



Infectious Disease Control Plan for COVID-19 for Re-opening of High School Athletics

Purpose

With the recent occurrence of COVID-19 and concerns for re-opening of high school athletics, the following guidelines are being implemented. These guidelines are for the protection of all athletes, coaches, athletic training personnel, and affiliated support staff in accordance with current Governor's Office, Centers for Disease Control and Prevention (CDC), and Georgia High School Association (GHSA) guidelines and policies. These guidelines will be flexible and subject to change as time, information, and research is updated. It has been established by health care authorities and leaders to have a process for screening and educating athletes, parents, and staff to self-monitor and report pertinent changes as they are encountered.

General Guidance

1. Each school will set up designated athlete drop-off stations and a separate, if possible, athlete pick-up stations.
2. Every athlete, coach, or staff member will be screened prior to participating in any workout using the designated COVID-19 screening form and temperature check. All screenings will be documented.
3. Appropriate COVID-19 informational signage will be placed at each workout location.
4. Groups of no more than 20 people, including coaches, can be scheduled for workouts per sport at any given time at the campus/facility.
5. Groups should be the same individuals (including coaches) assigned for each distinct session to limit risk of exposure. Students or coaches will not change groups for the duration of this guidance.
6. Workouts are for conditioning only. No balls or sport-specific equipment can be used.
7. No locker rooms or showers can be used. Students should report to the facility dressed to condition and change clothes/shower at home.
8. A bathroom will be designated for use at each workout location on campus and will be disinfected at appropriate intervals during use.
9. Hand sanitizer will be available and encouraged at all times.
10. Masks or face coverings are encouraged but are not required.
11. Social distancing should be practiced at all times.
12. In the weight room, safety bars are encouraged, and only side spotting may be used.
13. Information will be emailed to parents/guardians by the coach prior to athletes arriving on campus.
14. No visitors are allowed on campus at any time during the conditioning sessions.
15. No competitions with other schools will be allowed.

Process for Screening and Testing

1. A list of screeners will be provided to the Office of School Operations – Student Activities and Athletics.
2. Screeners will wear appropriate personal protective equipment.

3. Screenings will consist of a temperature check and GHSA COVID-19 questions.
4. Results of screenings will be recorded on the designated screening document.
5. The following screening protocol will be used:
 - a. **Symptoms are present** - If an athlete/coach/staff member presents with symptoms or has had a recent direct exposure, the athlete/coach/staff member will be removed from activity and asked to sit in a designated area until transportation arrives. The athlete/coach/staff members will not be allowed to return until:
 - Proof of a negative COVID-19 test; OR,
 - 14-day quarantine and symptom free
 - b. **Positive Test Result** - If at any time an athlete/coach/staff tests positive for COVID-19, all other members of that workout group and parents/guardians will be notified. The athlete/coach/staff member who has a positive test result will not be allowed to return until:
 - Proof of a negative COVID-19 test; AND,
 - 14-day quarantine and symptom free
6. Screenings forms will be completed and sent electronically to the Athletic Director daily.
7. Self-monitoring is to be instituted continuously. All athletes, coaches, and staff are to be educated as to the importance of and [symptoms of Coronavirus](#) and COVID-19 to be monitored throughout this process.
8. Reported self-monitoring positives are to follow the above process for screening and testing as indicated and reported to the Office of School Operations – [Student Activities and Athletics](#) and the [Office of Risk Management and Benefits](#).

Athletic Training Clinic Procedures

1. One athlete per athletic trainer will be allowed in the clinic at a time.
2. The clinic will be utilized for major rehab and acute injury care only.
3. Personal Protection Equipment (PPE) to be provided and worn/used as indicated.
4. All disposable goods and PPE to be disposed of properly.
5. All pre-treatment, evaluations and post-treatments will be done in an outside tent, if possible.
6. At-home rehabs will be utilized when possible.

Cleaning Procedures

- At least 15 minutes between groups will be scheduled to allow for disinfecting the facility.
- Shared equipment will be cleaned between each use with disinfecting wipes/solution.
- Guidance from the GHSA, the Centers for Disease Control on [Cleaning and Disinfecting Your Facility](#) and best practices will be followed.

Athletic Training Clinic

1. Every table will be cleaned at the beginning of each day and after each patient.
2. Athletic Training staff will wash hands or use hand sanitizer before and after contact with every patient.
3. All reusable equipment to be cleaned after use by each athlete.

Weight Room

1. Any equipment used by an athlete during a workout will be cleaned prior to workouts beginning and immediately following each workout.
2. The weight room will be fogged with disinfectant at the end of each day.

Other Equipment

1. Any equipment used during workouts will be cleaned prior to workouts beginning and immediately following each workout.
2. Any equipment used by an athlete during a workout will be cleaned prior to use by any other athlete.

Athlete Recommendations

1. Due to safety concerns, no water will be provided during workouts. Athletes are required to bring their own water; a minimum of one gallon is recommended. Athletes will not be allowed to participate in workouts if they do not bring their own water.
2. Towels are not allowed.
3. Social distancing will be practiced between athletes during activities, rest breaks, etc.
4. All athletes are encouraged to change clothes and immediately shower at home as soon as possible after practices and activities. All clothing worn during workouts should be washed immediately following each workout.
5. A bathroom will be designated for use at each workout location on campus and only one athlete will be allowed to use the bathroom at a time.

Contact the Office of School Operations - [Student Activities and Athletics](#) or the [Office of Risk Management and Benefits](#) for additional information.