

CFHS Return to Activity Plan for Athletics

Our number one priority is to ensure that the health and safety of our student athletes, coaches and staff is a top priority. The reopening of our athletic facilities will be based on the information received from local, state and federal healthcare authorities with the approval from our district administration office. The following guidelines have been approved by CFSD Administration based on the recommendations of the CDC, National Federation of High School Sports (NFHS), Arizona Interscholastic Association (AIA), and the AIA Sports Medicine Advisory Committee (SMAC).

All athletic programs and individuals involved (Coaches, Student Athletes, Support Staff, and Athletic Trainers) must adhere to following the important guidelines by promoting appropriate behaviors that reduce the risk of spreading the COVID-19 illness.

Health and Safety Protocols for our Student Athletes:

- Stay Home if you are sick or feel sick.
- Student drop-off and pick up will be on the south side of the campus(near the baseball fields.)
- In order to participate, Athletes and Parents must sign a Waiver/Acknowledgement Form.
- All coaches and student athletes will be screened daily for signs and symptoms of COVID-19 prior to a workout. This will include temperature checks and standard questions of basic health i.e. cough, shortness of breath, sore throat, contact with others that may have been exposed to COVID-19. All responses will be recorded. A daily log will be required for each student athlete.
- Any person with positive symptoms reported will not be allowed to take part in workouts for a minimum of 14 days and should contact his or her primary care provider or other appropriate health-care professional.
- All coaches and Student athletes must be symptom free for 14 days prior to returning back to workouts. Proof of Negative Test by a physician will be required and shown to the Head Coach/Athletic Trainer.
- Any person in close contact with a COVID-19 positive athlete should be sent home for 14 days to monitor for symptoms. Close contact is defined as a person who has been less than 6 ft away from the athlete, for greater than 15 minutes. With or without a mask.
- If an athletes in close contact with someone positive for COVID-19, and successfully completes their isolation symptom free, they do not need a COVID-19 test to return to play
- Staggered Arrival Times- Organized by Head Coach or designee - Maximum of 10 athletes at a time.
- Student Athletes will be assigned and work in Cohorts or Pods throughout all workouts. Coaches will share the list of cohorts with AD.

- Each Player must dress appropriately, come ready to play and have their own equipment i.e. balls, athletic pads, towel.
- Display healthy hygiene i.e. wash hands frequently for 20 seconds, cover your mouth and face if you sneeze or cough, shower immediately at home and wash clothing at the conclusion of every workout. Keep hands off and away from your face.
- Shower at home before and after practice, placing clothes in a place to be washed that other people living in your house are not in contact with.
- Wearing of a cloth mask is required by coaches and support staff at all times.
- All student athletes will wear a mask prior to workouts, during is optional, and at the conclusion of the workout.
- No Sharing of water, towels, food, or any personal equipment.
- Each athlete should bring with them a gallon of water if not more.
- Social Distancing- Maintain 6ft radius throughout the workouts. Standard work spaces will need to be created by coaches with tape or paint for their workout area.
- Locker rooms will not be available. Restrooms will be limited and for emergency use only.
- No Physical contact with others i.e. high fives, fist bumps, and hugs of any kind.
- Adequate cleaning schedules will be created and implemented for all athletic facilities to mitigate any communicable diseases. Schedules will consist of cleaning the facility prior to each workout, after each workout, and nightly by custodial personnel.
- Prior to an individual or groups of individuals entering a facility, hard surfaces within that facility should be wiped down and sanitized (chairs, furniture in meeting rooms, locker rooms, weight room equipment, bathrooms, athletic training room tables, etc.).
- Hand sanitizer should be plentiful and available to individuals as they transfer from place to place.
- Weight equipment will be wiped down thoroughly before and after an individual's use of equipment.
- Appropriate clothing/shoes should be worn at all times in the weight room to minimize sweat from transmitting onto equipment/surfaces.
- Any equipment such as weight benches, athletic pads, etc. having holes with exposed foam will be covered.
- Our COVID-19 point of contact for each of your programs i. Athletic trainer ii. School nurse iii. Athletic director

Entry/Exit Procedures

- All student-athletes are required to follow specific entry/exit procedures. These predetermined routes will differ between sports.
- Football players will enter towards the South East gym entrance, they will check in and proceed through the ropes course field, exiting through the south gate of the ropes course field.
- Volleyball, Cheer, and Pomline athletes will enter through the west side of the ropes course field, on the track. From there they will enter the field through the south west gate

at the end of the stadium to check in, exiting through the south gate of the ropes course field, or proceeding directly into the gym.

- Cross Country and Swim will enter through the west side of the ropes course field, on the track. From there they will enter the field through the south west gate at the end of the stadium to check in, exiting through the south gate of the ropes course field.
- Access to the tunnel and inside the gym will be limited to emergency use only.
- These procedures are subject to change, depending on the phasing and circumstances determined by the AD or AT.
- Parking locations will be predetermined for each group and staggered start times will be required to minimize interactions when student student-athletes are arriving and departing.
- Check in waiting area will be at the south end of the stadium field.
- Screening checkpoint will be managed by CFHS coaches and Athletic Trainer.
- Coaches will escort their pod through their designated entry/exit paths, to their practice areas.
- This is THE ONLY permissible entry for employees/student-athletes. All other entry points will be inaccessible.
- Players should arrive at their designated parking area no more than 10 minutes prior to the start of practice.
- Student-athletes are required to maintain six feet social distancing. Indicators will be set up along the sidewalk. This 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. Signage will also be posted.
- Outside observers shall not be permitted to stay and observe practices.

Pre-workout Screening- conducted each time before any workout

- All coaches and student athletes will be screened daily for signs and symptoms of COVID-19 prior to a workout.
- Temperature checks will be recorded daily when arriving. A temperature at or above 100.4 degrees will be removed from the group and required to follow the CFHS COVID-19 return to play plan.
- Daily symptom check and screening questions will be recorded.
- A person with any positive sign or symptom reported will not be allowed to take part in workouts and should contact his or her primary care provider or other appropriate health-care professional.
- A person with any positive sign or symptom will need to be released by their primary care physician, athletic trainer, AND follow CFHS return to play guidelines before returning to practice.

Phase I

- Low to moderate risk of infection at this participation level.
- No gathering of 10 or more people.
- Participants remain a minimum of 6 feet apart. If this is not possible indoors, then the maximum number of individuals in the room may need to be decreased until proper social distancing can occur.
- No Contact, focus on individual strength and conditioning.
- No gathering of more than 10 people at a time (inside or outside).
- Workouts should be conducted in pods 5-10 athletes always working out together.
- No sharing of water or equipment. Water will not be provided on campus.
- Practice times should be set to maximize social distancing.
- Maximum of 1 hours of conditioning per day per athlete.

Phase II

- Increasing moderate risk of infection at this participation level.
- Small group training introduced.
- No more than 10 people in each pod/group.
- No gathering of more than 10 people at a time inside. Up to 50 individuals may gather outdoors for workouts.
- Participants remain a minimum of 6 feet apart at all times.
- Balls may be passed between participants and sanitized after each session.
- Sport Specific skills may be introduced.
- Physical contact should be avoided.
- No sharing of water or equipment. Water will not be provided on campus.
- Practice Times should be set to maximize social distancing.
- Maximum of 2 hours of conditioning per day per athlete.

Phase III

- High risk of infection at this participation level.
- Introduction of controlled scrimmages/practice games
- Physical contact to be minimized
- No limitations on participants per field/court
- Recommended no travel to events that would require groups in vehicles, busses or individual cars/vans
- No sharing of water
- Practice times should be set to maximize social distancing.
- No student-athlete can begin Phase III until they have completed 8 days of Phase I or II training, meaning 2 hours of workouts for 8 days.

Phase IV

- Highest risk of infection at this participation level.
- Full return of play.
- No restrictions on training lessons
- Games and tournaments to be played.
- Recommend social distancing practices still be maintained by spectators.
- No sharing of water.
- Travel to and from events will be evaluated

Sport Risk Levels- (according to NFHS)

Low Risk Sports: Sports that allow for social distancing or individual participation and allow for equipment to be cleaned between uses.

XC Running	Individual Swimming
Golf	Weight Lifting
Throwing Events	Individual Running
Sideline Cheer	

Moderate Risk Sports: Sports involving close, sustained contact, but with protective equipment in place that may reduce the likelihood of respiratory particle transmission between participants or group sports that use equipment that cannot be cleaned between participants.

Basketball	Tennis	Baseball
Soccer	Softball	Running Relays
Volleyball	Jump Events	
Tennis	Pole Vault	
Swimming Relays	7 on 7 football	

High Risk Sports: Sports involving close, sustained contact, lack of significant protective barriers, and high probability of respiratory particles being transmitted.

Football
Wrestling
Competitive Cheer
Dance

Risk of COVID-19 spread in athletic sports settings

1. **Lowest Risk:** skill-building drills or conditioning at home, alone or with family members
2. **Increasing Risk:** team-based practice and within-team competition
3. **Even More Risk:** Full competition between teams of the same geographic area
4. **High Risk:** Full competition between teams of different geographic areas.