 - Visiting Team will report to their buses. Cafeteria and Annex available if buses are not.
 - Spectators will report to their vehicles.

- Inclement Weather (Temperature)
 - Christiana
 - Football g-Cafe/weight room
 - Pods spread out in corners of Cafe,
 - 1 pod access to weight room at a time
 - Field Hockey to H-Gym (distanced by pod)
 - Soccer to H-Cafe (distanced by pod)

 - Glasgow
 - Football: Center 2, cafeteria (distanced by pod)
 - Field Hockey: Auxiliary gym (distanced by pod)
 - Soccer: Center 1, cafeteria (distanced by pod)

 - Newark
 - Football: West/Annex Gym 45mins, Weight Room (distanced by pod)
 - Field Hockey: East Gym (distanced by pod)
 - Soccer: D-Cafeteria 45mins, West Gym 45mins (distanced by pod)

- Inclement Weather (Practices)
 - Christiana (Rotates as appropriate)
 - Volleyball 1st hour (1 court, 2nd hour conditioning/film 1st floor E)
 - Field Hockey 1st hour (½ G-gym, 2nd hour conditioning/film 2nd floor G)
 - Football (H-Gym)
 - Soccer 1st hour conditioning/film, 2nd hour G-Gym,

 - Glasgow
 - Football will report to Center 2, cafeteria (pods separated in open area of the cafeteria)
 - Field Hockey will report to the Auxiliary Gym (sorted in existing pods)
 - Soccer reports to the main gym separate and apart from volleyball athletes. Additional pods will report the Center 1, cafeteria

 - Newark
 - Football: West/Annex Gym 45mins, Weight Room (sorted in remaining pods)
 - Field Hockey: East Gym (sorted in remaining pods)
 - Soccer: D-Cafeteria 45mins, West Gym 45mins (sorted in remaining pods)

CONFIRMED POSITIVE COVID-19 CASES

A student athlete who tests positive for COVID-19 shall obtain medical clearance from a doctor (MD or DO), nurse practitioner, or physician assistant and submit a completed DIAA COVID-19 Return to Play Form to the student athlete's member school in order to resume participating in any interscholastic athletic activities.

One Confirmed Positive Case (individual team cases)

- Remove positive athlete (10 days) from team.
- Practices continue as normal.
- Deep clean of area and equipment in addition to our regular scheduled cleaning.
- Games next day will be cancelled.
- Positive athlete is unable to practice for the 10-day period.
- Other athletes may resume practices.
- Athletes with any symptoms will sit out, isolate, and get tested.

More than one case within a 14-day period (from the most recent diagnosed case) on any given team. Games/Practices will be cancelled for at least 14 consecutive days without any new additional cases.

Per DIAA 1011 Interscholastic Athletics Emergency Regulation during the COVID-19 Pandemic

4.5.3.2.3 - The person conducting the screenings shall immediately report any person whose temperature is above 100.4°F or who had a positive response to one of the screening questions to the Member School's Qualified Healthcare Professional. The Member School's Qualified Healthcare Professional shall confirm if the person has any symptoms of COVID-19. A person who has any symptoms of COVID-19 shall not participate in the activity, shall leave the school premises immediately, and shall not return to any interscholastic athletic activities until the Member School receives written verification of the person's negative polymerase chain reaction (PCR) test for COVID-19 and the person is cleared by the Delaware Division of Public Health.

4.5.3.2.4 - A student athlete who tests positive for COVID-19 shall obtain medical clearance from a doctor (MD or DO), nurse practitioner, or physician assistant and submit a completed DIAA COVID-19 Return to Play form to the student athlete's Member School in order to resume participating in any interscholastic athletic activities.



COVID- 19 Return to Sport 2020-2021

COVID-19 Parent Letter & Medical Clearance

To the parent/guardian of _____ : Date: _____

Your child has reported to the school Athletic Trainer or School Nurse that he/she has been diagnosed or has had symptoms of COVID-19. Delaware Interscholastic Athletic Association (DIAA) requires that your child: · be cleared to exit quarantine based on current Centers for Disease Control (CDC) and Delaware Division of Public Health (DPH) guidelines **AND**;

- be evaluated and cleared by a Qualified Healthcare Professionals [QHP - Licensed Physician (MD/DO), Licensed Physician Assistant (PA), Licensed Nurse Practitioner (NP)] **AND**;
- complete a gradual return to exercise progression before the student-athlete is allowed to resume full participation in athletics.

COVID-19 Management

While the vast majority of young persons afflicted with the coronavirus have mild symptoms or remain asymptomatic, the infection can cause direct injury or inflammation to the heart and lungs, especially in patients ill enough to require hospitalization. Cardiopulmonary concerns from COVID-19 arise from data in severely ill adult patients, with approximately 1 in 5 hospitalized patients suffering from cardiac or thromboembolic (clotting) complications. However, evidence on the prevalence and risks of these complications in adolescents and in individuals who have had a milder form of the illness remains limited (NFHS-AMSSM Guidance Statement).

Based on the recommendations of the National Federation of State High School Associations (NFHS), the American Medical Society for Sports Medicine (AMSSM) and multiple other medical organizations, any athlete with a confirmed or suspected diagnosis of COVID-19 must be evaluated by their medical provider for a detailed history of persisting symptoms or changes in their health status that may necessitate further testing or evaluation to exclude heart and lung disorders that carry a risk of arrhythmia, respiratory compromise, sudden cardiac arrest, or sudden death. It is the student's and parent's responsibility to obtain this clearance.

In addition, the athlete must complete a 5-day gradual resumption of exercise activity program before returning to competitive athletics. The exercise progression cannot start until the athlete has been cleared to exit quarantine based on current CDC and Delaware DPH guidelines, medically cleared by a QHP, and no sooner than 10 days after onset of symptoms. The DIAA COVID-19 Return to Play Protocol (RTPP) consists of phases that are designed to gradually increase exercise activity and monitor for any recurrence of cardiac or pulmonary symptoms that could necessitate further workup by the student's QHP. The exercise progression is similar to that which is utilized for returning to sport after concussion. The exercise progression can be monitored by the school's Athletic Trainer or Nurse or by the student's QHP. The COVID-19 RTPP is outlined below.

DIAA COVID-19 RTPP

DIAA and DSMAC have developed a COVID-19 Return-to-Play Protocol (RTPP) that considers recommendations of the NFHS, AMSSM, CDC, Delaware DPH, and other medical organizations. Please feel free to contact the school's Nurse or Athletic Trainer if you have any questions.

If activity at any step results in a return of symptoms, then activity should be immediately halted. If any symptoms occur while going through the RTPP, the athlete must return to the previous stage and progress again after a minimum of 24-hour period of rest without symptoms. Multiple incidences of return of symptoms will result in referral back to the treating physician.

Phase Description

PHASE 1 – Day 1

- Athlete has been medically cleared by a QHP
- 10 minute light stationary bike or jogging at <60% max-predicted heart rate(MPHR) Athlete completes above criteria without excessive fatigue, breathlessness, or chest discomfort

PHASE 2 – Day 2

- Athlete remains symptom free
- 20 minutes of aerobic exercise (walking, light jogging, stationary cycle, no resistance training) at <65% of MPHHR
- Athlete completes above criteria without excessive fatigue, breathlessness, or chest discomfort

PHASE 3 – Day 3

- Athlete remains symptom free
- 30-45 minutes of moderate activity (e.g., combination of aerobic exercise with low weight resistance training) at <70% of MPHHR
- Athlete completes above criteria without excessive fatigue, breathlessness, or chest discomfort

PHASE 4 – Day 4

- Athlete remains symptom free
- 45-60 minutes of sport-specific activity (including warm up and resistance training) at <80% of MPHHR
- Athlete completes above criteria without fatigue, breathlessness, or chest discomfort

PHASE 5 – Day 5

- Athlete remains symptom free
- 60 minute practice
- Athlete completes above criteria without excessive fatigue, breathlessness, or chest discomfort

PHASE 6 – Day 6

- Athlete remains symptom free
- Return to competition with no restrictions

- Athlete completes above criteria without excessive fatigue, breathlessness, or chest discomfort

This form must be signed by one of the following examining Qualified Healthcare Professionals (QHP) before the student-athlete is allowed to resume participation in interscholastic athletics: Licensed Physician (MD/DO), Licensed Physician Assistant (PA), Licensed Nurse Practitioner (NP). This form must be signed by the student-athlete's parent/legal custodian giving their consent before their child resumes participation in interscholastic athletics.

Name of Student-Athlete: _____

DOB: _____ Date COVID-19 symptoms began: _____

Date cleared to exit quarantine: _____

Please check one of the following regarding the COVID-19 Return-to-Play Protocol:

Based on my evaluation of this patient:

- Student athlete has been cleared to exit quarantine and is 10 or more days from initial symptoms of COVID 19. The student-athlete is now reporting to be free of cardiac symptoms of COVID-19 and has had negative results on all appropriate cardiopulmonary diagnostic studies.
 - The student athlete may begin the COVID-19 Return-to-Play Protocol. Once the RTPP has been satisfactorily completed, this athlete may return to athletics with no restrictions.
 - The student athlete has completed the COVID-19 Return-to-Play Protocol under my guidance and at least 15 days have passed since the initial diagnosis of COVID-19. Athlete may return to athletics with no restrictions.

- Athlete is pending further evaluation and may not begin COVID-19 Return to Play Protocol. Athlete will be re-evaluated in my office on _____.

- Other recommendations of treating QHP: _____

Name of QHP (Licensed Physician, Licensed Physician Assistant, Licensed Nurse Practitioner): _____

Address: _____ Phone Number: _____

QHP Signature: _____ Date: _____

Once a QHP has completed this form, return it to the athletic trainer and/or school nurse.

Parent/Legal Custodian Consent for Their Child to Resume Full Participation in Athletics

I am aware that the DIAA **REQUIRES** the consent of a child’s parent or legal custodian prior to them resuming full participation in athletics after having been diagnosed and treated for a COVID-19 infection. I acknowledge that the Qualified Healthcare Professional above has evaluated my student following COVID-19 infection and has given their consent for my child to resume participation in athletics as indicated above. By signing below, I hereby give my consent for my child to resume participation in athletics as indicated above by the QHP.

Signature of Parent/Legal Custodian: _____

Date: _____

Please Print Name and Relationship to Student Athlete: _____

Board Approved 2/4/21



ATHLETIC DEPARTMENT

Participation Waiver for Communicable Diseases Including COVID-19

The COVID-19 pandemic has presented athletics across the world with a myriad of challenges. The COVID-19 virus is a highly contagious illness that primarily attacks the upper respiratory system. The virus that causes COVID-19 can infect people of all ages. Research from the Centers for Disease Control, among others, has found that while children do get infected by COVID-19, relatively few children with COVID-19 are hospitalized. However, some severe outcomes have been reported in children, and a child with a mild or even asymptomatic case of COVID-19 can spread the infection to others who may be far more vulnerable. While it is not possible to eliminate all risk of furthering the spread of COVID-19, the current science suggests there are many steps schools can take to reduce the risks to students, coaches, and their families.

The Christina School District (CSD) will take the necessary precautions and recommendations from the federal, state, and local governments, CDC, DPH, as well as the NFHS and DIAA. The CSD realizes the knowledge regarding COVID-19 is constantly changing as new information and treatments become available. These recommendations will be adjusted as needed as new information becomes available in order to decrease the risk of exposure for our staff, students, and spectators.

These Recommendations include but may not be limited to:

1. Athletes, Coaches, and Staff will undergo a COVID- 19 health screening prior to any practice, event, or team meeting. The type of screening will be dependent upon the available resources and the Phase level. The purpose is to check for signs and symptoms of COVID-19. It will include a questionnaire and temperature check as needed.
2. Promote healthy hygiene practices such as hand washing, using hand sanitizer, cough in your elbow, avoid touching eyes, nose, face and mouth, no spitting, no gum chewing, No Handshakes/Celebrations (high fives, fist/elbow bumps, chest bumps, hugging)
3. Intensify cleaning, disinfection, and ventilation in all facilities
4. Encourage social distancing through increased spacing, small groups, and limited mixing between groups, if feasible
5. Educate Athletes, Coaches, and Staff on health and safety protocols
6. Anyone who is sick must stay home
7. Plan in place if a student or employee gets sick

8. Regularly communicate and monitor developments with local authorities, employees, and families regarding cases, exposures, and updates to policies and procedures
9. Athletes and Coaches **MUST** provide their own water bottle for hydration. Water bottles must not be shared. **Refill Stations and Water Fountains will NOT BE Initially AVAILABLE!**
10. PPE (gloves, masks, eye protection) will be used as needed and situations warrant, or determined by local/state governments. Face Coverings will be required for athletes participating in medium or high-risk sports, and all indoor sports at all times.

I understand that participating in athletic programs, events, and activities may include a possible exposure to a communicable disease including but not limited to MRSA, influenza, and COVID-19. While particular recommendations and personal discipline may reduce the risk, the risk of serious illness and death does exist. I knowingly and freely assume all such risks, both known and unknown, even if arising from the negligence of others, and assume full responsibility for my participation. I willingly agree to comply with the stated recommendations put forth by the CSD to limit the exposure and spread of COVID-19 and other communicable diseases. I waive any claim alleging Christina School District or its agents or employees committed any act or omission that in any way caused or increased the risk of exposure to COVID-19.

Sport

Signature of Parent/Guardian

Date

Signature of Student Athlete

Date

*Parents/Guardians may request a full copy of the CSD Return to Athletics Plan, please contact the Athletic Director or ATC at your school.

PLAY SAFELY



Wear a face covering.



Practice social distancing.



Wash or sanitize your hands often.

 **PLEASE STAY HOME IF YOU ARE SICK.**



de.gov/coronavirus

JUEGO SEGURO



Use una mascarilla en espacios públicos.



Respete el distanciamiento social.



Lávese o desinfecte las manos con frecuencia.



QUÉDESE EN CASA SI ESTÁ ENFERMO.



de.gov/coronavirus

ADDENDUM

Winter Sports Specific Guidelines – November 26, 2020

Basketball

Practice:

- Coaches will remain masked at all times.
- Athletes will maintain social distancing from their coach
- Athletes will use Hand Sanitizer to sanitize their hands every 15 minutes.
- Athletes will remain on their assigned court/area throughout practice.
- Balls will be sanitized after each session and will be assigned to specific courts.
- There will be no sharing of water bottles or other personal items
- Athletes will remain masked at all times, during practice, drills and live competition.
- Athletes will wear masks during breaks and maintain social distancing.
- Coaches will use electronic/hand held whistles.

Games

- Coaches and officials (including table) masked
- All Athletes will wear masks that cover their nose and mouth and fit tightly to the face during all activities including but not limited to warm-ups, time-outs and game competition.
- Only coaches and officials (masked) at pre-game
- Officials will use hand held/electronic whistles
- Players on benches will be masked and maintain social distancing (3ft) (may need to use 2 rows of bleachers)
- Limited Spectators – 1 ticket for senior athletes – home team only – 2 tickets on Senior Recognition Night
- Hands sanitized when entering and leaving court and during timeouts.
- Officials will hand sanitize at timeouts and between quarters
- 3 or 4 Ball rotation – Sanitized/Changed every timeout and between quarters
- Social distancing at table
 - All table workers wear masks
 - To limit the number of people at the table, home team provides paid/adult bookkeeper and timer and visiting team keeps their scorer at their bench
- No shared warm-up balls. Home team will provide 5 - 7 sanitized basketballs for the visiting teams to use.
- During Half-Time the visiting team will use a designated area to meet (locker rooms will remain closed).

Team Arrival:

- Visiting teams will arrive no earlier than 45 minutes before game time
- Visiting teams will arrive dressed and ready to take the floor (there will be no access to locker rooms)

- Coaches will meet and verify that appropriate health screening has occurred prior to team arrival – Visiting Team will provide a completed Screening Verification Form

Swimming and Diving

Practices

- Coaches will remain masked at all times.
- Athletes should arrive ready to practice as there will be limited access to locker rooms.
- Athletes will maintain social distancing from their coach
- Athletes will use Hand Sanitizer to sanitize their hands every 15 -20 minutes.
- Athletes will remain in their assigned area throughout practice. Limit of 4 swimmers per lane
- High Touch areas will be sanitized during each session every 20-30 minutes
- There will be no sharing of water bottles or other personal items
- Athletes will wear masks while on the pool deck and whenever not actively swimming or in water.
- Athletes will wear masks during breaks and maintain social distancing.
- Coaches will use electronic/hand held whistles.

Competitions:

- Competitions will be limited to 2 teams (no tri meets)
- Athletes will arrive dressed, limited locker-room access
- During warm-ups there will be a limit of 4 swimmers per lane
- Coaches and Officials will remain masked at all times
- Athletes will maintain social distancing from coaches and officials
- Athletes will remain masked unless in the pool
 - Masked on Deck
 - Masked during breaks
- There will be no spectators permitted
- Teams will be assigned areas and Coaches will enforce social distancing guidelines for their athletes
- Visiting Teams will be screened according to their school's protocols and will submit a verification form upon arrival.
- Officials will be screened according to host protocols.
- High Touch Areas will be sanitized regularly

Wrestling

Practice:

- Coaches will remain masked at all times.
- Athletes will maintain social distancing from their coach
- Athletes will use Hand Sanitizer to sanitize their hands every 15 minutes.
- Athletes will remain at their assigned area (circle) throughout practice.

- Athletes will be grouped together in groups of 3-4 at each practice, and those groups will remain as stable as possible for live action.
- Mats will be sanitized before and after each session.
- There will be no sharing of water bottles or other personal items
- Athletes will wear disposable single use masks - for safety reasons these are preferred as they should tear or break before causing injury to the athletes due to intentional or unintentional contact.
 - Should the mask tear, rip, or otherwise become unwearable, the match/live drill will be stopped in order to replace the mask with another disposable single use mask.
- Athletes will use sanitizing wipes to sanitize exposed skin at least 3 times per hour
- Athletes will wear masks during general conditioning, breaks and maintain social distancing.
- Coaches will use electronic/hand held whistles.

Games

- Coaches and officials (including table) masked
- Only coaches and officials (masked) at pre-game
- Officials will use hand held/electronic whistles
- Players on benches will be masked and maintain social distancing (may need to use 2 rows of bleachers)
- Limited Spectators – 1 ticket for senior athletes – home team only – 2 tickets on Senior Recognition Night
- Hands sanitized when entering and leaving court and during timeouts.
- Official will hand sanitize between periods and matches
- Athletes will use sanitizing wipes to sanitize exposed skin between periods.
- It is preferred that athletes not wear masks during competition or live drill as recommended by DWCA due to the risk of injury should an opponent (sparring partner) pull, grasp, or otherwise contact the mask. If DPH, SMAC and DIAA require athletes to wear face coverings during competition and live drill then the following guidelines should be followed:
 - Athletes will wear disposable single use masks (for safety reasons these are preferred as they should tear or break before causing injury to the athletes due to intentional or unintentional contact.
 - Should the mask tear, rip, or otherwise become unwearable, the match/live drill will be stopped in order to replace the mask with another disposable single use mask.
- Social distancing at table
 - All table workers will wear masks
 - To limit the number of people at the table, home team provides paid/adult bookkeeper and timer and visiting team keeps their scorer at their bench

Glasgow High School Aquatic Facility Winter Swim Team COVID-19 Compliance Protocols

The Glasgow High School Aquatic Facility is home to the swimming and diving team of Glasgow High School, home of the Dragons. The facility is located in the Christina School District and shared with our sister schools Newark High School (Yellow Jackets) and Christiana High School (Vikings). At this time there is no other access to the facility for the physical education department of the school, the community, or outside groups utilizing the facility.

Our protocols are based upon the State of Delaware Division of Public Health (DPH), The Center for Disease Control (CDC), the Delaware Interscholastic Athletic Association (DIAA), and the American Red Cross Association.

We have read and reviewed the guidelines of the Delaware Division of Public Health, the Governor's amendments to the Declared State of Emergency, and the Regulations set for by the Delaware Interscholastic Athletic Association.

Facility Information

- The Glasgow High School Aquatic Facility is located at Glasgow High School, 1901 South College Avenue, Newark, DE 19702. Telephone number is 302-631-5600. The Natatorium is located in the back of the building behind the main gymnasium. The Natatorium area is a Six (6) Lane Twenty Five (25) yard facility. The surface area of the pool is 3,240 ft². The total area of the facility has a square footage of 8,156 ft².
- The Natatorium has four (4) entrances / exits to facility. One Entrance / Exits with black marked doors is for our facility and maintenance operations that is directly connected to the mechanical structures of the Natatorium. The glass doors designate the main entrance on the East of the facility that are designated one way entrance into the facility. There are exits at North and South ends of the facility next to each respective locker room. These exits are designated exit only for one way traffic out of the facility.
- There are windows that are along the East wall of the facility.
- There is seating for spectators along the West side of the facility. The seating is 3 rows, the length of the facility, in an elevated, permanent structure.
- The ventilation system to the facility are two (2) separate units directly overhead of the facility and not connected to the rest of the school facility. These standalone ventilation systems are located at the North and South ends of the facility that ventilate directly to the outside of the facility.
- There are men's and women's locker rooms located off the pool deck. The men's locker room is located at the North end of the facility and is 416 ft². The women's locker room

is located at the South end of the facility and is 416 ft². These facilities have showers, changing rooms, lockers, and a toilet and sink facility in each. These facilities are stocked with toilet paper, paper towels and soap for handwashing.

- There is a restroom / shower / changing room that meets the guidelines of the Americans with Disabilities Act (ADA) at the South end of the facility near the main entrance to the Natatorium. It has a square footage of 156 ft². There is paper towels and soap for handwashing.

Safety Protocols

- All participation on the respective swim teams are voluntary.
- All coaches' swimmers, trainers, officials, scorekeepers, electronic timing operators and spectators will be required to wear masks the entire time they are in the facility except for when swimmers are actually swimming.
- All participants will be required to complete a QR code questionnaire with their respective teams prior to entering the facility. Anyone developing COVID symptoms will be isolated from others by using our isolation room in the school. Arrangements for immediate removal from the facility will be made.
- All entrants to the facility will undergo a temperature and COVID 19 screening prior to entry. This screen will be conducted by the coach of each team. Electronic records of screenings will be saved and sent in compliance with DIAA regulations by each respective school in the weekly report to DIAA.
- No one will participate in the facility if they show a fever, an active COVID 19 infection, symptoms of COVID 19, or been in contact with anyone who has tested positive for COVID 19 or shows symptoms of COVID 19.
- Medical Documentation will be required to return to participation.
- Anyone testing positive for COVID 19 will be referred to our school nurse who will then contact DPH.
- Anyone that is considered a vulnerable population by the DPH or CDC guidelines should not enter the facility.
- Signage in the facility will designate:
 - Entrance and exits
 - Mandatory face coverings
 - Social distance reminders
 - Hand washing / sanitizing stations

Safety Protocols (continued)

- Hand washing sanitizing stations will be located at the entrance and each exit of the facility.
- David Kohan, the Pool Manager for the Christina School District will be the point of contact for DPH. Email: david.kohan@christina.k12.de.us Phone : 302-559-4630
- Frequently touched surfaces will be cleaned and disinfected on an hourly basis with disinfectant by our custodial staff. The restrooms and locker rooms will be cleaned and disinfected throughout the facility use by the custodial staff on a daily basis.
- Social distancing of six (6) feet will be enforced at all times.

Safety Protocols for Swim Team Practice

- Upon arrival to the facility, Swimmer's will put their bags in the designated areas along the bleachers maintaining six (6) feet social distancing.
- Swimmers and coaches are to bring their own water bottles, snacks, drinks, bags, towels, and suits to the facility.
- Swimmers must have their masks on until they enter the water. At that point the mask will be placed in a Zip-lock bag and kept at the end of the lane for use when exiting the water.
- Per United States swimming, limit of four swimmers per lane, with two at each end.
- Swimmers will utilize the locker rooms as little as possible and only two at a time. Swimmers will come to the facility changing prior to arrival when possible in order to limit the necessity of utilizing the locker rooms.
- Teams will not cross paths at the change of practice slots. Practices will generally be in the order of Glasgow, Christiana, Diving, and Newark in that order.

Competitions

- All individuals entering the facility will wear a mask while in the facility. Swimmers will only remove the mask when they are actively swimming.
- Visiting Teams will be screened according to their school's protocols and will submit verification upon arrival to the facility.
- Officials will be screened according to the host protocols.
- Coaches, officials, scorekeepers and electronic timing operators will be masked at all times.
- Teams will arrive and sit in the designated areas. Social distancing of six (6) feet will be enforced.
- Teams will not sit together in the facility.
- Warmups will take place in designated lanes. Home teams will utilize lanes 1, 2 and 3. Visiting teams will utilize lanes 4, 5, and 6. Per United States swimming, limit of four swimmers per lane, with two at each end.
- No Spectators will be admitted into the facility for either team.
- High touch areas will be sanitized throughout the competition.
- There will be no hugs, high fives, huddles allowed at any time during the competition.
- Attendance at the facility will not exceed 50 people. This includes coaches and swimmers for each team, officials, scorekeepers, and electronic clock operators.
- The competitions will run under the direction of NFHS guidelines for COVID 19 adjustments. This will require that the completion progress at a slower pace.
- Foot traffic into and out of the facility will be one direction in and out of the facility for all participants.

Spring Sports Specific Guidelines – February 26, 2021

DIAA Guidance - [HERE](#)

Please select the sport below to see the DIAA’s Return to Play Competition guidance for spring sports.

Baseball	Softball
Soccer	Lacrosse - Girls
Lacrosse - Boys	Golf
Tennis	Track and Field

Christina School District Specific Protocols

Spectators

- If Limited Spectators– Parent/Guardian only, given passes in advance 2 per athlete
- Spectators must remain a minimum of 6-ft apart and wear a mask at all times. Failure to do, spectators will be asked to leave the property.
- If No spectators – rostered team members only

After Game

- No hand shaking, use social distance with a group cheer
- Use hand sanitizer
- Leave field as soon as possible
- Shower and clean equipment/clothing when returning home