

Returning to Campus: Sports Protocols 2020-2021

As we prepare to welcome back students to sports conditioning activities on school campus, it is important to review the health and safety procedures that have been implemented in order to provide protection for participating students and instructors. Participating students and their parent/guardian must sign acknowledgment/waiver forms. Participation will not be granted if the forms are not signed and other safety procedures are not followed. These details, including start dates are outlined below. Only eligibly enrolled students will be permitted to participate. Academic status, attendance, up to date health physical, behavior, and grade level as designated by the coach are all considered for eligibility. Please contact your coach with any questions about eligibility.

Start Date: IHSA = Second Semester 2021

Prior to the start date, students will be contacted by their coach to set a conditioning schedule and to review any waiver forms. Only the athletic areas will be used for this phase of on-campus conditioning. Participants will be limited to assigned teams and spaces. Students will arrive and depart from a specific location as designated by the coach. Strict health and temperature check guidelines will be enforced. No coach or student will be permitted inside the building. When possible, the athletic trainer will be on site for emergency response only. The athletic trainer will not be taking in-person appointments at this time. Physical activity may include the following: aerobic, strength, and speed work, and sport specific equipment, and sport specific routines. Students will be assigned to a specific coach and with a specific group of teammates during this phase of participation. The same coach with the same group of students will remain assigned to each other until further notice.

PPE and Sanitation Protocols

Students and coaches will be required to wear a mask during instruction when closer than 6-feet. Students will be required to bring their own face covering and their own water bottle labeled with their name and filled with water. No water bottles will be provided, and no water bottles will be able to be filled on campus. Each coach will have a sanitation kit that will include cleaning sprays, cleaning wipes, hand sanitation gel, extra PPE items, including infrared thermometer. Students should be prepared to bring their own face covering and any other PPE item that they feel is needed for personal safety. ISBE, CDC, and IHSA guidelines will be followed, and will be adjusted as new language is posted for continuing in-person activities with students and staff.

Waiver & Permission Form

Students and parent(s) will need to sign written permission/waiver forms before coming to campus to participate in sport conditioning exercises. The signed waiver must be completed and returned before the start of the first session. The coach will thoroughly review procedures and precautions before each conditioning session that will be in place to keep everyone safe along with adhering to ISBE guidelines.

Priority

Our number one priority will be keeping participating students and coaches safe. All coaches participating during this phase of conditioning have been trained to follow and enforce Covid safety guidelines, including documentation of temperature and health check questions. Students and coaches will meet at prearranged times on a designated CMHS outdoor athletic field. Students should not arrive earlier than their assigned conditioning time, and students must be picked up from campus no later than the designated end-time of an activity. Failure to follow assigned arrival and departure times will result in a removal from program participation.

Documentation

Each coach will maintain a daily log of student participants. Information will be kept on file, and will include the following: student name, grade, start time of instruction, temperature check and positive completion of illness checklist of student participant prior to activity, end time of activity health checklist and temperature check. Students with illness symptoms will be sent home immediately and will not be allowed to return for a minimum of 14-days. Each coach will also be checked with the above system of health questions and temperature readings prior to the start of daily conditioning sessions.

Students and parents should make it a daily routine and priority to review personal health check questions and also temperature readings prior to coming to campus for a sports practice. Students who have any signs of illness either through failed health questions or because of a fever should not come to campus, and should immediately contact their coach for returning to play after signs of illness have subsided and appropriate quarantine days have been met.