



R. L. Paschal

Summer Strength Program & Sport Specific Skills 2020





OVERVIEW

On behalf of R.L. Paschal HS Athletics Program, we are pleased to present this overview for the phase one plan to return our student-athletes to in-person & on-campus training. This is our blueprint to return our athletes to Summer Strength Program (SSP) 2020 and PHS sport specific skills on our campus. The health and safety of our student-athletes is our number one priority and the guidance is based on what is currently known about the coronavirus disease (COVID-19). R.L. Paschal HS Athletic Department designed this guidance to help prevent workplace exposures to COVID-19 for all student-athletes, coaches, and staff and will be updated as additional information becomes available.

The following guidelines were compiled with the assistance of FWISD, Mr. Langston, Mr. Vesely, PHS Licensed Athletic Trainers, PHS High School Campus Coordinators, and the guidelines of the University Interscholastic League. With social distancing requirements, it will take many more HOURS and AREAS to provide our student-athletes a quality summer strength and conditioning experience.

The policies in our plan are designed to minimize risk for yourself and others. It is vital to the health and safety of everyone that our athletes and staff are fully conscious of this at all times and take responsibility for following these guidelines seriously.

Key Principles:

- Limiting personal interaction – face-to-face interaction and person-to-person contact will be limited to essential activities that cannot be performed in an alternative (virtual or remote) fashion. When such activities are required, social distancing and other infection-spreading mitigating measures will be emphasized.
- Hygiene – hand washing will be emphasized before, during, and after team activities when practicable.
- Cleaning and sanitation – routine and enhanced cleaning and sanitation measures will be implemented.
- Safe access to facilities – Facility entry and exit points will be coordinated to minimize personal interaction and facilitate social distancing.
- FWISD staff will maintain a 1:20 coach to student ratio at all times.
- Screening Procedures for Student-Athletes
- Daily symptom and temperature screening assessment will be required of student-athletes.
- Staff will continue to be screened daily.
- University Interscholastic League Rules and Guidance will continue to be adhered to.
 - All Summer Strength and Conditioning and Sport Skill workouts are optional
- We will continue to provide remote workouts as an alternative



- Attendance records are required but students cannot be allowed to make up missed sessions or be penalized for not attending.

SANITATION

A. Disinfection and Sanitation (In session coaches & custodians after)

Facilities Cleaning – athletic facilities will be disinfected and sanitized per industry guidelines, before, during, and after SSP and PHS Skills. SSP & skill coaches will sanitize equipment during workouts. Emphasis will be given to ensuring disinfecting high touch surfaces and surfaces that are used by multiple student-athletes, disinfecting between users. (Checklists will be provided for staff.)

Equipment like barbells will be sanitized after each use and before a new athlete uses it. Lysol and disinfectant wipes will be at each station so that athletes can wipe down equipment after use.

Enhanced cleaning – specific athletic facilities in which an individual with a confirmed COVID-19 positive has been identified will undergo enhanced disinfection per CDC and industry guidelines.

Coaches will sanitize all footballs after use during all skill sessions.

Regularly touched surfaces will be frequently cleaned and disinfected.

Protective supplies for all employees will include face masks and other sanitational supplies as needed. Employees are expected to wear face masks at SSP and gloves will be available if needed.

B. Athletes and Staff

Athletes will complete a completed parent release form and return to coaching staff prior to being allowed to work out and must have a current physical form on file.

Both athletes and staff will sanitize their hands before, during, and after a workout. There will be multiple hand sanitizing stations spread out in all conditioning and skills areas.

There will be no high fives, back slaps, or any other physical encouragement.

6-ft social distancing will be kept when not actively exercising.

10-ft social distancing will be kept when actively exercising.



STUDENT ATHLETE REQUIREMENTS

Athletes will check-in and complete the screening process each day from their phone before arriving.

Athletes will stay home if they answered “YES” to any screening questions or if they do not feel well. The following are screening questions:

Any contact with person who is/was positive for COVID-19

New or worsening cough or shortness of breath/difficulty breathing

At least two of: chills, repeated shaking with chills, headache, or sore throat, new loss of taste or smell, or diarrhea.

A temperature check is required on first entry into the screening checkpoint.

Temperature check station will be staffed by R.L. Paschal High School coaches. They will confirm receipt of student-athlete COVID-19 screening questionnaire answers and will make sure questions have been answered and temperature has been taken prior to entry. Student-athletes temperatures have to be < 99.6. If they do have a temperature they will be sent home.

Athletes will park or be dropped off at their groups' predesignated areas in the senior parking lot of the high school.

Athletes will go through their pre-screening process before parents are allowed to leave the facilities which will occur in the parking lot.

Athletes will get in the check-in line and keep social distance at all times.

6-ft Rule - Maintain 6 feet of space between each other. This includes lift groups, run groups, and common areas including restrooms.

Physical Contact - Limit physical contact with others. Do not shake hands, hug, fist-bump or high five.

Athletes will use hand sanitizer before entering the facility, during workouts, and when exiting skills.

Restrooms - Student-athletes are required to wash hands; utilize the “one-in one-out” model; sanitize hands after exiting. Locker room use is not allowed for any reason.

Hydration – Water will NOT be provided for student athletes. Student-athletes will be required to bring their own individual labeled water bottles. They are prohibited from sharing water bottles.



Students should bring their own towel to SSP.

SSP and PHS STAFF REQUIREMENTS

- **Staff will check in and complete the screening process each day from their phone before arriving.**

Staff will stay home if they answered “YES” to any screening questions or if they do not feel well.

Staff will have a temperature check upon arrival and keep social distancing at all times.

Staff will use hand sanitizer before entering the facility, during workouts, and skills.

Staff will bring their own labeled water bottle.

Staff will create staggered schedules for their groups' workout times.

Mandatory training in safe schools for all employees prior to their return to the workplace.

1. CoronaVirus awareness. (8 Minutes)
2. CoronaVirus cleaning and disinfecting your workplace (10 Minutes).

Additional Training

1. How to conduct safety testing.
2. How and what to clean.
3. Sanitation Protocols.
4. Power-Point training for coaches, players, and students.

- **Attendance MUST be taken daily for all SSP sessions and skill stations on the google doc shared by Coach Killough. This is critical if we have an athlete infected. We must be able to track them down. If accurate attendance is not taken it could shut down everything for 14 days.**



ENTRY PROCEDURES

A. All student-athletes are required to enter via the Double gates next to the athletic trainer's office. Parking will be in the Senior parking lot for each group to minimize interactions when student athletes are arriving and departing. Screening checkpoint will be managed by R.L. Paschal High School Coaches. This is THE ONLY permissible entry for employees/student-athletes. All other entry points will be inaccessible.

B. The coaches will assist in keeping student-athletes at a safe distance from each other as they are waiting to get screened prior to entering the facility. R.L. Paschal High School will provide student-athletes the ability to fill out the screening questionnaire if they forgot.

Entry Chart

<p>Session 1 7:30 AM - Varsity Football Gray Group 7:40 AM - Varsity Football Silver Group 7:50 AM - Varsity Football White Group 8:00 AM - Varsity Football Black Group 8:10 AM - Varsity Football Purple Group Check In Begins at your designated time if you arrive late you will not be permitted into workouts. Be in your parking space 10 minutes early.</p>
<p>Session 2: 7:30 AM- Volleyball Group 9:30 AM Boys Basketball Group</p>
<p>Week 2 Sports Specific Skills after SSP</p>

EXIT PROCEDURES

A. Student-athletes must exit the route predetermined and learned during orientation, while practicing social distancing, avoiding contact with other student-athletes and staff.

B. Students must sanitize their hands when they exit the facility

C. Parents must stay in their cars during the pick-up process and drop off process.



COVID-19 SYMPTOMS, TESTING & MANAGEMENT

A. COVID-19 Symptoms or Positive Test

Management of COVID-19 Positives – confirmed COVID-19 positives will be managed by Paschal High School LAT per current public health guidelines. Management will include further testing, isolation, and doctor referral as well as return-to-sport clearance.

Student-athletes who appear to have symptoms or who become sick during the day will be immediately separated from other student-athletes/staff and instructed to return home. Direction will be provided by PHS LAT'S regarding symptom monitoring, quarantine, and testing. A symptomatic student-athlete will be managed as a presumptive COVID-19 positive and all precautions will remain in place until testing confirmation is received.

Student-athletes who are presumed or confirmed COVID-19 positive cannot report to campus until cleared to do so by the PHS Campus Coordinator and the campus LAT by meeting the criteria listed below.

- i. Resolution of fever without the use of fever-reducing medications AND improvement in respiratory symptoms (e.g. cough, shortness of breath), AND
- ii. Negative results of an FDA Emergency Use Authorized COVID-19 molecular assay for detection of SARS-CoV-2 RNA from at least two consecutive respiratory specimens collected ≥ 24 hours apart (total of two negative specimens).
- ii. The student-athlete is symptom free for 72 hours without the use of medication, and at least 14 days have passed since symptoms first appeared.

B. Positive Test Confirmed: If a student-athlete tests positive for COVID–19, they are to self-isolate until 10 days from onset of symptoms AND 72 hours of being symptom free without medications.

C. If a student-athlete has been in close contact with someone who has tested positive for COVID–19 or has a family member that lives with them that has tested positive for COVID -19:

Student-athletes should inform the Campus Athletic Coordinator and the campus LAT and quarantine for 14 days.

PHS LAT's will be notified as well as the Ft. Worth Public Health Department.

PHS LAT's will notify student-athletes who may have been exposed to COVID-19 and provide guidance. Fellow student-athletes may be sent home to self-quarantine for at least 14 days or until a confirmed negative test result is received. Contact tracing will be overseen by the Campus Athletic Coordinator and the campus LAT.



WORKOUT / SKILLS GROUPS

A. Athletes' workout and skills groups will be coordinated by PHS and SSP staff to minimize exposure.

B. When an athlete develops symptoms, all athletes in his/her group will be removed until the athlete is cleared.

GYM REGULATIONS

A. Groups limited to no more than 10 athletes. Groups have to stay 10 feet away from other groups

B. Capacity is 25% of building

Formula: Divide sq ft by 50. Multiply that number by .25.

Example: $7,200 \text{ sq ft} \div 50 = 144 \times .25 = 36$. 36 total athletes and coaches allowed at one time.

OUTDOOR REGULATIONS

A. Groups limited to no more than 15 athletes. Groups have to stay 10 feet away from other groups

WORKOUT PROCEDURES/POLICIES

A. Both athletes and staff will sanitize their hands before, during, and after workout. There will be multiple hand sanitizing stations spread out in all conditioning and skills areas.

B. There will be no high fives, back slaps, or any other physical encouragement.

C. 6-foot social distancing will be kept when not actively exercising.

D. 10-foot social distancing will be kept when actively exercising.

E. Spotting is allowed but recommended that the spotter cover their mouth and nose.

F. Bars and other equipment will be sprayed and wiped after every use.

G. Students may attend only up to 2 hours per day of SSP

H. Students may attend only up to 90min/day of skills with no more than 60min/day in one sport

I. Sport specific skills may include specific sports equipment, but not contact equipment.



Any equipment should be regularly disinfected during sessions. Equipment should not be shared between groups.

J. No competitive drills involving one or more students on offense vs defense in skills

No 1-on-1, 3-on-3, 5-on-5, 7-on-7, etc.

K. Appropriate clothing / shoes should be worn at all times to minimize sweat from transmitting onto equipment.

No shared equipment Example: Towels, clothing, or shoes.

L. Students are encouraged to wear masks to workouts, and exercise a 10 foot perimeter of others if not wearing a mask.

PARENT/GUARDIAN COMMUNICATION PLAN

Frequent emails will be sent to all parents/guardians outlining return to campus plan & safety measures.

Organize a Zoom meeting or emails for all parents/guardians with PHS Campus Coordinator / Head Football Coach, John Killough, and LAT's.

Coaches will educate the athletes via Zoom meetings or email before they show up day 1. Maps and information will be provided.

Constant & detailed communication via email with parents/guardians.

SSP Strength Conditioning and PHS Skills Training & Education.

PREPARING STAFF & ATHLETES

All PHS and SSP staff will meet with PHS AD, Campus Coordinators, and PHS LAT's to learn new procedures and protocols.

Student-athletes will be required to participate in a Zoom meeting with their coach to walk through the entry and exit procedures. During this orientation, student-athletes will:

Complete the screening questionnaire with an Athletics staff member.

Learn how to save the screening questionnaire to their phone for easy access.

Learn where to park for workouts, entry and exit procedures.



Experience the social distancing “waiting line” on the sidewalk prior to reaching the screening station.

Use hand-sanitizing stations prior to reaching the screening station.

PREPARING FACILITIES

WEEK 1

- Sanitation supplies delivered, installed, and placed in predetermined places.
- Trash Cans delivered and placed strategically for paper towels used at racks.
- Facilities marked for social distancing spots after check in process.
- Social distancing markings installed on each rack and throughout the facility.
- Hand Sanitizing stations will be set up throughout the facility for use.

June 15th Weight Room & Skills Athlete Education

- Student-athletes will have an educational session where they will walk-through the daily process for check-in on June 15th, full workouts will begin June 16th.

Summer Schedule 2020 with phases.

June 8th-13th Staff only training

June 15th-18th Summer program (High School Varsity Only / Outdoor activities only)

June 22nd -25th Summer program (High School Varsity Only / Indoor and Outdoor)

June 29th – July 2nd. Summer program (High School Varsity Indoor and Outdoor / Sub Varsity is Outdoor day 1 and both after)

July 6th-9th Off - vacation

July 13th- 16th Summer program

July 22nd -23th Summer program

July 27th – 30th Summer program

August 3rd 2 A - Days

Phase 3 will eventually include Jr. High Athletes.

Entry and Exit Procedures



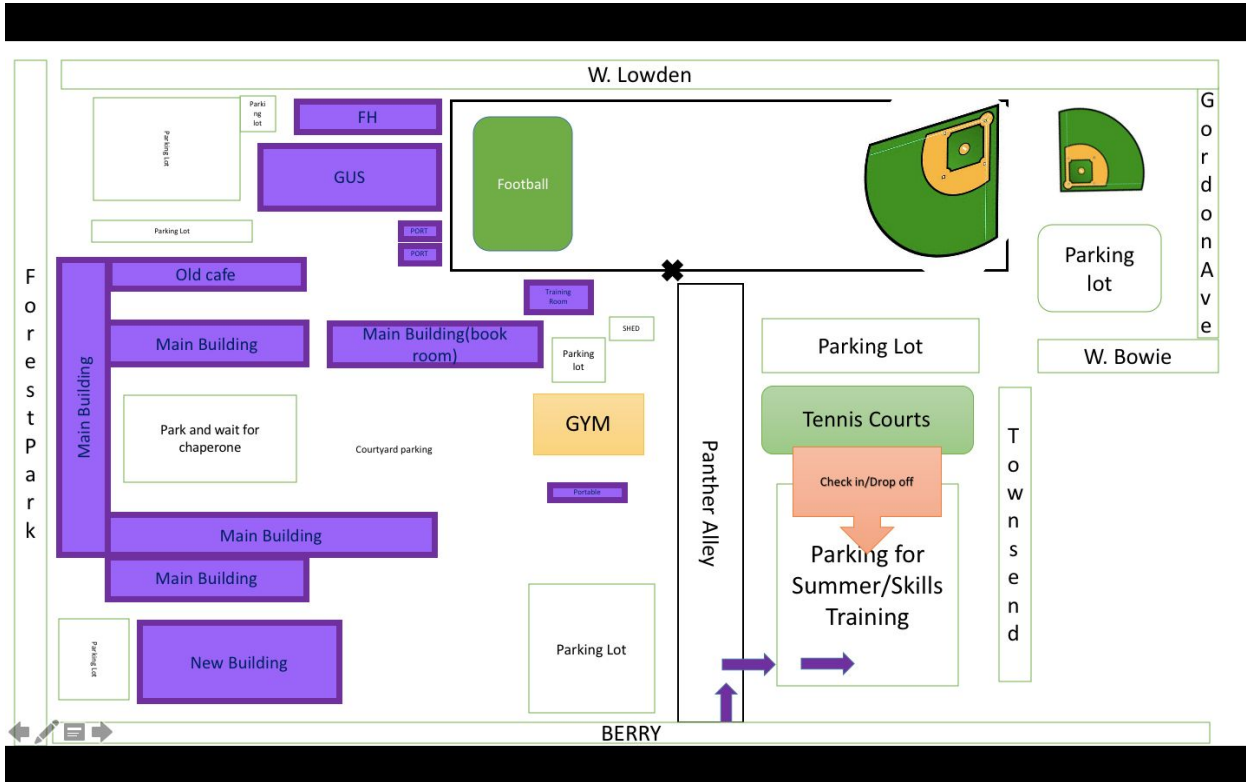
For Student Athletes

All Student athletes will report to the senior parking 10 minutes prior to the start of your designated session. If you are late you will not be permitted into workouts. At your designated start time you will line up in the parking lot on the panther paws maintaining social distancing between you and other athletes. There will not be any type of gathering's or high fiving or hand shakes aloud. **If you do this you will be sent home!**

Arrival- Park in designated parking spaces, stay in your car until your temperature and attendance is taken. Parents should wait to leave the parking lot until you exit the parking lot for a workout. It should only take 5 minutes from the start of check in for us to leave the parking lot. You must have completed the daily online symptoms questionnaire on rank one before arrival, or respond to it through the check in coach. If you are experiencing any symptoms do not come to SSP but communicate with a coach about these issues.

Exit- You will be walked back to the parking lot by your coach assigned to you. You will then exit the parking lot in your designated vehicle or be picked up by your guardians . Your guardians need to be there to pick you up 10 minutes prior to the end of workout. These times will be communicated with you weekly to ensure they know when to pick you up.

Entry and Exit Procedures



Entry and Exit Procedures



For Student Athletes

Participants will park in the Senior Parking Lot.



Entry and Exit Procedures



For Student Athletes

Parking will begin by group and park by the tennis courts. Groups will be staggered with arrival times and be given directed on parking locations by staff and signage.



Entry and Exit Procedures

For Student Athletes



Students will line up on the designated panther paws to maintain social distancing. After having their temperature taken from inside of their vehicle. When all athletes are in line the group will be led into the facility to begin workout while maintaining social distancing the entire time.

