

**Arlington Heights High School Cheerleading  
COVID-19 Safety Protocol**

**Day of Practice Protocol**

1. Every day of practice, students will need to complete a prescreening on rank one on their phones before they arrive at this link
2. Upon arrival, cheerleaders/parents will park in the Hulen parking lot 15 min prior to practice and are to remain in their cars.
3. Coaches will do a temperature check at each car and make sure their prescreening questionnaire has been completed.
4. Mask **MUST** be worn the entire time during check-in.
5. Temperatures must be at or below 99.6 degrees to be admitted into practice.
6. No one is to exit their cars until a coach has conducted the prescreening check.
7. Once your cheerleader has been cleared by a coach, they will exit their car and stand and wait 6 feet apart from each other to ensure appropriate distancing.
8. Once our team is present, we will walk to the football field.
9. Any cheerleader who is late (after we have screened the final car) will not be admitted into practice.
10. At this time, there will be no physical contact between cheerleaders.
11. Everyone will maintain 6 feet distance at all times, even when walking to the field and back to our cars after practice.
12. A distance of 10 feet will be implemented while actively exercising.
13. All coaches will be present to make sure this is being followed.
14. **Any cheerleader not abiding by these distancing rules will immediately be sent home and practices could be suspended.**
15. Hand sanitizer will be on site to use before, during, and after practice.
16. Cheerleaders will need to bring their own water bottle with water in order to participate.
17. **Sharing of water bottles will NOT be allowed and water will NOT be provided.**
18. At the end of practice, cheerleaders will be walked back to the parking lot maintaining 6 feet distance, with masks on.
19. They are to immediately go to their car and leave the premises.
20. Parents will need to be on time to pick up their cheerleader, but cheerleaders not picked up on time will remain in line six feet apart while waiting with mask on.
21. **Any cheerleader who has not completed Rank one forms and/or turned in their physical will NOT be allowed to attend practice. You must be “green” in Rank One to begin workouts.**

### Game Day Protocol

1. Each game day, students will need to complete a prescreening on rank one on their phones before they arrive.
2. Upon arrival, cheerleaders/parents will park in the Hulen parking lot (away game) or FWISD Stadium parking lot (home game) 15 min prior to arrival time and are to remain in their cars.
3. Coaches will do a temperature check at each car and make sure their prescreening questionnaire has been completed.
4. Mask **MUST** be worn the entire time during check-in.
5. Temperatures must be at or below 99.6 degrees to be admitted into the stadium or on the bus.
6. No one is to exit their cars until a coach has conducted the prescreening check.
7. Once your cheerleader has been cleared by a coach, they will exit their car and stand and wait 6 feet apart from each other to ensure appropriate distancing.
8. Once our team is present, we will walk to the football field or load the bus.
9. Everyone will maintain 6 feet distance at all times, even when walking to the field.
10. A distance of 10 feet will be implemented throughout the entire game.
11. At this time, no stunting will be allowed.
12. A coach will be present to make sure this is being followed.
13. **Any cheerleader not abiding by these distancing rules will immediately be sent home.**
14. Masks must be worn at all times, when not actively cheering.
15. Hand sanitizer will be on site to use before, during, and after games.
16. Cheerleaders will need to bring their own water bottle with water in order to participate.
17. **Sharing of water bottles will NOT be allowed and water will NOT be provided.**

### Transportation Protocol

1. Varsity will be the only team to travel to away football games, if permitted by the district. Our Varsity team consists of 18 cheerleaders.
2. On the bus, cheerleaders will sit one to a seat with the intention to skip rows and/or zig zag cheerleaders.
3. Masks **MUST** be worn at **ALL** times on the bus and windows **MUST** remain in the down position.
4. If a parent would prefer to take their child to and from games, documentation must be received at the beginning of the week. (form pending)

## **Arlington Heights High School Drill Return to Practice Plan**

All student participants must have a current 2020 physical, medical history, emergency card, insurance & UIL signature page, and return to activity forms completed and submitted through Rank One. <https://fortworthisd.rankonesport.com/New/NewInstructionsPage.aspx> (*waiting to see if cognitive/concussion testing can be completed at home*). *Physical Form:*

<https://www.uiltexas.org/files/athletics/forms/PrePhysForm17-18.pdf>

Prior to arrival, students must complete the daily Covid-19 Participant Screening Form.

<https://rankonesport.com/content/Home/Covid>

Arrive and/or park in the parking lot by the football field. Dancers must remain in their car until the coach checks their temperature and pre-screening questionnaire. Coaches will do temperature checks with gloves and masks and dancers should have their mask in the car while waiting to be cleared. No one may exit their vehicle until the coach has conducted a pre-screening check. Anyone with a temperature of 99+ degrees will not be allowed to practice and will be immediately sent home.

Once a dancer has been cleared by the coach, they may exit their car, but maintain at least six feet distance from others. They will sanitize prior to going to the predetermined practice space. The team will then walk to their practice space together while maintaining proper social distancing protocols. Each dancer's bags/personal belongings must be spread at least six feet apart.

Dancers will not touch anyone else's belongings or share anything. Dancers are encouraged to bring their own sanitizing wipes & hand sanitizers in addition to what is provided. Sanitizer will be available for dancers to use upon arrival, during practice and at departure.

Dancers will be spaced out ten feet during practice. Masks must be worn at all times from arrival through departure except when we are spaced out and actively exercising, but masks are encouraged to stay on during that time if desired.

Dancers must bring their own individually issued team water bottles. Only one dancer will be allowed in the bathroom at a time. We will limit the use of poms during practice, but they will be individually assigned and must be kept in the pom carriers attached to dancers' bags when not in use.

### **In-Person School Practice Protocol**

\*will update as needed when district direction is provided

All precautions outlined above will be in place except for arrival because students should already be on campus. If students choose virtual learning but participate as an extracurricular activity, we will have a designated door for entering to be pre-screened (doors will depend on access based on our campus construction and our designated practice space). Virtual schooling participants must attend all practices and performances in order to participate in the program, unless otherwise determined by the coach. Parents and students are responsible for transportation to and from practices/performance if they are attending school through the virtual platform. Temperature check and sanitization protocols must be followed for any participants who are transported by a parent. Students attending school virtually, upon completion of practices, must leave campus immediately following practice.

Dancers will be limited in use of the locker room to allow for social distancing based on the space. If groups are needed, the coach will stand at the door to monitor that dancers are staying spaced out in the locker room and as well as while waiting in the hallway. Virtual learners should arrive dressed for practice.

### **Game Day Protocol**

\*will update as needed when district direction is provided

Students will not be permitted to stay on campus to get ready if it is an in-person school day, unless we are traveling before the end of the school day. We will have a designated meeting area, based on what space is accessible and available. Students will have their temperature and Covid-19 screening checked. The drill team and cheer team will travel to games in separate buses. Masks will be on and windows will be down, weather permitting. Students must be signed out by a parent or guardian or pre-approved authorized adult. Students may not be signed out by a sibling or significant other.

Dancers will be spaced out 10 feet apart while in the stands. Dancers will not be allowed to walk around in the stands. Masks will be worn in the stands as part of the individually-issued team uniform. Dancers will be required to wear the team uniform masks on game days.. Dancers will remain socially distanced while on the sidelines preparing for performances. Dancers spirit lines and halftime formations will be spaced at least 2 yards apart (6 feet).

Dancers may remove masks only for halftime performances that fully adhere to the 10+ feet social distancing guidelines. Dancers will not be permitted to leave the stands during “off/3rd quarter” and will be required to bring their own water in their individual team water bottles. Restroom breaks will be permitted during the “off/3rd quarter” and dancers may only be allowed to go to the restroom with a manager escort and in pairs/groups of no more than two students at a time.

## **Cross Country Covid-19 Plan**

### **Where**

- Arlington Heights Football Field and surrounding neighborhood
  - 6 block perimeter east of school
- Trinity Park (when allowed)
  - 3301 Trinity Park Dr, Fort Worth, TX 76107
- Press Café

### **Entrance**

- Arlington Heights: Football Field Gate
- Trinity Park/Press Cafe: Check in- On curb/in car temperature check, before allowed into parking lot

### **Exit**

- Arlington Heights: behind field house
- Trinity Park/Press Cafe: picked up at the opposite end of the parking lot along the curb

### **Workout Procedures and Policies**

- Students who wish to participate in summer Cross Country Training must return a completed release, signed by the parent/guardian.
  - Coach Wrzesinski and Coach Brockett will collect permission slips on the first day of conditioning at temperature check-in. Parents will sign them in their cars if they cannot print at home.
- All athletes must have a current physical on file from last school year in order to participate. If an athlete does not have a physical on file, one will be required before participating.
- Both student-athletes and staff will sanitize their hands before, during, and after workout. There will be hand sanitizer available on the picnic table/car when off campus.
- There will be no high fives, back slaps, or any other physical encouragement.
- 6 foot social distancing will be kept when not actively exercising
- 10 foot social distancing will be kept when actively exercising
- Athletes will be placed into groups of 15
- Prior to arriving each athlete will complete a self-screening process.
  - Student-athletes will stay home if they answered “YES” to any screening questions or if they do not feel well.(Listed below, will answer on a google form before coming to practice.)
- 6 Foot Rule – Maintain 6 feet of space between each other. This includes lift groups, run groups, and common areas including restrooms
- Hydration – Student-athletes will be required to bring their own individual labeled water bottles. They are prohibited from sharing water bottles. Water bottles can be refilled by Coaches to ensure there is no contact with the bottle. Food or drink may not be shared.
  - Water bottles will have athletes name on the bottle for no confusion.

- Restrooms – Student-athletes are required to wash hands; utilize the “one in one out” model; sanitize hands after exiting. Other than the rest rooms, locker room use is not allowed for any reason.

### **Cross Country Drills**

#### **After Warm-Up Run**

- |                       |                               |                 |
|-----------------------|-------------------------------|-----------------|
| • Tip-Toe Walk        | • Soldiers                    | • Mario Skips   |
| • Heel Walk           | • Straight leg bend to ground | • Bounding      |
| • Scoop Walks         | • Butt Kicks                  | • Backwards Run |
| • Knee to chest holds | • A-Skips                     | • Sprint        |
| • Side Lunge          | • B-Skips                     |                 |
| • High Knees          | • Side Skip                   |                 |

#### **Hurdle Drills (All Left Lead/Right Lead)**

Will Clean Hurdles every 5 minutes using disinfectant

- Lead-Leg/Trail-Leg
- Lateral Lead-Leg
- Straight Lead-Leg
- Over-Under

#### **After Run Work (Finishers)**

- Ab work
  - Bicycle
  - Plank
  - Walking plank
  - One arm, one leg plank
  - Side Plank
  - Side Plank Leg Lift
  - Bridge
  - One Leg Bridge
  - Fire Hydrants
  - Bird Dog
  - Lateral Leg Raises
  - Calm Shells
  - Windshield Wipers
  - Russian Twists
  - Pistol Squats
  - Lunge/High Knee
  - Toe Touch
  - Hip Thrusts
  - Iron Cross
  - [Core X](#)

- Strides barefoot on field

### **Screening Process - Daily**

BEFORE Arriving to Facility – Every student will have answered the screening questions by phone using a Google Form. If a student answers “YES” on any question they will stay at home. All student-athletes are required to answer the Screening Questions for symptoms prior to leaving home. Students should check their temperature if possible. Coach Wrzesinski/Coach Brockett will complete all screening daily.

#### **Screening questions:**

- Any contact with person who is/was positive for COVID–19; or
  - New or worsening cough or shortness of breath/difficulty breathing; or
  - Fever (subjective or >99.6); or
  - At least two of: chills, repeated shaking with chills, muscle pain, headache, sore throat, new loss of taste or smell, diarrhea.
- 
- A temperature check is required on first entry into the screening check point, which will be conducted by Coach Wrzesinski or Coach Brockett wearing PPE
    - will confirm the student-athlete COVID-19 self-screening questions and will take the students temperature prior to entry.
    - If a student-athlete has an elevated temperature they will be sent home and may not enter the facility.
    - Hand sanitizer will be at the station temperature check-in for athletes to use before entering the field

### **Competition Procedures**

#### **School Arrival**

Student and coaches will go through same protocol as practice. Temperature and symptom form check on each participant.

#### **Bus**

Everyone will wear masks on the bus. Try to have single seating on bus. Windows will be rolled down too.

Load the bus, girls first, all the way to the back and fill in. Then the boys.

#### **At Meet**

No tents will be taken to help eliminate congregating. All students will keep their bags in a line away from other participants.

Warmups will be conducted with masks on and everyone will have their own water. Coach will collect disposable masks and water with trash bags to throw away.

Once participants complete running they may leave with their parents once checked in with Coach Wrzesinski. If they are riding the bus they will wait by the bags until departure.

There will be an ice chest with cold water. We will have sanitizer and wipes beside the ice chest.

#### **If parents bring to meet**

Athletes temperature and symptoms will be checked at drop off location.

## **AHHS Football Plan for FWISD**

Our goal is to follow protocols and procedures COVID 19 related that are provided by CDC, TEA, UIL, And FWISD. Although our goal is to be diligent in implementing our plan for Football activities, We cannot guarantee there is no risk of contracting COVID 19 and If a student contracts COVID 19 it will be impossible to prove that it was contracted while involved in football activities at AHHS.

### **Entering Field house check in**

- \*Players will follow the process for check in that is provided in the trainers protocol.
- \*Each player will complete a daily symptom check list provided on Rank One and receive a temperature exam upon entry into field house.
- \*Athletes will not be given unless all check in procedures are completed.
- \*Athletes will look to be given gaiter masks to wear or medical masks'
- \*All coaches designed for the day will assist the Training Staff with check in procedures.

### **Needed Documents for participation**

- \*Athletes must have a valid physical on file before participating in the 2020 season
- \*Athletes must complete safety training and concussion training.
- \*Mandatory paper work Rank One – Medical history form, parent release, emergency card, insurance and UIL signature form, cognitive form, return to activity form.
- \*All coaches are required to their mandatory CCP training, CPR, Concussion, Atavus tackling, Covid 19 prevention training.

### **Guidelines for Locker room**

- \*We will use a staggered entry/exit locker format for the first 4 weeks. WE will use the 120 varsity and Junior Varsity lockers in the new fieldhouse and the 120 lockers that are in the old field house. Even number lockers will have a 20 minute window to enter and exit and odd lockers will have a separate 20 minute window to enter and exit.
- \*Athletes will follow social distance protocol.
- \*Sanitizing and hand washing stations will be set up at entrance and exit to locker rooms. Players will be urged to wash upon entry and exit to locker rooms.
- \*Athletes will be given reuse Gaiters or a daily use mask given from PPE kits.
- \*Sanitizer mixed by custodians daily will be used to clean the lockers and benches before and after each use.
- \*Athletes are urged not to share equipment or exchange equipment that they will be using during the season.
- \*Coaches will taek alternate days to monitor the locker rooms to make sure all guidelines are being followed.

### **Football Practice Procedures and protocols/ laundry procedure**



- \*The UIL start date from football will be Sept. 7, 2020.
- \*Practice after school will take place each day after virtual learning is over. Time to be determined.
- \*Athletes can only participate in practice if they have completed the daily check in procedure provided by the training staff.
- \*Football is a contact and collision sport and there has to be a certain amount of close contact drill work done in order to have players prepared and be able to participate with best safety practices. Coaches will continually evaluate drills and practices in order to achieve both goals – proper practice and being cognizant of social distance when possible.
- \*Each player will be given a gaiter mask to wear at practice and will be asked to follow the UIL, FWISD guidelines for mask wearing.  
Coaches and training staff will be covered with Gaiter mask or medical mask to help prevent the spread of Covid 19.
- \*Each athlete will need their own water bottle/jugs. These will be carried by the athlete ONLY and no one else. It will be refilled from the water station without out players touching any device or handle from the water station. Water stations will be monitored by trainers, coaches, or student trainers.
- \*Towels will not be shared, each player will have their own towel for the day and it will be washed after practice.
- \*Athletes will be separated in position groups to manage which athletes are with which coaches.
- \*Time will be taken to wipe / disinfect shields, dummies, balls, equipment during practice
- \*Extra water breaks will be built in to practice schedule to make sure athletes are adequately hydrated, this extra time will be used to disinfect equipment by the coaches.
- \*If a player needs to go to bathroom during practice, he / she will use the bathrooms at concession stand and will only allow one athlete at a time. Hand wash will be available for [player to wash had upon entry/exit.
- \*Coach will disinfect sleds and other equipment after practice is over each day'
- \*Players will re enter locker rooms and same staggered intervals as before practice.
- \*We will ask players to arrive and leave in their own t shirts and shorts that they use in practice in order to cut down the amount of clothing players take off their body and was . Coaches will was all issued football uniform equipment(practice jersey, pants, girdles gloves, etc. If a player does not have the ability to wash their own t shirt and short at home each day , we will wash on their own personal clip.
- \*Coaches will use gloves and masks when washing players laundry
- \*Any equipment to be washed will be placed in the washer by the athlete himself and not handled by the coach. Coaches will rotate to the dryer and hang the players laundry clip in their locker for the following day of practice.
- \*No laundry will be hanging to dry in lockers.
- \*Practice jerseys will be removed from pads and washed daily.

### **Weight room procedures**

- \*We will continue to use the AHHS weight room at a 50% capacity.
- \*Each athlete will have their own station; Spotters will be used when needed and coaches will monitor stations that require spotters.
- \*If additional space is needed we will use the indoor facility and any weights we use there.

- \*All weights and bars are disinfected after each player leaves his station to rotate. Weights used are also disinfested upon each rotation.
- \*Each player will be given cleaning wipes and sanitizer to clean equipment and hands.
- \*Coaches will be used to help ensure social distance.
- \*Weight room and weight swill be cleaned each day after we are done using the weight room.
- \*If a player needs to use the restroom, he will use the restroom in the weight room and only one at a time will occupy the restroom.
- \*All players will be required to wash their hand at the end of the training session.

### **Transportation**

- \*AHHS will use FWISD bus drivers and Coaches with CDLs to drive players to and from games.
- \*To ensure best social distance practice, there will be one athlete per seat on the bus.
- \*We will request twice the number of buses we normally use in order to reduce to half the number of riders on each bus.
- \*Coaches will ride on each bus and monitor the activity and procedure for bus travel and social distance
- \*Players will travel to games in their uniform and have their pads and helmet in the seat with them.
- \*All players, coaches, training staff and others will be required to wash their hands before entry on the bus.
- \*FWID transportation should be requiring drivers to sanitize buses every time players leave bus and before entry.

### **Sub Varsity game procedure at AHHS**

- \*Visiting team will park bus on South side of field and meet AHHS coach and enter through a locked gate entrance. They will be escorted to the indoor facility to use for a locker area. They can use the bathroom at the concession stand and hand sanitizer will be provided. The concession stand will not be open for any sub varsity games.
- \*There will be one common entrance and exit for visitors to use.
- \*Coaches, liaisons, administrators will be utilized to direct traffic and encourage social distance.
- \*Masks will be required for all visitors.
- \*Ther will be no in person coin flip or team line hand shake before or after the game.
- \*Training staff will make contact with visitor trainers and go over any procedures that AHHS utilizes.
- \*Home team will provide a filmer to be used for both teams and share the video with visiting via Hudl after the game is over. Only one home filmer will be allowed in filming tower.

### **Varsity Game day Procedure at stadium for AHHS**

- \*An extensive procedure is listed under the FWISD guidelines and trainer guidelines

## Heights Fall 2020 Volleyball COVID 19 Guidelines

- Practice
  - Temperature checks & rank-one documents submitted before each session
    - When more than 1 session temp check before 2nd session starts
  - Drop off by outside gym and/or upstairs gym with masks on,
  - Wash or receive hand sanitizer and transition (masks on) to designated waiting spot. (Covid testing through district is possible)
    - When transitioning from one location to next, athletes must have masks on
    - When coach is having group discussion, athletes have masks on
    - Athletes can remove mask while actively participating in drill/exercise
    - In locker room spread out assigned lockers as much as possible.
- While in weight room, athletes are to wear masks
- Sanitize equipment after each use
  - Hand sanitizer provided during water breaks and drill changes
  - Coaches sanitize all equipment after practice
    - Wipe down poles, stands, door handles etc.
    - Spray all balls with disinfectant spray
    - Spay/wipe down carts
  - Athletes will exit through side doors of gym with masks on
  - Locker room use with practices:
    - Before 1st day of school: arrive in practice gear/no locker rooms for practice>> Freshmen in upstairs gym
    - During virtual learning: arrive in practice gear/limited use of locker room>>Freshmen in upstairs gym
    - In Person: Staggered entry times, and time frames for how long athletes have in there>>Freshmen in upstairs gym
- Matches:
  - Home: Athletes are dropped off by locker rooms/F-upstairs gym
  - Away: All teams are dropped off in front lot by outside gym at staggered times. Have rooster to record temp and keep for other school and our records.
  - Temperature checks & rank-one documents submitted before each game
  - Locker Rooms for match nights:
    - Home teams will use home locker rooms if needed (varsity & jv) outside gym (Freshmen upstairs), with staggered entry times
    - Away teams will need to come dressed a locker room will only be provided if emergency. All Freshmen are in upstairs gym only and will not be allowed in outside gym
  - Warm-up balls will be provided and sanitized after use
  - Time-outs: on court players stay on and others remain in the bench area
  - Each team arrive at specific times for home matches and will leave once they are finished playing

- If JV/F play first they arrive for game time, Varsity shows up at a later time and straight to locker room to get dressed unless helping.
- If athletes are required to stay to help (line judge, clock, etc.) they will be told ahead of time.
  - Parents/fans will have at designated entry sites and exits
    - Athletes/parents/fans cannot stay to watch other teams play
    - If a parent has athletes on multiple teams, parent may stay to watch sibling
  - **Bleachers will be marked to show allowed seating**
    - **Family only no more than 2 per player**
    - **50 tickets/fans per match (50 total fans) for big gym**
    - **0 fans per match(as of now 0 total fans) for small gym**
    - **Subject to change as Covid 19 guidelines change.**
    - **Fans use restroom near entrance doors**
    - **Opposing team use restroom in the volleyball hall.**
    - **Home team use restroom in office area**
  - Masks
    - Athletes to wear masks while not on the court playing
    - Athletes on sideline are required to mask-up
    - All Coaches /officials wear masks throughout matches
    - All fans required to wear masks
    - All personnel working required to wear masks
  - **In between matches, custodial crew will come & disinfect.**
  - Multiple game balls in rotation (after EVERY point, the ball is replaced with a clean/sanitized ball, and the one that was pulled gets sanitized for next play).
  - Players will stand with just a few chairs for coaches and manager this will be revisited as information pertaining to Covid 19 is updated
  - Only necessary personal allowed.
  - Labeled water bottles(no joint/shared)
  - Players will need their own towel.
  - Hand sanitizer at all timeouts, or end/start of set
- Overall safety:
  - **Multiple busses/vans/parent transportation for away matches**
    - **3 buses will be requested for all away games (To help with social distancing. Based on district policy**
    - Parents take their kids home from all away matches(only ride bus home if absolutely necessary)
  - Closed practices
  - Hand sanitizer available at entries and exits.
  - Designated entry only and exit only doors
  - Athletes will wash all gear.
  - Skeleton travel team.
    - Limit team numbers so each kids has own seat on bus
    - No managers
    - Possibility of only one coach on bus, other two drive

This will be updated periodically to adhere to updated Covid 19 guidelines.

## Athletic Training Room Policy and Procedures

### 1) Personal Protective Equipment

- a) 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 cleanup.
- b) Normal Hand Hygiene will be required before handling any bottles/ lids, coolers or ice chests.
- c) Hand Sanitizer will be required before entering the Athletic Training Room.
- d) Gloves will be worn if requested during interactions with students and staff
- e) If you are not injured or seeking treatment or rehab you will not be allowed in the Athletic Training room.
- f) All students will have completed the COVID –19 Screening process prior to entering the Athletic Training Room. If not they will be screened prior to being seen/evaluated.

### 2) Injury Evaluations/ Treatments

- a) Injury Evaluations/ Treatments will be handled by “ Appointment” during standard treatment times.
  - i) Evaluations/ treatments will be a 15 minute block, if more time is needed it may be given provided there are not other students waiting for treatment/evaluation
  - ii) No More than 5 athletes in the ATR at one time
  - iii) Hand Hygiene will be done in front of Student Athlete before evaluation
  - iv) Students waiting to be seen will wait outside on the benches while social distancing.
  - v) All students must sign in and then disinfect keyboard.
- b) Emergency Evaluations
  - i) In the event of an acute injury requiring use of the ATR, the ATR will be cleared of non – injured persons reducing the number of people in the Athletic training room.
  - ii) Mask or face covering may be placed on injured athlete after evaluating injury in the Athletic Training room.
  - iii) Hand sanitizer may be used in Lieu of hand Hygiene.
  - iv) Gloves may be required.
- c) Treatment and Rehab
  - i) When possible rehab will be done with team and coaches and/or at home.
  - ii) With our current situation, ice baths will be for medical emergencies only.
  - iii) Whirlpools will not be used at this time.

- iv) Ice Bags will be handed out by Athletic Trainers or Students aides only, at this time will be handed to the athlete to hold in place, Flexi Wrap will not be used at this time for all ice bags. Athletic Trainers may on a case-by-case basis use it on Acute injures.

### 3) Taping Stations

#### a) Practice

- i) Taping for practice that must be done in the Athletic Training will be conducted there. Tapings such as wrists, hands, thumbs, bandaging, wound covering the Athletic trainer or Student Aide may complete outside. Some wound care will need to be completed inside the Athletic Training room.
- ii) Masks or Face coverings must be worn during taping process
- iii) No more than 5 people Including Athletic trainers will be allowed in the Athletic Training Room at a time.

#### b) Games

- i) Taping for games will be conducted outside whenever possible.
- ii) Face Masks or Face coverings will be required for taping.

### 4) Cleaning and Disinfecting.

#### a) Cleaning will take place at least once a day and after every use of an area/ equipment a student

- i) Cleaning will consist of removal of trash, laundry, sweeping and wiping down countertops.

#### b) Disinfecting

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

Hydration plan:

To ensure that athletes are properly hydrated during practices and camps the following measures will be implemented. Each sport is required to develop a COVID-19 plan, which will include a hydration plan.

- 1) **During football camp/ athletic periods/ practices:** There will be several water refill / sanitations stations and coolers available in the gym and on the football field. This will be where all personal water bottles are refilled and sanitized prior to use. We recommend the largest Jug available or a gallon jug a regular bottle of water will not be enough for student athletes during practice. Only Coaches, Athletic trainers or Student Aides that are masked and gloved may use stations to refill water bottles.
- 2) At no time should the athlete touch the water cooler or pumpers.
- 3) Athletes will be required to bring their own water bottles and towels with their names clearly written on it for practice and games. We recommend the largest Water Jug available/ Gallon jug. We also require everything is labeled in Sharpie.
- 4) Water jugs will be placed apart on the end line or sideline during practice Athlete will need to bring water jugs and towel with them as they move thru practice stations.
- 5) Athletes will be able to have water jugs refilled at pumper stations during practice. A student Aide, Athletic Trainer or Coach who is wearing a mask and gloves may refill/operate pumper when the athlete needs a refill. Athlete will remove lid of jug and hold jug to be refilled. Athletes or any other person may not touch pumper or use nozzles on pumper to drink out of
- 6) For water coolers. Athlete will approach cooler that has appropriate hands free dispenser under coach or student aide direction mouth of athletes water bottle will be disinfected with a wipe and then athlete may refill bottle using hand free dispenser.

For Games **football:** Students will still be required to bring their own towels and Water Jugs/ bottles to games at this time.

**Freshman and JV** At this time Students will continue to bring their own well marked Water bottles and towels. Student aides in mask and gloves will be available to refill as needed and assist with time outs. This plan may be reevaluated as the season progresses.

**Varsity Football: For sideline use.** Athletes will be REQUIRED to bring their own Water Bottles and Towels. We Recommend a Gallon jug or larges Insulated Jug available. Items are required to be labeled A water station will be available during games for refill of bottle. Gatorade will also be available during games.

**For time outs:** Two student Aides wearing mask and gloves and possibly face shields will each have a rack of water bottles (12 total bottles) Each student will distribute one bottle to each athlete. At the end of the time out athlete will place water bottle into rack. Student aides will then bring water bottles to

sanitizing area and sanitize bottles and rack with appropriate and approved disinfectant. We will have a total four racks of bottles so a set is always ready for a time out. Coaches, or other athletes will not be allowed to touch the bottles they will only be used ONE PER ATHLETE during time outs only.

**Volleyball:** Athlete's will bring water bottles. A water jug will be available for refill that has a touch less spout. Athlete's are asked to open water bottle and have coach using a sanitizing wipe sanitize the top of the water bottle and then athlete may refill using touch less spout.

**Cross Country/ Tennis:** Athletes will bring their water bottles. At Tennis Matches there will be a refill station that a Coach will be in charge of refilling as needed. Mask and gloves will be worn.

**Cross Country** individual water bottles will be used for practice. Coach will have spare bottles of water or a refill container if needed. At meets water will be provided in individual bottles (case of water) as has been previously done.

At this time Students need to have their own water bottles/ jugs and towels for practice and Games. As the situation changes then our plan will change. Students are also not allowed to share water bottles, towels or any food or drinks. Proper and frequent hand hygiene is encouraged. Frequent sanitizing and disinfecting of equipment is required especially after use of equipment prior to another athlete's use. Proper social distancing is required at all times. Masks are required when not working out strenuously by athletes and at all times by staff and aides.



# AHHS Open Court & Practice Guidelines

How do you help protect your student-athletes and yourself from COVID but remain on target for training?

## ATHLETE CHECK-IN

All student-athletes must fill in the COVID questionnaire form on Rank One each day prior to arrival. Please make sure your student-athlete puts N/A for temperature prior to submission. Upon arrival all student-athletes should have their face masks on, their own water bottle, and social distance for check-in and temp checks. All student-athletes must use hand sanitizer prior to screening and entering facility provided by school. All coaches should wear gloves while in close quarters completing temperature checks and checking Rank One. (Please keep your athletes in the shade prior to temp checks the sun can quickly cause them to rise)

Mark designated areas for student-athlete bags and equipment that are socially distant from each other even during water breaks. After check-in/screening the athletes can remove their masks for physical activity.

Upon completion of practice all athletes should use hand sanitizer before exiting and wear mask and stay socially distant until they exit campus.

## EQUIPMENT USAGE/RESTROOM

1. All student-athletes and coaches should follow the USTA COVID safety guidelines when it comes to ball handling, equipment, and activity to the best of their ability.
2. No shared racquets and if a student borrows a racquet it is assigned to them the entire season.
3. Group drills should have no more than 4 on a court and follow USTA guidelines for spacing.
4. If coaches feed balls for drills, coaches are the ones who pick up the balls to minimize germ transmission with baskets or ball mower.
5. If each court is given assigned marked balls for practice, please make sure they have a container to put them back in and will reuse these balls each practice with their assigned group. These groups do not change when using these balls. Upon turn in coaches should lightly spray balls and container with Lysol and let them dry out for the next practice.
6. Restroom breaks should be done individually one at a time (make sure athletes use hand sanitizer leaving and returning)
7. Locker rooms will not be used until school is open for in person instruction. Once school is open for in person instruction, a protocol will be created by Athletic Coordinator and coaching staff to accommodate all sports and implementing social distancing.

## COMMUNICATION/TRANSPORTATION

If a student-athlete suspects they have been in contact with COVID or has contracted the illness they need to report it to their coach immediately so the coach, their athletic training staff, and school can follow proper protocol. The coach will then fill out the following \*link given below and include student ID number for tracking and will wait for response from Health Services. That student and/or their parents should still log in the student's daily questionnaire until they can return so the school can monitor the student's illness and recovery. Coaches should have plan in place with their school athletic administration and training staff to help communicate any possible exposure to cases to student-athletes and parent.

During district play follow district & UIL protocol in notifying their opposing teams, district, and DEC chair if a team cannot compete due to COVID.

Transportation to and from any athletic event will abide all district protocol for COVID prevention.

\*  
[https://fortworthisd.a21.qualtrics.com/jfe/form/SV\\_ehONjtbJuYSp5X](https://fortworthisd.a21.qualtrics.com/jfe/form/SV_ehONjtbJuYSp5X)

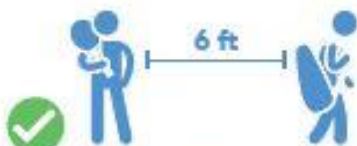
COVID-19

# PLAYING TENNIS SAFELY

PLAYER TIPS AND RECOMMENDATIONS



## WHEN PLAYING, PRACTICE THESE SAFETY GUIDELINES:



**Try to stay at least six feet apart from other players.**

Do not make physical contact with them (such as shaking hands or a high five).



**When playing doubles, coordinate with your partner to maintain physical distancing.**



**Between points, use your racquet and foot to pick up balls and hit them to your opponent.**

Avoid using your hands also when returning balls to another court.



**Wash your hands thoroughly or use a hand sanitizer before, during, and after play.**



**Maintain physical distancing if changing ends of the court.**



**Clean and wipe down your equipment, including racquets and water bottles.**

Use new balls and a new grip, if possible.



**Avoid touching your face after handling a ball, racquet or other equipment.**

Wash your hands promptly if you have touched your eyes, nose or mouth.



**Use only your own towels and water bottles.**

Avoid sharing food and touching common surfaces such as court gates, fences, benches, etc.



**Use Four Balls or Six Balls**

Although unlikely, it's possible that a tennis ball can transmit the COVID-19 virus, as virtually any hard surface can transmit the disease. So here is an extra precaution you can take to keep safe when playing tennis:

Open two cans of tennis balls that do not share the same number on the ball.

Take one set of numbered balls, and have your playing partner take a set of balls from the other can.

Proceed with play, making sure to pick up your set of numbered balls only. Should a ball with the other number wind up on your side of the court, do not touch the ball with your hands. Use your racquet head or feet to advance the ball to the other side of the court.

To see the USTA's full list of guidelines and recommendations, visit:

[usta.com/playersafety](https://www.usta.com/playersafety)

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# District 7-5A Match Play Guidelines

How do you help protect your student-athletes and yourself from COVID but stay competitive?

## ATHLETE TRAVEL & CHECK-IN

All student-athletes must fill in the COVID questionnaire form on Rank One each day prior to arrival for match or transportation. Please make sure your student-athlete puts N/A for temperature prior to submission. Upon arrival for transportation or to a match site all student-athletes should have their face masks on, have their own water bottle, and social distance for check-in and temp checks.

All student-athletes must use hand sanitizer prior to screening, entering transportation, & facility provided by school. All coaches should wear gloves while in close quarters completing temperature checks and checking Rank One. (Please keep your athletes in the shade prior to temp checks the sun can quickly cause them to rise).

Mark designated areas for student-athlete bags, equipment, and seating areas that are socially distant from each other even during water breaks on and off court. After check-in/screening the athletes can remove their masks only if on court for physical activity.

Coaches will keep masks on during all dual matches and student-athletes must wear masks when not on court and remain socially distant.

## MATCH PLAY / RESTROOM ACCESS

1. All student-athletes and coaches should follow the USTA COVID safety guidelines when it comes to ball handling, equipment, and activity to the best of their ability.
2. Coaches and student-athletes should follow any additional district guidelines given by their own districts.
3. No racquet or water bottles should be shared at any matches.
4. Each match is given assigned marked balls for match play. Each match should be given two cans of balls. Students will collect balls and turn them back in with tube and lid when complete. (Each team should bring their own case)
5. Restroom breaks should be done individually one at a time. Student-athletes must check in with designated individuals prior to using restroom.
6. Upon completion of each match, opponents will not shake hands but wave or hat tip on opposite baselines prior to exiting the court.
7. Upon completion of the entire dual match both teams will socially distance wave or hat tip.
8. Teams will take turns exiting the facilities, wearing masks, and using hand sanitizer as they exit.
9. If hosting on district campus, visiting teams will not have access to home team locker rooms only restrooms.

## COMMUNICATION / TRANSPORTATION

If a student-athlete suspects they have been in contact with COVID or has contracted the illness they need to report it to their coach immediately so the coach, their athletic training staff, and school can follow proper protocol. That student and/or their parents should still log in the student's daily questionnaire until they can return so the school can monitor the student's illness and recovery. Coaches should have plan in place with their school athletic administration and training staff to help communicate any possible exposure to cases to student-athletes, parents, and opposing teams.

During district play follow district & UIL protocol in notifying their opposing teams, district, and DEC chair if a team cannot compete due to COVID, lacks the numbers due to participation due to COVID pandemic, or has possibly exposed an opposing team.

Transportation to and from any athletic event will abide all district protocol for COVID prevention.

\*The decision to have spectators must be made in advance with the district, opposing team, and facility. If spectators are in attendance they must abide by all COVID protocol for that county, district, and facility.



## Arlington Heights High School Swim Team COVID-19 Safety Procedures

The safe and successful return to the pool for our team will depend on the behavior and choices we each make as individuals. A well thought plan will be ineffective if we grow complacent and let our guard down. Please review the return to play procedures for the AHHS Swim Team. Failure to comply with these procedures may exclude the student from participating with the team.

All student participants must have a current 2020 physical, medical history, emergency card, insurance & UIL signature page, and return to activity forms completed and submitted through Rank One. (waiting to see if cognitive/concussion testing can be completed at home). Physical Form:

<https://www.uilTEXAS.org/files/athletics/forms/PrePhysForm17-18.pdf>

6 foot social distancing will be kept when not actively exercising

10 foot social distancing will be kept when actively exercising

Hydration – Student-athletes will be required to bring their own individual labeled water bottles. They are prohibited from sharing water bottles. Water bottles can be refilled by Coaches to ensure there is no contact with the bottle. Food or drink may not be shared.

### **On Campus Procedures:**

Prior to boarding the bus, all athletes will be screened. Ex: Temperature check (optional), or pre-screening questions using a google form. Masks must be worn during the screening process. Students must maintain social distancing at all times. Athletes that will not be actively participating at practice will remain on campus and report to a classroom to complete school work. Attendance will be verified. Any student that drives him/her self to the pool must be screened prior to leaving campus.

- Have you had any of the COVID-19 Symptoms?
  - 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
  - Headache
  - Chills
  - Sore throat
  - Shaking or exaggerated shivering
  - Significant muscle pain or ache
  - Diarrhea

If the team remains on campus, students will report to a specified location TBD.

**Procedures on the bus:**

Students need to maximize distance while boarding, riding, and exiting the bus. At no time should students sit next to each other on the same seat. All windows need to be partially opened to improve air quality.

**Procedures at Wilkerson Greines:**

-Students need to maintain social distancing at all times.

-Upon arrival, students will enter the Wilkerson Greines conference room. Students will take a seat at the work stations while maximizing social distancing. Students will have time to complete school work.

-Students will be sent two at a time (two boys; two girls) to the locker room to change for practice. Students will return to the conference room after changing.

-When the entire team has changed for practice, the team will move to the assigned bleachers in the natatorium.

-A maximum of two swimmers will be assigned to each lane. Masks can be removed and placed in backpacks when athletes are ready to enter the water.

-Restroom breaks during practice need to be kept to a minimum. One student may use the restroom at a time.

-At the end of practice, athletes will not be allowed in the locker room to change or shower. Athletes need to bring a towel and a change of clothes. Once changed, athletes will wait to board the bus in a specified location (outdoors, weather permitting.)

-Athletes that drive themselves are free to leave at the conclusion of practice.

-After the team returns to campus, students need to depart promptly.