



Marion County School District Team Sports Return to Activity Plan: Phase 1

Marion County School District will update this plan as necessary per any changes in the CDC, DHEC, or SCHSL recommendations.

Start dates for Marion County School District Team Sports

Marion County School District athletics will resume activity in a limited capacity in a phased approach that is focused on returning those sports that are in the fall being given priority. The start dates for Marion County School District sports are as follows:

- Football, Cross Country, Volleyball, Girl's Tennis, Band: June 22, 2020
- Basketball, Wrestling: July 6, 2020
- Baseball, Softball, Track, Boy's Tennis, Golf, Soccer: July 20, 2020
- Note: All dates are subject to change.

All Workouts are considered Voluntary per SCHSL. Attendance is not mandatory, and athletes cannot receive punitive measures for not failure to attend.

General guidelines for return of Marion County School District sponsored team sports

These guidelines are intended for application in non-health care related places of employment. The foundation guidelines for businesses and employers remain the Centers for Disease Control and Prevention (CDC)'s Interim Guidance for Businesses and Employers to Plan and Respond to Coronavirus Disease 2019 (COVID-19).

1. Self-isolation – if you are sick, stay home,
2. Practice social distancing of at least six feet distance to the greatest extent possible,
3. Wash hands frequently (20 seconds with soap and water or use of a sanitizer that contains at least 60% alcohol),
4. Clean and disinfect frequently touched objects (e.g., keyboards, phones) and surfaces (e.g., handrails, workstations, sinks) or remove unnecessary frequently touched surfaces (e.g., trash can lid),
5. Avoid touching of eyes, nose, and mouth with unwashed hands,

6. Strongly consider wearing a cloth face covering when in public (do not use on children under two years old, people with difficulty breathing or people who cannot remove the mask themselves)
7. Cover mouth and nose when you cough or sneeze and throw used tissues away immediately after use,
8. Avoid using other employees' phones, desks, offices or other work tools and equipment when possible, or disinfect them before and after use,
9. Minimize the use of soft surfaces like cloth-covered chairs or area rugs that are more difficult to clean or disinfect.
10. Students, coaches, or staff who either:
 - a. Have pre-existing medical conditions that place them at higher risk of infection
 - b. Those who do not want to risk contracting COVID-19 should refrain from participating in high school sports.

IT IS VERY IMPORTANT THAT ALL PARTICIPANTS, COACHES AND STAFF CONTINUE TO FOLLOW THE RECOMMENDED GUIDELINES WHILE AWAY FROM SPORTING ACTIVITIES.

Guidelines include all of those listed above, PLUS:

1. Always maintain a minimum physical distance of six feet between participants.
2. Daily health screening of athletes, coaches, and staff by a healthcare professional or designated fulltime district/school employee.
 - a. Coach or staff designated as the screener for the day shall:
 - Print and sign their name on the Screening Log
 - Fill out **ALL** information on the Screening Log for each athlete personally.
 - Conduct temperature check as part of the screening and note the student athlete's temperature on the Screening Log.
 - Screening Log is to be turned in **Daily** to the Athletic Trainer to be kept on file.
 1. If Athletic Trainer is not available, the Log is to be placed in their Athletic Training room or in the Athletic Trainer's box in the main office.
 - b. If an individual answer YES to any of the screen questions, then they cannot participate on that day.
 - c. If an individual has a temperature recorded to be 100.4 degrees F or higher, the athlete cannot participate on that day
3. Face coverings that completely cover the nose and mouth are required for everyone.
 - a. Athletes
 - Must wear a face covering when not actively participating in the sports activity.
 - Face covering or masks should be worn in sports where the covering is not inhibitory.
 - Face coverings should not be shared. Non-disposable face coverings should be cleaned and disinfected daily.
 - b. Coaches and Staff
 - Must always wear a face covering while on site.

4. Athletes, coaches, and staff should come dressed for participation.
 - a. No clothing or equipment of any kind may be lent to another person by any other student, coach, or staff member.
 - b. If a student is not properly clothed or equipped, then the student athlete cannot participate in activity that day.
 - c. Student must provide for themselves the following to participate in activity
 - Proper Shoes
 - Proper Clothing attire
 - Face covering
 - Personal water container (recommended 1 Gallon jug at minimum)**Do not share personal water container with anybody.**
5. Use of locker rooms and/or offices is prohibited at this time
6. Bathroom access will be limited to every other stall, with no more people allowed inside than the number of stalls in use.
 - a. One bathroom only will be available for use during summer workouts at this time. Coaching staff and Athletic Trainers may decide which one will be used.
 - b. Bathrooms must be cleaned just as much as any other facility or piece of equipment.
7. Alcohol based hand sanitizers with at least 60% alcohol or adequate hand washing facilities will be provided for all participants.
8. Weight rooms, restrooms, meeting rooms and other multi-use facilities that include high touch surfaces should be sanitized frequently during each event.
 - a. Equipment should be cleaned and disinfected in between each user.
 - b. Cleaning of equipment is to be conducted by the Coach leading the individual group.
 - c. Any lifts that require a spotter are not to be performed during phase 1 as spotting, violate distancing requirements.
9. Use of communal water fountains is not recommended.
10. Personal contact should always be avoided. This includes, but is not limited to huddles, high-fives, handshaking, fist-bumping, and chest-bumping.
11. Times for starting and ending workouts should be staggered
 - a. Coaches are responsible for breaking their team into groups to conduct workouts.
 - b. These groups are to not exceed 10 people including staff or coaches.
 - c. These groups once made, cannot be changed or mixed.
 - Athletes in each group must remain together for duration of this phase of return to activity
 - d. Once a group has begun a workout, any athlete arriving late belonging to that group will not be allowed to participate in the activity for the day.
 - e. One group at a time per Facility as defined by SCHSL guidelines.

Procedure if somebody fails Screening

- Again, Failure includes a temperature of above 100.4 degrees F or saying yes to any of the screening questions.
 - In either case, the athlete is to be denied activity for the day
- If the athlete answers yes, to any of the screening questions, he/she should:
 - Be denied activity for that day

- Continue to monitor symptoms and temperature at home
- If the athlete continues to have symptoms after 72 hours, he/she should not be allowed to return to activity unless a physician note and negative test result are provided.
- If temperature is above 100.4, the athlete is to see the Athletic Trainer immediately to re-check via an oral thermometer.
 - If the Athletic Trainer is unavailable, the screener must let the athlete rest inside for 5-10 minutes, separate them from the other participants, and retest the temperature.
 - If the second temperature is 100.4 or higher, then the athlete is denied activity for the day.
- If Temperature is 100.4 with oral thermometer or second temperature test,
 - The athlete must provide a Doctor's note stating the athlete is cleared accompanying a negative COVID-19 test result.
- If the athlete is unable to see a Doctor, then he/she must wait 14 days and be asymptomatic at least 72 hours prior to return to activity. He/she must also pass an oral thermometer check upon return in addition to the standard screening.
- Athletic trainer is to be notified of any student or coach failing the screening.
 - Athletic trainer is to maintain documentation of all failed screening.
 - Any failed screening must be reported to the appropriate School and District Athletic Director. The individual school athletic director is responsible for notifying the respective principal.
- If an athlete is sick or fails a screening, then all other athletes in his/her workout group will:
 - Be allowed to continue workouts provided they are asymptomatic
 - Continue to monitor their temperature and symptoms both at school and at home
- An entire workout group will be shut down for no less than 14 days if a member of that group tests positive for COVID-19.
 - Group members will not be allowed to return until a Physician note and Negative test result is provided after that 14-day period.

Heat Stress & Acclimatization

With the suspension of normal school activities, student athletes have obviously been limited in their ability to condition and workout. With the temperatures rising in South Carolina it is imperative that coaches ease into conditioning and workout activities to prevent incidents of exertional heat illness, sickle cell, heat syncope, and minimize acute musculoskeletal injuries. It is recommended that coaches prioritize strength and conditioning workouts over skill development upon returning. In addition to:

- Following the Wet Bulb Globe thermometer guidelines
- Having Emergency Action Plans in place for all activities.

Pre-existing Medical Conditions

Any person that has a pre-existing medical condition that is under medical care by a physician, will be allowed to participate in activity provided they have appropriate equipment on hand. (e.g.

inhaler, nebulizer, epi-pen, etc.) However, it is recommended that any person with a pre-existing illness that is not under current medical care of a physician, to not voluntarily participate in activity at this time.

Conditions included in this, but not limited to hypertension, asthma, sickle cell trait/anemia, diabetes, other respiratory, or heart condition etc.

Hydration

All athletes are expected to bring their own personal water container for all activity during this phase. No use of any traditional communal water source (water-boy, water cow, water fountains, trough etc.) may be used by the athlete at this time per SCHSL guidelines.

Sports (Individual and Team)

- Team competition is prohibited.
- Conditioning and Sports Specific Skill Development may occur if the following conditions are implemented, in addition to the General Guidelines:
- Group size should be limited to 10 persons per facility including athletes, coaches, and staff whenever in an indoor or outdoor space.
- No balls or sports equipment for the first 10 days of workouts or 14 calendar days to minimize common contact points.
 - Beginning 11th day of workouts or 15th calendar day, properly cleaned and sanitized balls and sports equipment may be used. Must maintain 6ft. social distancing.
 - No ball may be passed, handed-off, etc. between athletes or coaches or staff at this time
- When using weight rooms, practicing calisthenics, running, or other conditioning training where vigorous exercise occurs,
 - Proper spacing from others must be maintained by working out with 12 feet minimum between each person. (This may require closing or moving some equipment).
- Stunting would not meet social distancing guidelines, until further phases are implemented by SCHSL.