

SALEM SPARTAN (Insert Sport)

PHASE TWO and THREE:
REOPENING PROPOSAL



(Insert Sport)

This proposed plan is fluid and created from the VHSL Guidelines for Reopening Sports/Activities. This plan is subject to change in accordance with any new guidelines set forth by the City of Salem Schools, NFHS and the VHSL.

Coaches are required to wear a mask but athletes participating are not required to at this time. Workouts will be developed to ensure proper social distancing is maintained. We all want athletics to return to play however, keeping our athletes and coaches safe is our number one priority, and in doing so we hope to maintain a scheduled competitive season. The following is a list of guidelines and procedures we will abide by in the current stage of return to play protocol.

General Guidelines:

All summer workouts are voluntary. *It is recommended that vulnerable individuals not participate in any workouts during stage 2.*

- All athletes must have a completed VHSL Physical, complete contact information sheet, and signed Covid-19 Assumption of Risk Waiver prior to being placed in a workout group.

[COVID Assumption of Risk Form](#)

[VHSL Physical Form](#)

[Permission to Treat Form](#)

- Drop off/Pick up through specified doors / enter and exit only. Parents will be required to wait in their cars in the parking lot, or leave the premises, during training sessions.
- Coaches and athletes will be screened prior to each workout. Any athlete with a temperature of 100.4 or higher or answers yes to any of the screening questions, will be denied entrance, they should follow up with their local physician.

[COVID Health Monitor Form](#)

Per CDC guidelines any person with COVID-19 symptoms reported will not be allowed to participate, for 10 days since symptoms first appeared, 24 hours with **NO** fever without the use of fever-reducing medications, & COVID-19 symptoms have improved (for example, cough, shortness of breath, etc.).

Most people do not require testing to decide when they can be around others; however, if your healthcare provider recommends testing, they will let you know when you can resume being around others based on your test results.

- CDC Signage will be posted on site.
- Groups will be the same athletes (including coaches) for each session to limit risk of exposure. Athletes CANNOT change groups for the duration of this guidance.
- No use of shower facilities.
- There should be **NO** shared athletic equipment (towels, clothing, shoes, or sports specific equipment) between students.
- Athletes should report to the facility dressed to condition and shower at home. Individual clothing/towels should be washed and cleaned after every workout. Use disposable towels and linens when possible.
- **Restrooms will be used for emergency use only.** Washing hands will be required before returning to conditioning.
- If locker rooms or meeting rooms are utilized, then everyone will be required to wear a facemask and observe proper social distancing at all times.
- Athletic Training facilities may be utilized if adhering to the cleaning, occupancy limits, and physical distancing.
- Hand sanitizer will be plentiful and readily available at each athletic facility or field. Everyone in attendance will be required to use hand sanitizer prior to and while in the facility.

- **Each athlete should have their own personal water bottle** that should remain with them at all times. No sharing of water bottles or use of water fountains or “water cows” is allowed.
- Social distancing should be adhered to always and masks/face covering are recommended for the weight room.
- Coaches, officials and other contest personnel should wear cloth face coverings at all times and are strongly encouraged to wear cloth face coverings whenever physical distancing is not possible. Anyone with an identified health condition may be exempt from face covering policy. (Artificial noisemakers such as an air horn or a timer system with an alarm can be used to signal in place of a traditional whistle.)
- One piece plastic shields covering the entire face will not be allowed during participation due to the risk of unintended injury to the person wearing the shield or others.
- Face coverings should be laundered on a daily basis and hands should be washed after touching/adjusting face coverings.
- At least 15 minutes should be scheduled between groups to allow for disinfecting the facility.
- No visitors are allowed at conditioning sessions.

PHASE 2: The above guidelines will be followed and adhered to during **Phase 2**, below are updated activities permitted during **Phase 2** for the weight room & athletic field. Individual Skill Development and Workouts where you can Maintain Physical Distancing is allowed; No Contact with Others; No Sharing of Equipment during **Phase 2**

Indoor practices/activities may occur if proper social distancing is maintained by all personnel at all times. The total number of attendees (including participants, coaches, etc.) cannot exceed the lesser of 30% of the occupancy load of the room in which the activity is being held or 50 persons No spectators allowed during practices.

Outdoor practices/activities may occur if proper social distancing is maintained by all personnel at all times. The total number of attendees (including participants, coaches, etc.) cannot exceed the lesser of 50% of the occupancy load of the venue or 50 persons. No spectators allowed during practices.

Weight Room:

- Players will be issued protective face masks and will be required to wear them while they are doing strength work.
- Groups including athletes, Athletic Trainers coaches, and or managers for workouts per sport at any given time at the campus/facility will be divided into a lifting group, a Conditioning group, and a sport specific once they have been checked in for their workout time. Groups will be specified by Coaches.
- Side spots only in weight training, safety bars are preferred.

Equipment will be cleaned with approved disinfectant spray between each individual lifter. Bars, weights, benches, and any other equipment used by an individual athlete will be cleaned before the next lifter participates. In addition, each station will be thoroughly cleaned at the completion of the lift for that day.

Physical Activity, Athletic Equipment, & Field Use:

- Conditioning and individual drills. A player should not participate in drills with a football that will be handed off or passed to other teammates. Contact with other players is not allowed, and there should be no sharing of tackling dummies / donuts / sleds. Protective equipment prohibited.
- Individual drills requiring the use of athletic equipment are permissible, but the equipment should be cleaned prior to use by the next individual. Recommend disinfecting all equipment

between each group usage.

- The use of team shared equipment (ex. Footballs/hand shields/dummies/cones/etc) should be limited when possible and should be sanitized after each use.
- Any team shared equipment is to remain in the utilizing quadrant the entire session to avoid cross contamination.
- Athletes are to refrain from any physical contact, including handshakes, high-fives, fist bumps, chest bumps or any other celebration/greeting.
- Personal Player Equipment left on the sidelines should be spaced out 6 feet from other athletes. Athletes should bring their own water bottles to all team activities.
- Parents will be required to wait in their cars in the parking lot, or leave the premises, during training sessions; only players and coaches will be allowed on the field and the adjacent viewing areas.

Equipment will be cleaned with approved alcohol spray between each individual lifter. Bars, weights, benches, and any other equipment used by an individual athlete will be cleaned before the next lifter participates. In addition, each station will be thoroughly cleaned at the completion of the lift for that day.

PHASE 3: The above guidelines will be followed and adhered to during **Phase 3**, below are updated activities permitted during **Phase 3** for the weight room & athletic field. Individual or Team Based Practice, Skill Building Drills or Conditioning Activities That Allow Physical Distancing at All Times are permitted during **Phase 3**.

Indoor practices/activities may occur if proper social distancing is maintained by all personnel at all times. The total number of attendees (including participants, coaches, etc.) cannot exceed the lesser of 50% of the occupancy load of the room in which the activity is being held or 250 persons No spectators allowed during practices.

Outdoor practices/activities may occur if proper social distancing is maintained by all personnel at all times. The total number of attendees (including participants, coaches, etc.) cannot exceed the lesser of 50% of the occupancy load of the venue or 250 persons. No spectators allowed during practices.

Weight Room

- Players will be issued protective face masks and will be required to wear them while they are doing strength work.
- Groups including athletes, Athletic Trainers coaches, and or managers for workouts per sport at any given time at the campus/facility will be divided into a lifting group, a Conditioning group, and a sport specific once they have been checked in for their workout time. Groups will be specified by Coaches.
- Side spots only in weight training, safety bars are preferred.

Equipment will be cleaned with approved disinfectant spray between each individual lifter. Bars, weights, benches, and any other equipment used by an individual athlete will be cleaned before the next lifter participates. In addition, each station will be thoroughly cleaned at the completion of the lift for that day.

Physical Activity, Athletic Equipment, & Field Use:

- Conditioning, individual or team based skill development allowed. All player and team equipment should be disinfected frequently before, during, and after practices. Protective equipment prohibited.
- Student Athletes will be divided into Varsity and Junior Varsity groups.
- 2 Fields will be in use. Each field will be broken up into 2 quadrants for a total of 4 quadrants.

- Students will be divided into 4 position groups one position group per quadrant.
- Players will participate in position specific teaching points and agility drills.
- Any team shared equipment is to remain in the utilizing quadrant the entire session to avoid cross contamination.
- Athletes are to refrain from any physical contact, including handshakes, high-fives, fist bumps, chest bumps or any other celebration/greeting.
- Personal Player Equipment left on the sidelines should be spaced out 6 feet from other athletes. Athletes should bring their own water bottles to all team activities.
- Parents will be required to wait in their cars in the parking lot, or leave the premises, during training sessions; only players and coaches will be allowed on the field and the adjacent viewing areas.

All player and team equipment should be disinfected frequently before, during, and after practices.

Coaches Duties and Responsibilities:

- Each Coach is assigned to their position group for activities on the field and the strength room.
- Coaches will daily conduct position specific drills and teach the techniques of that position as it fits into our system of Offense and Defense.
- Coaches will supervise and provide instruction of our daily speed and strength workouts.
- Coaches work diligently to adhere to safety guidelines set forth by the VDH ,VDOE, and Salem City Schools.

Recommendations and restrictions are fluid and subject to change.

Safety is our top priority.