YWLA Volleyball Procedures

Practice Procedures

Pre-Practice for Coaches and Staff:

- Coaches and Staff will use the FWISD Self Screening link to self-check before entering the FWISD facility; https://fortworthisd.az1.qualtrics.com/jfe/form/SV aWOHdcRlowhelkZ
- Coaches will sanitize their hands when they enter the facility.
- Wearing a mask/ face covering coaches will have their temperature checked and recorded by the athletic trainer, Katharine Poland. Coaches with a temperature at or above 100.0, they will not be admitted into the facility.
- Coaches will proceed to pre-clean using the district provided Alpha HP cleaner. All equipment
 used for practice and or game that will be used by all players and coaches is sanitized at this
 time.
- Coaches will then sanitize their hands.

Pre-Practice for Student Athletes:

- While still at home, student/parent will complete the RankOne Covid-19 pre-screening. If a parent answers yes to any prescreening questions, the student must stay home and monitor symptoms. If the student athlete is symptom/fever free then they will proceed to step 2. (A copy of the form is provided below for reference).
- When student arrive at the practice facility they will wait in the car. Athletic trainer Katharine
 Poland will come to each car and ask parents if they completed the RankOne screening and take
 the temperature of the athlete and documentation. If a student has a fever over 100.1 the
 student will be sent back home. A student athlete with no fever will be allowed to enter the
 facility (WGAC/R4).
- Student athlete will be provided hand sanitizer after they exit the vehicle. Students who drive themselves will at this time park their vehicles keeping an empty space between their vehicle and another
- Wearing a mask/face covering they will enter the building for practice.
- Student athletes will wear a mask the entire practice unless they are engaging in very rigorous activity.
- Coaches and staff will wear a mask/face shield the entire practice.

Practice Plan:

- Athletes will maintain 6 feet distancing during warm-up and stretching.
- When running in a group, groups will be staggered and started at different time intervals to maintain proper spacing.
- Students are placed in a group for workouts and practice to limit gathering.
- Any equipment used will be sanitized before and after use.

Post practice:

- Sanitize any equipment used after all athletes have exited the facility.
- Hand sanitizer administered to each player.
- Maintain social distance.
- Masks will be worn during transitions.
- No loitering on school grounds after practice.

After Practice Transportation to Campus:

- Students who are in person learners will be transported back to campus in the school vehicles with the air circulating and windows down when possible.
- Students will wear their mask the entire ride back to campus.
- Virtual Learners will be picked back up by guardians. No virtual learners will be transported to the school.

Locker Room Procedures: Locker Rooms are not accessible until in person learning begins.

- Student athletes will have 15-20 minutes to change for class.
- JV team will enter the locker room from 7:45-8:05am.
- 8:05am-8:10am locker room is closed and sanitized by coaching staff.
- Varsity team will enter the locker from 8:10am-8:30am.
- All surfaces will be disinfected between groups. Also, for better circulation a HEPA air filter will be placed in the locker room during this time.
- Students must take all belongings with them no items can be left in the locker room during the school day.
- Locker Room will be disinfected once all student athletes are done using the facility.

Restroom Procedures:

- Coaches or Players will sanitize their hands before entering the restroom.
- Two people at a time is allowed in the restroom to properly social distance.
- Before leaving the stall, the coach or player will sanitize the stall with alcohol wipes provided.
- Coach or player will wash their hands with soap and water before leaving the restroom.
- Coach or player will use hand sanitizer before returning to their group.

YWLA Athletic Training Hydration Procedures

Hydration Plans practices and games.

To ensure that all athletes are properly hydrated during camps, practices, and games the following measures will be implemented by the YWLA Athletic Training Staff and coaches. Each sport, as per the FWISD Athletic Office is required to develop a Covid-19 plan which will include a hydration plan that will be approved by the athletic trainer(s) before getting approved by the principal and athletic office. At a minimum the following will be followed:

• During athletic periods / practices, there will be a water refill/ sanitation station and or coolers available if needed. This station will be where all water personal water bottles are refilled and sanitized before use. Only coaches/athletic trainer(s) who are masked and gloved can operate the water cooler for students to refill their bottles.

- Water breaks will be decided between the AT staff and/or Coaching Staff.
- At no time should an athlete need to touch a water cooler or pumpers.
- Athletes will be required to bring their own water bottle(s) with the name clearly written on it for hydration purposes unless otherwise told by your coaches. There will be NO sharing of water bottles. If a student athlete forgets or does not have a water bottle a throw away cup will be provided for a single use and then thrown away.

YWLA Athletic Training COVID Protocols

Athletic Training Room Policy and Procedures

- Personal Protective Equipment
 - All staff and students will be required to wear a mask or face covering while inside the Athletic Training Room or practice facilities. This includes practice prep, treatments or evaluations, and post practice clean up.
 - Normal hand hygiene will be required before handling any bottles/lids, coolers, or ice chests.
 - Hand sanitizer will be required before entry to the Athletic Training Room.
 - Gloves will be worn if requested during interactions with students or staff.
 - If you are not injured, seeking treatment or rehab you will not be allowed in the training room.
 - All students will have gone through the Covid-19 screening process prior entering the training room if not will be screened before being seen.
 - All AT's and coaches will check into this link prior to getting to school: https://fortworthisd.az1.qualtrics.com/jfe/form/SV_aWOHdcRlowhelkZ
- Injury Evaluations / Treatments and Rehab
 - Injury Evaluations will be handled on a first come first serve basis during practice hours.
 Obviously if an injury of serious nature will be bumped to the front of the line.
 - Treatments will be a 15 min blocks, if more time is needed it will be given if there are no students waiting for treatment.
 - No more than 1 athlete will be in the training room at one time and will be spaced out to social distancing requirements.
 - o Hand Hygiene will be done in front of student athlete before evaluation.
 - All students who are seeking an injury evaluation / treatment or rehab directions must sign in with their own pen whether they are seen or not. Students will be seen in order of those who signed in.
 - Treatments and evaluations will occur in the training room at Wilkerson-Greines or the rehabilitation room at R4 gymnasium until students are permitted to enter the YWLA campus.
 - Once students are permitted to enter the YWLA campus, treatments/evaluations will take place in the athletic training office by appointment during training room hours.
 - No more than 1 student will be permitted in the athletic training office at a time and social distancing between athletic trainer and student will occur when possible.
 - As stated above, hand hygiene will be done by both student and AT before evaluation.
- Emergency Evaluations

- o In the event of an acute injury requiring use of the ATR, the ATR will be cleared of non-injured persons to reduce the number of people in the training room.
 - Masks or face coverings may be placed after entry into the training room.
 - Hand sanitizer may be used in lieu of hand hygiene.
 - Treatments and Rehab
- When possible, rehab will be done with team and coaches and/or at home to allow more room for treatments/evaluations in the training room/triage area.
- Ice bags, which will be handed out by athletic trainer(s) or coaches only, at this time will be handed to athlete to hold in place. Flexi-wrap will not be used at this time. Athletic trainers may use it on a case by case basis after acute injuries.

Taping Stations

- Practice
 - Taping for practices will be conducted outside the locker room of WGAC or the rehabilitation area of R4. The space at R4 will not exceed two students plus the Athletic Trainer.
 - Masks or face covering will be required during the taping process.
 - If you have not gotten treatment or done rehab, you will not be taped as per the rule at YWLA. If you came for treatment/rehab, make sure you have signed in regardless if you get in to be seen or not so you can be taped. This goes for game days as well. If you are doing online classes, an email from your parents must be received stating you have done your rehab at home.

Games

- Taping for games will also be conducted outside the locker room area whenever possible.
- Mask or face covering will be required during taping
- Cleaning and Disinfecting
 - Cleaning will take place at least once a day and after every use of an area/equipment by a student.
 - Cleaning consist of removal of trash, laundry, sweeping, and wiping down countertops.

Disinfecting

- Using EPA approved disinfectants recommended by the CDC. Treatment tables, taping tables, whirlpools, and commonly touched surfaces will be disinfected multiple times a day.
- Treatment and Taping tables will be disinfected after each use. Rehab equipment will also be wiped down after each use.

Game Day Procedures:

After School Procedures:

- Students will social distance inside the activity center while wearing a mask.
- Students will change into game day attire in the same small team groups inside the locker room.
- The locker room will be disinfected between groups.
- Students will bring their own food from home to eat while waiting to board the school bus. No students will leave the campus during this time. A chick fil a and Jason Deli option will be provided for students to purchase as well.

Bus Procedures:

- Students will sit one per seat, wearing a mask.
- Each student will let down their window once they enter the bus.

Fan Seating Chart:



Officials Seating:

- Officials will have individual, social distanced labeled seats on the floor.
- Officials will wear mask the entire game.

Visiting Team Entrance/ Exit:

- Visiting Team will be sent a gate number that they will use for their own entrance and exit from the facility.
- Visiting Team will be assigned a hallway to meet and gather that allows social distancing.
- Visiting Team will be asked that all players and coaches arrive game ready.
- Visiting Team will wear mask upon entrance into the facility and a player must wear their mask unless they are in live game play.

Player Bench Procedure:

- Home/ Visitor seats will be staggered and distanced from each other. Coaches and players in the bench area will be required to wear a mask.
- Players and Coaches are required to only use one seat.
- Teams will sit on the same bench the entire match. There will be no switching benches after sets.
- Players and Coaches will not shake hands at the beginning or end of the games.

Fans:

UIL Rule: Schools may allow spectators to attend games, contests, or events within a maximum 50% capacity limitation.

- Fans (Home/Visitors) will complete the screening process online before entering the facility.
- All fans are required to wear a mask/ face covering to enter a FWISD facility.
- All fans will have their temperature taken upon entrance to the facility.
- After a temperature check fans with use the hand sanitizing station as they enter the facility.
- Student athletes will be allotted 5 fans per game.
- Student athletes will be provided 5 electronic pre-sale tickets per game. All tickets must be purchased in advance.
- Seating will be sectioned off with a max of 5 seats together.
- Home fans will enter and exit a specified gate.
- Visiting fans will enter and exit a specified gate.
- Restroom will only utilize two stalls per restroom. Middle Stall will be closed to accommodate social distancing.
- Fans will use separate restroom areas. One restroom for visitors and one for home fans.

Face Coverings- Executive Order GA-29

<u>Executive Order GA-29</u>, regarding face coverings, applies to all UIL activities effective July 3, 2020. This includes the 2020-2021 school year. As the public health situation changes, and/or if subsequent Executive Orders are issued by Governor Greg Abbott, these guidelines may be further modified.

- 1. For the purposes of this document, face coverings include non-medical grade disposable face masks, cloth face coverings (over the nose and mouth), or full-face shields to protect eyes, nose, and mouth.
- All employees, parents, visitors and students ten years of age or older must wear face coverings or face shields upon entry to an area where UIL activities are being conducted and when not actively practicing or playing in the contest, unless an exception listed below applies.
- The face coverings requirements do not apply to a school in a county that meets the requirements of paragraph 11 of <u>Executive Order GA-29</u>, unless the local school system chooses to implement these requirements locally. Even in these circumstances, the wearing of face coverings or face shields is strongly encouraged.

Exceptions to the wearing of face coverings or face shields include:

- Any person with a medical condition or disability that prevents wearing a face covering;
- While a person is consuming food or drink;
- While the person is in a swimming pool, lake, or similar body of water.

- When a congregating group of persons maintains at least 6 feet of social distancing; or
- Any other reason or circumstance indicated under Executive Order GA-29.

General Operational Guidelines

REQUIRED OF ALL SCHOOLS:

TEA requires all school systems to develop a plan for mitigating COVID-19 spread in schools. UIL guidelines require schools to include UIL activities for the 2020-2021 school year as part of this plan and carefully plan for mitigating risk of spread as students and staff participate in them. Schools must post these plans on the homepage of the school website or other easily accessible area of the school website. These plans do not require UIL or TEA approval.

Required Screening

Required Screening before attending or participating in activities:

If staff have not been screened by the school for purposes of participating in instructional activities, schools must implement these screening protocols before allowing staff to participate in UIL activities.

- 4. Schools must require staff to self-screen for COVID-19 symptoms before participating in UIL activities or entering areas where UIL activities are being conducted. Symptoms are listed at the end of this document. The self-screening should include staff taking their own temperature. Staff must report to the school if they themselves have COVID-19 symptoms or are lab-confirmed with COVID-19, and, if so, they must remain off campus and away from areas where UIL activities are being conducted until they meet the criteria for re-entry as noted below. Additionally, they must report to the school if they have had close contact with an individual who is lab-confirmed with COVID-19, as defined at the end of this document, and, if so, must remain off campus and away from areas where UIL activities are being conducted until the 14-day incubation period has passed. Close contact is defined in this document below.
- 5. Parents must ensure they do not send a student to participate in UIL activities if the student has COVID-19 symptoms (as listed in this document) or is lab-confirmed with COVID-19 until the below conditions for re-entry are met. School systems may consider screening students for COVID-19 as well. Screening is accomplished by asking questions by phone or other electronic methods and/or in person. The screening questions should also be asked of a student's parent if that parent will be dropping off or picking up their student from inside areas where UIL activities are being conducted.
- 6. Before visitors are allowed access to areas where UIL activities are being conducted, school systems must screen all visitors to determine if they themselves have COVID-19 symptoms (as listed in this document) or are lab-confirmed with COVID-19, and if so, they must remain off campus and away from areas where UIL activities are being conducted until they meet the criteria for re-entry as noted below. Additionally, school systems must screen to determine if visitors have had close contact with an individual who is lab-confirmed with COVID-19, and if so they must remain off campus and away from areas where UIL activities are being conducted until the 14-day incubation period has passed. When practical, screening questions could be supplemented with temperature checks of adults.
- 7. Schools are permitted to prevent any individual who fails the screening criteria from being admitted into school facilities or sites where UIL activities are being conducted until they meet the criteria for re-entry as described below. Any individual for whom screening cannot be confirmed should be presumed symptomatic until confirmed otherwise.

Individuals Confirmed or Suspected with COVID-19

- 8. Any individuals who themselves either: (a) are lab-confirmed to have COVID-19; or (b) experience the symptoms of COVID-19 (listed below) must stay at home throughout the infection period, and cannot return to campus until the school system screens the individual to determine any of the below conditions for campus re-entry have been met:
- In the case of an individual who was diagnosed with COVID-19, the individual may return to school when all three of the following criteria are met:
 - at least one day (24 hours) have passed since recovery (resolution of fever without the use of fever-reducing medications);
 - the individual has improvement in symptoms (e.g., cough, shortness of breath); and
 - at least ten days have passed since symptoms first appeared.
- In the case of an individual who has symptoms that could be COVID-19 and who is not evaluated by a
 medical professional or tested for COVID-19, such individual is assumed to have COVID-19, and the
 individual may not return to the campus until the individual has completed the same three-step set of
 criteria listed above.
- In addition to the criteria and processes described above, a student who has been diagnosed with COVID-19 must receive clearance from a physician prior to returning to participation in UIL activities.

Identifying Possible COVID-19 Cases on Campus

- Schools must immediately separate any student who shows COVID-19 symptoms while at school until the student can be picked up by a parent or guardian.
- Schools should clean the areas used by the individual who shows COVID-19 symptoms while at school (student, teacher, or staff) as soon as is feasible.
- Students who report feeling feverish should be given an immediate temperature check to determine if they are symptomatic for COVID-19.

Close Contact

This document refers to "close contact" with an individual who is lab-confirmed to have COVID-19. The definition of close contact is evolving with our understanding of COVID-19, and individual scenarios should be determined by an appropriate public health agency. In general, close contact is defined as:

- being directly exposed to infectious secretions (e.g., being coughed on); or
- being within 6 feet for a cumulative duration of 15 minutes; however, additional factors like case/contact
 masking (i.e., both the infectious individual and the potential close contact have been consistently and
 properly masked), ventilation, presence of dividers, and case symptomology may affect this
 determination.

Either (a) or (b) defines close contact if it occurred during the infectious period of the case, defined as two days prior to symptom onset to 10 days after symptom onset. In the case of asymptomatic individuals who are lab-confirmed with COVID-19, the infectious period is defined as two days prior to the confirming lab test and continuing for 10 days following the confirming lab test.

Required Actions if Individuals with Lab-Confirmed Cases Have Been in a School or in an Area Where UIL Activities Are being Conducted

9. If an individual who has been in areas where UIL activities have been conducted is lab-confirmed to have COVID-19, the school must notify its <u>local health department</u>, in accordance with applicable federal, state and local laws and regulations, including confidentiality requirements of the <u>Americans</u> <u>with Disabilities Act</u> (ADA) and Family Educational Rights and Privacy Act (FERPA).

- 10. Schools must close off areas that are heavily used by the individual with the lab-confirmed case (student, teacher, or staff) until the non-porous surfaces in those areas can be disinfected, unless more than 7 days have already passed since that person was on campus.
- 11. Consistent with school notification requirements for other communicable diseases, and consistent with legal confidentiality requirements, schools must notify all teachers, staff, and families of all students in a school if a lab-confirmed COVID-19 case is identified among students, teachers or staff who participate in any UIL activities. If the person who is lab-confirmed to have COVID-19 participated in a contest against another school(s), the school must notify other school(s) and sports/contest officials involved in the contest.

COVID-19 Symptoms

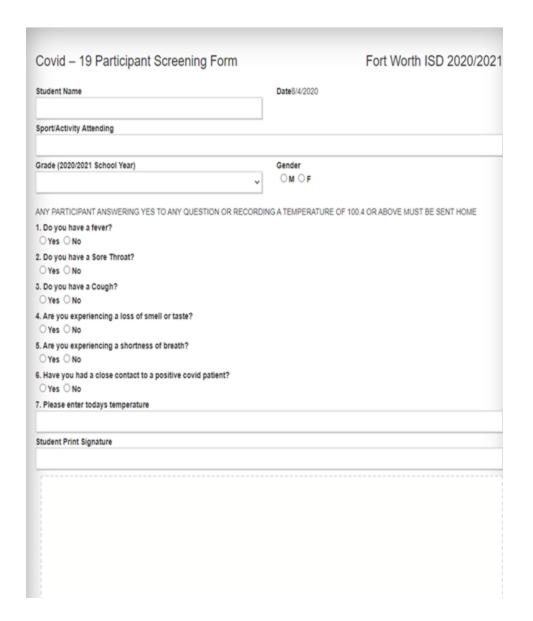
In evaluating whether an individual has symptoms consistent with COVID-19, consider the following question:

Have they recently begun experiencing any of the following in a way that is not normal for them?

- Feeling feverish or a measured temperature greater than or equal to 100.0 degrees Fahrenheit
- Loss of taste or smell
- Cough
- Difficulty breathing
- Shortness of breath
- Fatigue
- Headache
- Chills
- Sore throat
- Congestion or runny nose
- Shaking or exaggerated shivering
- Significant muscle pain or ache
- Diarrhea
- Nausea or vomiting

Screening Questionnaire Information

- 12. When asking individuals if they have symptoms for COVID-19, school systems must only require the individual to provide a "Yes" or "No" to the overall statement that they are symptomatic for COVID-19, as opposed to asking the individual for specific symptom confirmation. School systems are not entitled to collect information during screening on the specific health information of an individual beyond that they are symptomatic.
- 13. Once it is determined that individuals who responded "Yes" to either of these questions have met the criteria for re-entry, school systems must destroy those individuals' responses.



Performance Areas, Band Halls, Locker Rooms and Other Congregate Settings

- Schools should make hand sanitizer, disinfecting wipes, soap and water, or similar disinfectant readily available in these areas.
- All congregate areas should be regularly and frequently cleaned and disinfected including all frequently touched surfaces such as doorknobs, tables, chairs, lockers, and restrooms.
- Any equipment that will be kept in student lockers and/or in these areas should be thoroughly cleaned
 and disinfected each day prior to students accessing these areas. Schools should develop a plan for
 managing the storage, cleaning and disinfecting, and redistribution of student equipment.

- Schools should consider identifying staff to monitor locker rooms and other areas where students may congregate to ensure effective use of school protocols. When possible, schools should open windows and/or doors or otherwise work to improve air flow by allowing outside air to circulate in these areas.
- Schools must require staff and students to wear face coverings while inside locker rooms, meeting
 rooms, training rooms, band halls and other areas where students may congregate other than shower
 facilities.
- As part of their overall plan, schools should develop a plan for mitigating risk of spreading COVID-19
 when disinfecting, cleaning, and laundering items such as towels, practice clothes, and uniforms. This
 plan should include protocols for redistributing these items to students. Involved staff should be trained
 specifically on these protocols.

Practice and Rehearsal Activities

In addition to the above general guidelines and rules in the UIL Constitution and Contest Rules and UIL manuals and handbooks, the following applies to practice activities during the 2020-2021 school year.

- All surfaces in practice areas should be thoroughly disinfected throughout and at the end of each day.
- Any equipment should be regularly disinfected before, during, and after practice sessions.
- Schools may provide food, water or other drinks. If they provide these items, schools should do so in a manner that ensures students are not sharing these items.

Game, Contest, and Event Management

In addition to the above guidelines and rules in the UIL Constitution and Contest Rules and UIL manuals and handbooks, the following applies to games, scrimmages, and events:

Teams and Participants

- If the school is planning to offer transportation for students, schools should follow <u>TEA guidance</u> related to such transportation.
- Teams and participants are required to wear face coverings as described in Executive Order GA-29.
- The host site should designate a cleaned and disinfected area for teams to unload and load buses separate from fans, spectators, and other individuals not essential to the team or group.
- Visiting team /group locker rooms should be cleaned and sanitized by the host site before the visiting team arrives. Visiting teams/groups are responsible for cleaning and disinfecting equipment once it is unloaded. Schools should limit access to these facilities to only students and staff essential for the game, contest, or event.
- Before each game, contest, or event, schools should follow the screening protocols described above to screen all staff members, contractors, volunteers, sports officials, contest judges, and any individuals otherwise involved in working the event. These individuals should also self-screen as described in these screening protocols.
- Fan and spectator areas including bleachers, stands, walkways, and other spectator areas should be at least six feet from team /group areas such as team benches or performance areas. Where distancing is not feasible, other methods should be utilized to slow the spread of COVID-19, such as face coverings, implementing engineered controls such as physical barriers, or other risk mitigation efforts the school deems appropriate.
- As previously indicated, water or other drinks and/or food may be provided. Schools or host sites should consider doing so in a manner that ensures students are not sharing these items.

- Other areas used by participants, such as press box areas, should be cleaned and disinfected prior to and after use. Sites should develop plans for providing access to these areas that limit or remove potential contact between participants and non-participants.
- The host site should provide sports and contest officials an area to enter and exit separate from fans when possible. Officials should be provided a dressing and meeting area, if applicable, that has been cleaned and disinfected prior to their arrival.
- Pregame or pre-event meetings between teams and/or sports and contest officials should be planned to allow appropriate distancing between individuals.
- Pregame and post-game gestures of sportsmanship should be conducted between teams and sports and contest officials in ways planned to help reduce the risk of spread of COVID-19.
- All participants should be provided with entry and exit plans for contest areas that maintain separation
 from non-participants and fans. Individuals not essential to the team or group should not be given access
 to contest areas, performance areas, courts, or fields at all before, during, or after contests and events.

Student Groups not directly involved in the game or contest

Student groups such as marching bands, cheerleaders, drill teams, and other groups approved by the school district may attend and perform at games or contests in which they are not competing. Schools should consider limiting the number of participants to those essential to the performance.

- These student groups should remain separate from the game or contest participants at all times. These student groups should avoid mixing with fans or non-group members throughout the game or contest.
- Student groups are required to wear face coverings as described in Executive Order GA-29.
- Schools should consider limiting the number of students and staff given access to the playing areas and ensure protocols for entering and exiting the playing areas are in place.
- Fans and spectators should be located to provide at least 10 feet of distance from bands playing wind instruments from the stands.
- These students should maintain appropriate distancing from game or contest participants at all times, including when on the sideline.

Spectators, Audiences, Fans and Media

Schools may allow spectators to attend games, contests, or events within a maximum 50% capacity limitation, provided that appropriate spacing between spectators is maintained according to the protocol, and according to the following:

- Schools and/or host sites should post visible signs and/or messaging stating any individuals who are
 confirmed to have, suspected of having, are experiencing symptoms of, or have been in close contact
 with an individual who has been confirmed to have COVID-19 should not enter the facility.
- Spectators, audiences, fans and media are required to wear face coverings as described in <u>Executive</u>
 Order GA-29.
- Sites are encouraged to utilize remote ticketing options to help manage capacity limitations within a maximum 50% occupancy. Paper tickets and programming should be minimized to help avoid transferable materials.
- If possible, set reserved times for entry to avoid mass arrivals.
- Groups should maintain at least six feet of distance from other groups at all times, including the process of admission and seating. A group is defined as no more than 10 people including the members of the household and those persons who traveled together to the facility.

- Schools should not allow seating in consecutive rows, and should block off seating to maintain a minimum six feet of distance between groups.
- Pathways for spectator ingress and egress should be clearly marked and unobstructed.
- Schools should provide hand sanitizing stations and/or hand washing stations at entrances and inside the facility.
- Seating, hand rails, and other common surfaces should be cleaned and disinfected prior to each game or contest.
- Press Box seating should include social distancing of at least six feet between individuals when possible.
- Schools should limit access to working media providing coverage of the event to ensure protocols are followed.
- Post-game interviews should be conducted while wearing face coverings and maintaining at least six feet of distance between the interviewer and individual being interviewed.