



# DINWIDDIE ATHLETICS

11501 Boisseau Rd - Dinwiddie, Virginia 23833 - 804-469-4280 Ext. 5 - centraldistrictva.org

## Return to Athletics – COVID-19 Response Plan

### COVID-19 Response Team

Brad Atkins - Director of Student Activities

Robbie Garnes - School Principal

Val Allen - Athletic Trainer

Coaches

Dinwiddie Health Department - (804)469-3771

### Part I – Return to Training

#### COACHING GUIDELINES:

1. Keeping accurate attendance records for athletes and coaches at every activity is mandatory.
2. You and your staff are responsible for keeping the facilities secured and free from outsiders while you are scheduled to be there.
3. Hold team meetings virtually as much as possible.
4. Anyone that shows signs or symptoms of illness needs to be documented and reported to the athletic office. The person should be sent home with a parent phone call.
5. Director of Student Activities and Athletic Trainer will educate coaches about the new policies and procedures in regards to COVID-19.
6. Coaches will educate athletes and parents about the new policies implemented in regards to COVID-19.

#### 1. STRENGTH TRAINING:

- Each coach and athlete will be screened prior to each workout (**ENTER THROUGH CAFETERIA GYM DOOR A-1 OR MAIN FIELD HOUSE DOOR**)
  - Sample Monitoring Form Below:

NAME	TIME	FEVER		COUGH		SHORTNESS OF BREATH		RECENT LOSS OF TASTE OR SMELL		CLOSE CONTACT WITH SOMEONE WITH COVID-19	
		YES	NO	YES	NO	YES	NO	YES	NO	YES	NO
		YES	NO	YES	NO	YES	NO	YES	NO	YES	NO
		YES	NO	YES	NO	YES	NO	YES	NO	YES	NO
		YES	NO	YES	NO	YES	NO	YES	NO	YES	NO
		YES	NO	YES	NO	YES	NO	YES	NO	YES	NO

- **Signage should be posted on site with the following:**
  - Do you or have you had a fever in the last week?
  - Have you been diagnosed with COVID-19?
  - Have you been in contact with anyone diagnosed with COVID-19?
  - Have you traveled to a “hot spot” for COVID-19?
  
- **Groups no larger than 50, including coaches, per workout session (or current VDH/CDC recommended guidelines)**
  
- **Groups should be the same individuals for each session**
  - Purpose to limit risk of exposure
  - Athletes **CANNOT** change groups for the duration of this guidance
  
- **No use of locker rooms or shower facilities**
  - Students should report to the facility dressed for the day’s activities
  - Shower at home
  - Each student should have their own personal water bottle
  - No use of water fountains is allowed
  
- **Sanitize Weight Equipment**
  - Weight equipment should be cleaned prior to each workout
  - Shared weight equipment to be sanitized in between use by each student
  - Only equipment that can be thoroughly sanitized should be used during the workout
  - Each athlete should remain at their individual lifting station using the same weights as much as possible
  - Hand sanitizer should be plentiful and readily available
  - At least 15 minutes should be scheduled between groups to allow for disinfecting any equipment
  
- **Workouts and Workout Stations:**
  - Workout stations will be set up no less than 10 feet apart
  - Social distancing should be practiced by all athletes and coaches
  - Athletes and coaches must wear masks/face coverings when not participating in physical activity
  - Workouts should be designed to minimize the need for spotting
  - Side spots are allowed only in weight training when spotting is required

## **2. CONDITIONING/AGILITY WORK:**

- **Each coach and athlete will be screened prior to each workout (ENTER THROUGH CAFETERIA GYM DOOR A-1 OR MAIN FIELD HOUSE DOOR)**
  - Sample Monitoring Form Below:

NAME	TIME	FEVER		COUGH		SHORTNESS OF BREATH		RECENT LOSS OF TASTE OR SMELL		CLOSE CONTACT WITH SOMEONE WITH COVID-19	
		YES	NO	YES	NO	YES	NO	YES	NO	YES	NO
		YES	NO	YES	NO	YES	NO	YES	NO	YES	NO
		YES	NO	YES	NO	YES	NO	YES	NO	YES	NO

- **Limit of 50 people (or current VDH/CDC recommended guidelines)**
- **Drills must be individual in nature**
  - No physical contact with other athletes or coaches
- **Groups should be the same individuals (including coaches) for each session**
  - Purpose to limit risk of exposure.
  - Athletes or coaches **CANNOT** change groups for the duration of this guidance.
- **Hand sanitizer should be plentiful and readily available**
- **No use of locker rooms or shower facilities**
  - Students should report to the facility dressed for the day's activities
  - Shower at home
  - Each student should have their own personal water bottle
  - No use of water fountains is allowed

## Part II – Return to Practice:

1. **COVID-19 Waiver:** Prior to each athlete's first workout, a waiver form must be signed by their guardian
2. **Check-In:** Athletes will start at the check-in table / location
  - Each athlete in line must maintain a 6 feet distance from the person in front of them
  - Upon checking in, each athlete will be given Symptom Questionnaire to be completed
    - **Questionnaire:**
      - Do you have a cough?
      - Do you have a fever?
      - Do you have a shortness of breath?
      - Do you have a headache?
      - Do you have a loss of taste/smell?
      - Do you have the chills?
      - Do you have a sore throat?
      - In the last 2 weeks, have you been tested/diagnosed with COVID-19?
      - In the last 2 weeks, have you been in contact with someone who has been tested or diagnosed COVID-19?
    - **"Yes"** to any of the above questions and the athlete is sent home immediately
    - Return is only possible after they have been checked and cleared by a doctor
3. **Locker Room:**
  - **General Policies:**
    - Nothing stays in lockers or locker room
    - All cloth is brought home and washed every day
    - Locker room is sprayed after practice each day
    - Any sport specific equipment will be sprayed by coaches each day
  - **Dressing Procedures:**
    - Only 9 athletes at a time admitted, plus one coach for supervision (**or current VDH/CDC recommended guidelines**)
    - Masks are to be worn while in the locker room by both athletes and coach
    - Once all 9 have left the locker room, another 9 will enter
4. **Practice:**
  - **General Policies:**
    - Contact groups should be organized by position
    - Limit number of athletes in close activities
  - **General Daily Procedures:**
    - Equipment is sprayed and disinfected daily

## Part III – Return to Play:

### 1. Institution Policies:

- **Social Distancing Monitors:**
  - Identify staff members to help maintain social distancing between athletes, staff, and spectators
- **Coronavirus Warning Signage:**
  - Post noticeable signage at sports facility in highly visible locations
  - Warning of coronavirus risks and what steps can be taken to reduce such risks
  - Example: entry, exit, and rest rooms
- **Healthy Practices:**
  - All athletes and staff should practice healthy habits
  - Including adequate hydration
  - Discourage spitting

### 2. Team Procedures:

- **Face Coverings:**
  - Face coverings (surgical or cloth) should be worn when entering a visitor building
  - Face coverings worn by both teams while inside
- **Pre-Game Warmups:**
  - Athletes and staff should maintain 6 feet distance if possible, during warmups
  - Only have close contact during actual competition.

### 3. Game Procedures:

- **No Handshakes/Celebrations:**
  - Athletes and staff should refrain from handshakes, high fives, fist/elbow bumps, chest bumps, group celebrations, etc.
- **Game Balls:**
  - Expand the number of allowed game balls
  - Assign a person to wipe the balls down with disinfectant each time a ball is changed out
- **No Congregation:**
  - Athletes and team staff should exit quickly from the playing location after the event
  - Go directly to the bus or locker room
  - No congregating with other teams or spectators in common areas
- **Cleaning:**
  - Team staff should clean and dispose of all trash from athlete seating or sideline areas when departing games

## **Part IV – Positive Diagnosis of COVID-19:**

### **1. General Policies:**

- All coaches will have masks in their possession
- Mask are to be worn when coaching within 6 feet of athletes

### **2. Procedures After a Positive Test:**

- If an athlete or coach tests positive or is believed to have symptoms of COVID-19, that person will immediately be quarantined from the team
- The individual will not return until:
  - They have a confirmed negative tested
  - The doctor has cleared them to return to athletics
- An online contact tracing interview will be performed as soon as possible to determine at-risk athletes and coaches
- The athletes and coaches of the position group will have additional temperature checks by the Athletic Trainer (AT)

### **3. Procedures for Return to Play:**

- AT will evaluate athlete before, during, and after workouts/conditioning
- AT will reevaluate the athlete before the next workout
- Athlete is to report any signs or symptoms of fatigue or dizziness
- Athlete will continue to have precautionary screening taken before returning to the field
- If the sport or activity requires the wearing of equipment, the athlete should follow the discretion of the AT as to how much should be worn



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## Assumption of the Risk and Waiver of Liability Relating to

### Coronavirus/COVID-19

The novel coronavirus, COVID-19, has been declared a worldwide pandemic by the World Health Organization, COVID-19 is extremely contagious and is believed to spread mainly from person-to-person contact. As a result, federal, state and local governments and federal and state health agencies recommend social distancing and have, in many locations, prohibited the congregation of groups of people.

DINWIDDIE COUNTY HIGH SCHOOL (ATHLETIC DEPT.) has put in place preventative measures to reduce the spread of COVID-10; however, the school system cannot guarantee that you or your child(ren) will not become infected with COVID-19, Further, attending the extracurricular activities could increase your risk and your child(ren)'s risk of contracting COVID-19.

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By signing this agreement, I acknowledge the contagious nature of COVID-19 and voluntarily assume the risk that my child(ren) and I may be exposed to or infected by COVID-19 by attending or my child(ren) attending school sponsored activities (i.e. practice, conditioning and out of season workouts, such exposure or infection may result in personal injury, illness, permanent disability and death. I understand that the risk of becoming exposed to or infected by COVID-19 at the school may result from the actions, omissions, or negligence of myself and others, including, but limited to, School employees, volunteers, and program participants and their families.

I voluntarily agree to assume all the foregoing risks and accept sole responsibility for any injury to my child(ren) of myself (including, but not limited to, personal injury, disability, and death), illness, damage, loss, claim, liability, or expense of any kind, that I or my child(ren) may experience or incur in connection with my child(ren)'s attendance of the school's extracurricular activities or athletic activities. On my behalf, and on behalf of my children, I hereby release, covenant not to sue, discharge, and hold harmless the school system, its employees, agents, and representatives, of expenses of any kind arising out of or relating thereto. I understand and agree that this release includes any Claims based on the actions, omissions, or negligence of the School, its employees, agents, and representatives, whether a COVID-19 infection occurs before, during, or after participation in schools sponsored activities.

Student Name \_\_\_\_\_

Parent/Guardian Name \_\_\_\_\_

Parent/Guardian Signature \_\_\_\_\_