

Madison-Grant United School Corporation Athletic Return to Play Plan

(Based on IHSAA Guidance)



Madison-Grant Athletic Return to Play Plan

	Parents	Athletes	Coaches
<p>Phase I July 6- July 19</p>	<p>-Student-athletes are limited to 15 hours per week on campus.</p> <p>-ALL SUMMER ACTIVITIES ARE VOLUNTARY</p> <p>-All athletes will enter and exit the school building at door 8 (weight room).</p> <p>-Please encourage your son/daughter to screen prior to attending open gym sessions.</p> <p>-Self-screen includes: Do you currently have a fever? 100.4 or greater Do you have a cough? Are you experiencing shortness of breath or difficulty breathing? Are you experiencing chills or repeated shaking with chills? Are you experiencing any muscle pain,headache, sore throat? Have you experienced a new loss of taste or smell? Have you noticed skin lesions on the feet and toes?</p> <p>-Vulnerable athletes are encouraged to seek medical guidance regarding his/her athletic participation.</p> <p>-Athletes, when not engaged in vigorous activity, are encouraged to wear a mask (supplied by students). Coaches will be highly encouraged to wear a mask, but not mandatory.</p> <p>-Only essential student-athletes, participants, coaches, medical staff, supervisors should be in attendance.</p> <p>-Prior to participation, all first-time athletes MUST have a physical on file and register their athlete at www.mgathletics.com</p> <p>-RETURNING students should provide the 2020-2021 IHSAA Health Update Questionnaire and Consent and Release Certificate PRIOR to</p>	<p>-Students will be limited to 15 hours per week on campus.</p> <p>-ALL SUMMER ACTIVITIES ARE VOLUNTARY</p> <p>-All athletes will enter and exit the school building at door 8 (weight room).</p> <p>-Any student who prefers to wear a face covering for activities will be allowed to do so.</p> <p>-Prior to participation, all first-time athletes MUST have a physical on file and register at www.mgathletics.com</p> <p>-RETURNING students should provide the 2020-2021 IHSAA Health Update Questionnaire and Consent and Release Certificate PRIOR to participation. They must also register online at www.mgathletics.com</p> <p>-All student athletes will be screened for signs/symptoms prior to participating in workouts. Any athlete that shows COVID-19 related symptoms will not be allowed to take part in workouts.</p> <p>-The signs and symptoms related questions are:</p> <ol style="list-style-type: none"> 1. Do you currently have a fever? 100.4 or greater 2. Do you have a cough? 3. Are you experiencing shortness of breath or difficulty breathing? 4. Are you experiencing chills or repeated shaking with chills? 5. Are you experiencing any muscle pain,headache, sore throat? 6. Have you experienced a new loss of taste or smell? 7. Have you noticed skin lesions on the feet and toes? <p>-Athletes should wash their hands for a minimum of 20 seconds with warm water and soap before touching any surfaces or participating. If not</p>	<p>-No sport may have more than two activity days per calendar week, 6 hours max per week, 3 hours max per day.</p> <p>-Conditioning is permitted 4 days per week</p> <p>-Cross County may condition 4 x's per week.</p> <p>-Activity days are limited to three hours per day. (Six hours per calendar week).</p> <p>-All athletes will enter and exit the school building at door 8 (weight room).</p> <p>-Coaches are highly encouraged to wear face coverings at all times except under vigorous activity. Masks are available in the training room facility.</p> <p>-Vulnerable coaches are encouraged to seek medical guidance regarding his/her coaching responsibilities.</p> <p>-An alternate command structure for coaching staff should be established in case of illness.</p> <p>-Prior to participation, coaches should check that all first-time athletes have a physical on file. Coaches should direct parents to register their athletes at www.mgathletics.com.</p> <p>-Coaches should make sure that RETURNING students provide the 2020-2021 IHSAA Health Update Questionnaire and Consent and Release Certificate PRIOR to participation. If a student answers YES on any question, a NEW and UPDATED PHYSICAL MUST BE OBTAINED PRIOR TO PARTICIPATION. In addition, all athletes must also register online at www.mgathletics.com</p> <p>-Coaches, or designated staff, will screen all of his/her athletes for signs/symptoms prior to participating in daily workouts. Coaches must track COVID-19 impacted attendance and report to administration if needed.</p> <p>-Daily questions asked are:</p> <ol style="list-style-type: none"> 1. Do you currently have a fever? 100.4 or greater 2. Do you have a cough?

	<p>participation. They must also register online at www.mgathletics.com</p> <ul style="list-style-type: none"> -Vigorous cleaning schedules have been created and will be implemented for all athletic facilities. -Shared hydration stations will NOT be used. Athletes will need to bring their own water. The athletic trainer will prepare water stations to refill athlete provided water bottles. -Student-athletes will NOT have access to locker rooms. They MUST come dressed and prepared for activity. Public restrooms will be available. -Confirmed COVID cases will trigger predetermined thresholds for mitigation by following the local health department guidelines. Specific return to school/activity protocol for student-athletes or staff members will be in effect. 	<p>possible, hand sanitizer will be plentiful and available.</p> <ul style="list-style-type: none"> -Locker rooms will NOT be available. Students should report to their activity in proper gear and immediately return home to shower at the conclusion. Restrooms will be available in common areas. -Social distancing guidelines should ALWAYS be followed. This is an expectation! Social distancing is defined by staying at least 6 feet (two arms' lengths) away from other people. -Appropriate clothing/shoes should be worn at all times. -No sharing of clothing shoes, towels, or water bottles. -Athletes must be expected to shower at home and wash workout clothing immediately upon returning to their home. -For contact sports defined by NFHS (football, wrestling, competitive cheerleading, lacrosse) NO CONTACT is allowed. -Water stations will not be utilized EXCEPT for filling individual, labeled water bottles. -Shared balls, equipment, etc will be cleaned by the coaching staff after each session. 	<ol style="list-style-type: none"> 3. Are you experiencing shortness of breath or difficulty breathing? 4. Are you experiencing chills or repeated shaking with chills? 5. Are you experiencing any muscle pain, headache, sore throat? 6. Have you experienced a new loss of taste or smell? 7. Have you noticed skin lesions on the feet and toes? <ul style="list-style-type: none"> -If an athlete answers "yes" to any of these questions, they are to be sent home immediately with parent follow up the next day. During participation, coaches and athletic personnel are required to observational screen athletes as well. -If athletes are visibly and actively showing signs and symptoms of COVID-19, they are to be removed from the activity immediately and sent home. Parent follow up should be conducted within 24 hours. -Locker rooms will NOT be available. Restrooms will be used in the common areas. -- Social distancing guidelines should ALWAYS be followed. This is an expectation! -All shared equipment, including sports balls (sprays), scoreboard equipment (wipes), etc. should be cleaned immediately following the activity session. It will be the coaches responsibility to clean all equipment with school-provided mitigation resources, which will be located in the training room. -Free weight exercises requiring a spotter cannot be conducted. Safety measures in all forms must be strictly enforced in the weight room. -No Contact Is Allowed. -Shared hydration stations will NOT be used. Coaches should encourage athletes to bring their own water. Athletic Trainer will have water available for bottle refills only. -No formal competition is allowed.
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<p>Phase II July 20- August 14</p> <p>July 31: Girls Golf Starts Official Practice</p> <p>August 3: Fall Sports Practices Begin</p>	<p>-Normal Summer Rules and Guidelines -ALL SUMMER ACTIVITIES ARE VOLUNTARY -All athletes will enter and exit the school building at door 8 (weight room). -Please encourage your son/daughter to screen prior to attending open gym sessions.</p> <p>-Self-screen includes:</p> <ol style="list-style-type: none"> 1. Do you currently have a fever? 100.4 or greater 2. Do you have a cough? 3. Are you experiencing shortness of breath or difficulty breathing? 4. Are you experiencing chills or repeated shaking with chills? 5. Are you experiencing any muscle pain,headache, sore throat? 6. Have you experienced a new loss of taste or smell? 7. Have you noticed skin lesions on the feet and toes? <p>-Vulnerable athletes are encouraged to seek medical guidance regarding his/her athletic participation. -Athletes, when not engaged in vigorous activity, are REQUIRED to wear a mask (supplied by students). Coaches will be REQUIRED to wear a mask (effective Monday, July 27). -Only essential student-athletes, participants, coaches, medical staff, supervisors should be in attendance. -Prior to participation, all first-time athletes MUST have a physical on file and register their athlete at www.mgathletics.com</p>	<p>-Normal Summer Rules and Guidelines -ALL SUMMER ACTIVITIES ARE VOLUNTARY -All athletes will enter and exit the school building at door 8 (weight room). -Athletes, when not engaged in vigorous activity, are REQUIRED to wear a mask (supplied by students). Coaches will be REQUIRED to wear a mask (effective Monday, July 27). -Prior to participation, all first-time athletes MUST have a physical on file and register at www.mgathletics.com -RETURNING students should provide the 2020-2021 IHSAA Health Update Questionnaire and Consent and Release Certificate PRIOR to participation. They must also register online at www.mgathletics.com -All student athletes will be screened for signs/symptoms prior to participating in workouts. Any athlete that shows COVID-19 related symptoms will not be allowed to take part in workouts.</p> <p>-The signs and symptoms related questions are:</p> <ol style="list-style-type: none"> 1. Do you currently have a fever? 100.4 or greater 2. Do you have a cough? 3. Are you experiencing shortness of breath or difficulty breathing? 4. Are you experiencing chills or repeated shaking with chills? 5. Are you experiencing any muscle pain,headache, sore throat? 6. Have you experienced a new loss of taste or smell? 7. Have you noticed skin lesions on the feet and toes? <p>-Athletes should wash their hands for a minimum of 20 seconds with warm water and soap before touching any surfaces or participating. If not possible, hand sanitizer will be plentiful and available.</p> <p>-Locker rooms will be available at 50% capacity.. Students should report to their activity in proper gear and immediately return home to shower at the conclusion. Restrooms will be available in common areas.</p>	<p>-Normal Summer Rules and Guidelines -All athletes will enter and exit the school building at door 8 (weight room). -Athletes, when not engaged in vigorous activity, are REQUIRED to wear a mask (supplied by students). Coaches will be REQUIRED to wear a mask (effective Monday, July 27. Masks are available in the training room facility. -Vulnerable coaches are encouraged to seek medical guidance regarding his/her coaching responsibilities. -An alternate command structure for coaching staff should be established in case of illness. -Prior to participation, coaches should check that all first-time athletes have a physical on file. Coaches should direct parents to register their athletes at www.mgathletics.com. -Coaches should make sure that RETURNING students provide the 2020-2021 IHSAA Health Update Questionnaire and Consent and Release Certificate PRIOR to participation. If a student answers YES on any question, a NEW and UPDATED PHYSICAL MUST BE OBTAINED PRIOR TO PARTICIPATION. In addition, all athletes must also register online at www.mgathletics.com -Coaches, or designated staff, will screen all of his/her athletes for signs/symptoms prior to participating in daily workouts. Coaches must track COVID-19 impacted attendance and report to administration if needed. -Daily questions asked are:</p> <ol style="list-style-type: none"> 1. Do you currently have a fever? 100.4 or greater 2. Do you have a cough? 3. Are you experiencing shortness of breath or difficulty breathing? 4. Are you experiencing chills or repeated shaking with chills? 5. Are you experiencing any muscle pain,headache, sore throat? 6. Have you experienced a new loss of taste or smell? 7. Have you noticed skin lesions on the feet and toes? <p>-If an athlete answers “yes” to any of these questions, they are to be sent home immediately with parent follow up the next day. During participation, coaches and athletic personnel are required to observational screen athletes as well. -If athletes are visibly and actively showing signs and symptoms of COVID-19, they are to be</p>
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<p>Phase III August 15- further notice</p> <p>Fall Sports Competition Begins</p>	<p>-Facilities Open to spectators, media, and vendors with social distancing</p> <p>-All athletes will enter and exit the school building at door 8 (weight room).</p> <p>-Please encourage your son/daughter to screen prior to attending open gym sessions.</p> <p>-Self-screen includes:</p> <ol style="list-style-type: none"> 1. Do you currently have a fever? 100.4 or greater 2. Do you have a cough? 3. Are you experiencing shortness of breath or difficulty breathing? 4. Are you experiencing chills or repeated shaking with chills? 5. Are you experiencing any muscle pain, headache, sore throat? 6. Have you experienced a new loss of taste or smell? 7. Have you noticed skin lesions on the feet and toes? <p>-Vulnerable athletes are encouraged to seek medical guidance regarding his/her athletic participation.</p> <p>-Athletes, when not engaged in vigorous activity, are REQUIRED to wear a mask (supplied by students). Coaches will be REQUIRED to wear a mask (effective Monday, July 27).</p> <p>-Only essential student-athletes, participants, coaches, medical staff, supervisors should be in attendance.</p> <p>-Prior to participation, all first-time athletes MUST have a physical on file and register their athlete at www.mgathletics.com</p> <p>-RETURNING students should provide the 2020-2021 IHSAA Health Update Questionnaire and Consent and Release</p>	<p>-Facilities Open to spectators, media, and vendors with social distancing</p> <p>-Athletes, when not engaged in vigorous activity, are REQUIRED to wear a mask (supplied by students). Coaches will be REQUIRED to wear a mask (effective Monday, July 27).</p> <p>-Prior to participation, all first-time athletes MUST have a physical on file and register at www.mgathletics.com</p> <p>-RETURNING students should provide the 2020-2021 IHSAA Health Update Questionnaire and Consent and Release Certificate PRIOR to participation. 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	<p>Certificate PRIOR to participation. They must also register online at www.mgathletics.com</p> <ul style="list-style-type: none"> -Vigorous cleaning schedules have been created and will be implemented for all athletic facilities. -Shared hydration stations will NOT be used. Athletes will need to bring their own water. The athletic trainer will prepare water stations to refill athlete provided water bottles. -Student-athletes will have access to locker rooms. Public restrooms will be available. -Confirmed COVID cases will trigger predetermined thresholds for mitigation by following the local health department guidelines. Specific return to school/activity protocol for student-athletes or staff members will be in effect. 	<p>is defined by staying at least 6 feet (two arms' lengths) away from other people.</p> <ul style="list-style-type: none"> -Appropriate closing/shoes should be worn at all times. -No sharing of clothing shoes, towels, or water bottles. -Athletes must be expected to shower at home and wash workout clothing immediately upon returning to their home. -For contact sports defined by NFHS (football, wrestling, competitive cheerleading, lacrosse) CONTACT IS allowed. -Water stations will not be utilized EXCEPT for filling individual, labeled water bottles. -Shared balls, equipment, etc will be cleaned by the coaching staff after each session. 	<p>home. Parent follow up should be conducted within 24 hours.</p> <ul style="list-style-type: none"> -Locker rooms will be available at 50% capacity. Restrooms will be used in the common areas. -Social distancing guidelines should ALWAYS be followed. This is an expectation! -All shared equipment, including sports balls (sprays), scoreboard equipment (wipes), etc. should be cleaned immediately following the activity session. It will be the coaches responsibility to clean all equipment with school-provided mitigation resources, which will be located in the training room. -Free weight exercises requiring a spotter can be conducted. Safety measures in all forms must be strictly enforced in the weight room. -Contact IS Allowed. -Shared hydration stations will NOT be used. Coaches should encourage athletes to bring their own water. Athletic Trainer will have water available for bottle refills only. -Formal competition is allowed
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