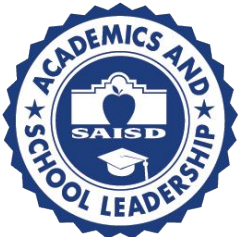




SUMMER STRENGTH & CONDITIONING

Recommendations for COVID-19 Safety Protocols

June 1, 2020



OFFICE OF ACADEMICS
and **SCHOOL LEADERSHIP**
SAN ANTONIO INDEPENDENT SCHOOL DISTRICT

RECOMMENDATIONS FOR COVID-19 SUMMER STRENGTH AND CONDITIONING AND SPORT SPECIFIC INSTRUCTION

EMPLOYEES [Coordinators, Coaches, Trainers]

- All UIL COVID 19 guidelines will be followed. See entire document on the UIL Webpage.
- Daily self- screening before reporting to work is required.
- Upon arrival everyone should wash their hands for a minimum of 20 seconds with warm water and soap before touching any surfaces or participating in workouts
- All coaches and Athletic Trainers will wear masks during sessions indoors or areas where social distancing is not possible.
- Following the UIL Guidelines for capacity – 25% of full capacity
 - i. Outdoors – Groups no larger than 15 total students
 - ii. Indoors – Groups no larger than 10 total students
 - iii. The important factor is the social distancing – not the number of groups per facility.
 - iv. Groups will stay the same for the month of June. We will revisit in July.
- Maintain Social distancing recommendations:
 - i. Students and staff must maintain at least 6 feet of distance from all sides when not actively exercising.
 - ii. Students and staff must maintain at least 10 feet of distance from all sides when actively exercising. Some exercises may require more than ten feet of distance.
- Coordinators will create and submit cohorts or named groups of students who will work in the same sessions each day.
- Coordinators will create and submit staggered schedules to ensure that the correct social distancing can be enforced.
- Mandatory training in COVID for all coaches prior to their return to the workplace include:
 - Coronavirus Awareness
 - Coronavirus Cleaning and Disinfecting Your Workplace
 - Additional Training
 - How to conduct Safety Testing
 - How and What to Clean
 - Sanitation Protocols
 - PowerPoint Training for Coaches, Trainers, Students prior live sessions
- Review Student Physicals and Medical History in Rank One
 - Identify students with higher risk underlying conditions.
 - Designated coach will conduct health screening and take temperatures of athletes.

STUDENTS

- Students are required to have a current physical on file and they must be registered for school prior to participation in SS&C.
- Students will be given the SS&C plan during the week of June 1st-5th, 2020.
- Understand the required wellness screening that will need to be completed daily prior to attending SS&C.
- All students will be pre-screened during the week of June 1st-8th for COVID-19 symptoms that they, or others living in their house may experience.
- Students must self-screen every day for COVID-19 symptoms via a Google self-check document.
- Students will have their temperature taken each day at the start of the conditioning session.
- Students will bring their own water bottle and towel.
- Orientation or training will be done the week of June 1st-5th via Zoom or online training.
- Process for feeding students
 - i. All meals will be individually packed for each individual.
 - ii. There is no sharing of food or water between athletes.
- Everyone should wash their hands for a minimum of 20 seconds with warm water and soap before touching any surfaces or participating in workouts.
- Appropriate clothing/shoes should be worn at all times in the weight room to minimize sweat from transmitting onto equipment/surfaces.
- There should be no shared athletic equipment (towels, clothing, shoes, or sports specific equipment) between students.
- Students should wear their own appropriate workout clothing (do not share clothing).
- Individual clothing/towels should be washed and cleaned after every workout at home by the student athletes.
- All students shall bring their own water bottle. Water bottles must not be shared. Hydration stations (water cows, water trough, water fountains, etc.) should not be utilized.
- Everyone will limit physical contact with others. Do not shake hands, hug, fist bump, or high five.
- For the first two weeks, June 8th-12th and June 15th -19th, there will not be any spotters permitted for weightlifting. We will update and revisit this at the end of the two-week period.

FACILITIES

- Signage (posters) displayed throughout District buildings regarding CDC best practices.
- HVAC system will need to run with at least 10% fresh air intake at each air handler while the building is occupied.
- The system should also run for at least an hour prior to occupancy.
- The system will need to run for at least 3 hours after the building is no longer occupied.
- Identify single point of entry.
- Identify traffic flow and social distancing plan so students do not gather prior to or after their SS&C session.
- Coordinators will create and submit a diagram of traffic flow.
- Place workout equipment to provide for at least 10 feet separation.
 - Limit the use of equipment being used to further reduce the risk of the spread of the virus.
 - Limit the use of indoor facilities as much as possible.
- Hand sanitizer will be available to everyone as they transfer from place to place.
- Any equipment such as weight benches, athletic pads, etc. having holes with exposed foam should be covered.
- Students are not permitted to use the Locker Room or Showers.
- Restrooms should be designated for use following social distancing guidelines of 6 feet separation.
- The campus custodian should have the workout schedules and should sanitize all used facilities prior to the next day of workouts.
- Coordinators will create a flow chart if athletes are moving from one location to another during the day.

Grass Fields- Athletes should be spaced out 5 yds by 5 yds

- Fields should be lined for football to keep social distancing markings.

Weight Rooms – Athletes will not enter WR until the previous group has sanitized and exited the room.

- Doors will be propped open when possible to reduce door contact and enhance air flow.
- Athletes are not permitted to leave the area during the session.
- Each athlete should be assigned his/her own platform and rack for entire workout, if possible.
- Each platform/rack should be set up with necessary equipment to minimize athletes moving around the room. (bars, boxes, bench, weights, bumper plates, etc).

- The WR will be sanitized after each athlete has finished the workout and prior to the next group's arrival.

Gyms- Athletes should be spaced out with a 10 ft radius

- All Equipment used in the gym must be sanitized prior to the next group's arrival.
- Athletes need to maintain their social distancing during all drills.
- Athletes must stay in their designated area during the session.

Other outdoors areas – Athletes will be assigned to a specific location, spaced 10 ft apart, where they will conduct their exercises.

- Each area will have the necessary equipment to complete the exercise to minimize athletes moving around. (dumbbells, medicine balls, plates, resistance bands, jump ropes, etc)
- The entire area will be sanitized prior to the next group arriving.

CLEANING

- Lysol or use disinfectant wipes at the start of the workday and at the end.
- Any equipment must be thoroughly disinfected before and after each use. If a student uses a piece of equipment, that equipment must be thoroughly disinfected before another student uses it.
- All athletic equipment, including balls, should be cleaned after each workout session and prior to the next group workout. This equipment should not be shared between groups unless it has been disinfected.
- Regularly and frequently clean and disinfect any regularly touched surfaces, such as doorknobs, tables, chairs, and restrooms.
- Protective supplies furnished by the District for all employees will include:
 - Face masks
 - Employees are expected to wear face masks when working with students.
 - Employees are expected to wear face masks when in common areas and whenever maintaining six (6) feet of social distancing is difficult or not obtainable.
 - Sanitization supplies furnished by the District for each employee:
 - Lysol
 - Hand Sanitizer
 - Disinfectant Wipes

SOCIAL DISTANCING GUIDELINES

- Tape “x”s or spray dots to show appropriate social distancing for lines to enter, for workout stations, etc.
- Masks for Spotters/Coaches are recommended (after the first two weeks).
- Purchase swim noodles, pvc piping, etc to visually show the students what 6’ and 10’ looks like.
- No more than groups of 15 students outdoor/10 students indoor per Group (multiple groups are permitted in the facility/field as long as the required social distancing is maintained).
- Equipment may be shared within each group, disinfected prior to next usage.
- At least 1 Coach per 20 Participants.
- One Coach dedicated to social distance monitoring.
- 6 ft. of social distancing among participants during inactivity.
- 10 ft. of social distancing among participants during activity.
- No Open Gyms, no scrimmaging, no team drills are permitted (See UIL FAQ).
- No access to locker rooms/school areas other than outdoor facilities/weight rooms/athletic area restrooms/gyms.
- Only athletes and coaches within the facilities after initial registration - NO PARENTS or MEDIA.

ARRIVAL TO CAMPUS

- Students will go to designated Entry Area (which should be near a restroom to wash hands).
- Entry area must be marked for 6 ft social distancing.
- Designated Coach will take temperature and attendance. If a coach or student has a temperature 100F or greater, he/she will be sent home. See handout for return guidelines.
- Everyone must sign in and attest to at home self-screening in Google Classroom.
- Everyone should wash their hands for a minimum of 20 seconds with warm water and soap before touching any surfaces or participating in any way.
- Students will go directly to their assigned Group/Cohort and maintain social distancing. Although there may be other workouts throughout the day, athletes may only report to their designated time slot.

POST WORKOUT PROCEDURES

- When students are leaving their sessions, they must maintain social distancing and wait for pick up six feet apart at the designated exit location.
- Students should shower and wash their workout clothing immediately upon returning to home.

- If students cannot wash their clothes for the next day, they must wear a different set of clothes (be flexible with requiring specific clothing).
- Parents must remain in their cars during the pickup process.
- Facilities will be deep cleaned and sanitized after workouts.

RESPONSE WHEN SOMEONE TESTS POSITIVE

- Please continue to reference the Covid-19 Positive Cases and Staff or Student Showing COVID-19 Symptoms Protocol from the UIL. Follow all SAISD District Protocols.
 - If someone has symptoms, is being tested, or tests positive, be it student or staff member, the current SAISD protocols for reporting must be implemented.
 - Lorena Rios in Employee Benefits should be notified for a staff member that tests positive at (210) 554-8660 or at Lrios5@saisd.net, and Maria Torres would be notified for a student that tests positive at (210) 601-7262 (my mobile #) or at mtorres@saisd.net.
 - i. If a positive case is identified among a participant, either staff or student, the group to which that staff or student was assigned and in contact with must be removed from the sessions. All members of the group must self-isolate.
 - ii. If the confirmed individual regularly had close contact outside a single group, then all of the students and staff with whom the confirmed individual had close contact shall be removed from workouts for two weeks.
 - iii. In the case of an individual who was diagnosed with COVID-19, the individual may visit when all three of the following criteria are met:
 1. At least three days (72 hours) have passed since recovery (resolution of fever without the use of fever-reducing medication).
 2. The individual has improvement in respiratory symptoms (cough, shortness of breath, etc).
 3. At least 10 days have passed since symptoms first appeared.
 - iv. If the individual has symptoms that could be COVID-19 related and wants to return to work before completing the above self-isolation period, the individual must obtain a medical professionals' note clearing the individual for return based on an alternative diagnosis.
 - Custodians will use the electrostatic disinfecting units to spray if a positive case occurs in the building.
 - If there is a positive case in the building, the system serving that area will need to be turned off as soon as possible.
9. Coordinators should be dedicated to ensuring the health protocols adopted by the facility are being successfully implemented and followed.

When participating in Summer Strength and Conditioning we ask that you help us protect the health and safety of everyone by following the protocols below, as outlined by the Centers for Disease Control and the Texas Department of State Health Services.

BEFORE ATTENDING:

Self-screen at home before coming to the facility for any of the following new or worsening signs or symptoms of possible COVID-19:

- Excessive chronic cough
- Shortness of breath or difficulty breathing while at rest
- Repeated shaking with chills
- Loss of taste or smell
- A measured temperature greater than or equal to 100F
- Known close contact with a person who is a lab confirmed COVID positive

Do not attend if you are experiencing symptoms consistent with this. Seek medical advice as soon as possible.

If you answer YES to any of the following questions, **DO NOT ATTEND! Seek medical advice as soon as possible.**

1. Do you now or have you, in the past 14 days had a fever or reason to believe you may have had a fever?
2. In the past 14 days, have you been in contact with any individual with a confirmed or suspected case of COVID-19?
3. Have you traveled internationally in the past 14 days?
4. Do you now or have you had in the past 14 days had any of the following symptoms - cough or shortness of breath?

Do not attend and seek medical advice if you are experiencing symptoms as listed above or have answered yes to any of the four questions above.

May 29th, 2020

FROM: San Antonio ISD Athletic Department

TO: Parents and Athletes



We are excited to have our SAISD student athletes back on campus and working out beginning Monday June 8th. As we prepare for this, we want you to know what precautions we will be taking to keep our student athletes safe. We are currently in Phase 2 as indicated by the National Federation of High School Sports. Once social distancing requirements are further relaxed, we will enter Phase 3 and updated communication will be provided to parents and athletes at that time. All updates can be found on the SAISD Athletics Webpage and from your campus Athletics Google Classrooms.

COVID-19 FACTS

The virus that causes COVID-19 can infect people of all ages. Research from the Centers for Disease Control, among others, has found that while children do get infected by COVID-19, relatively few children with COVID-19 are hospitalized. However, some severe outcomes have been reported in children, and a child with a mild or even asymptomatic case of COVID-19 can spread the infection to others who may be far more vulnerable. While it is not possible to eliminate all risk of furthering the spread of COVID 19, the current science suggests there are many steps schools can take to reduce the risks to athletes, coaches, staff and their families significantly.

DECIDING TO RE-OPEN

The decision to re-open is based on the following criteria:

- Re-opening is consistent with state and local orders.
- All school districts in the greater San Antonio area will be re-opening for SS&C the week of June 8th.
- To protect athletes and coaches at higher risk for severe illness, these individuals should remain at home.
- Student athletes and coaches will be screened prior to and upon arrival for symptoms and history of exposure.
- Recommended health and safety actions are in place.
- Healthy hygiene practices such as hand washing and coaches wearing masks is promoted.
- Cleaning, disinfection and ventilation is intensified.
- Social distancing through increased spacing, small groups, and limited mixing between groups will be promoted.
- The coaching staff will be trained on health and safety protocols.
- Ongoing monitoring is in place.

- Procedures to check for signs and symptoms of students and coaches daily upon arrival have been developed and will be implemented.
- Anyone who is sick must stay at home.
- A plan has been developed if students or coaches get sick while at workouts.
- Regular communication and monitoring developments with local authorities, employees and families regarding cases, exposures, and updates to policies and procedures is in place.
- Consult with the local health authorities will occur if there are cases in the facility or an increase in cases in the local area.

PRIOR TO ARRIVING

Prior to arriving for workouts, athletes and staff will self-screen for COVID-19 symptoms on a Google document prior to coming to campus. Any individual who experiences the symptoms below will not be allowed to take part in workouts and should contact his/her primary care provider or other appropriate health care professional. Any athlete or coach living with someone who experiences any of the symptoms of COVID-19, should self-isolate for two weeks. If they do not experience any COVID-19 symptoms during that period, they can return to summer strength and conditioning.

- Self-Screen Symptoms:
- Excessive chronic cough
- Shortness of breath or difficulty breathing while at rest
- Repeated shaking with chills
- Loss of taste or smell
- A measured temperature greater than or equal to 100F
- Known close contact with a person who is a lab confirmed COVID positive

In addition, an individual with underlying medical conditions should not attend workouts.

ONCE ON CAMPUS

- When athletes arrive on campus, they must wait six feet apart in the designated entry area.
- All coaches and athletes will have a temperature check.
- Any person with positive symptoms will not be allowed to take part in workouts and should contact his/her primary care provider.
- Any person who has a fever is not permitted to take part in workouts and will be sent home. The athlete or coach will be permitted to return after showing no fever without fever reducing medication, for the past 24 hours (Must skip a full day).
- Hand sanitizer will be available at each entrance and facility being used for Summer Strength and Conditioning and Sport Specific training. Everyone will be required to use it.
- Individuals will wash their hands for a minimum of 20 seconds with warm water and soap before touching any surfaces or participating in workouts.
- Athletes are not permitted to share water or food with each other.

PARTICIPATION

- Attendance at Summer Strength and Conditioning and Sport Specific Training is optional.
- Workouts will be planned with a social distancing area of 10 feet per athlete while exercising.
- Hand sanitizer will be plentiful and available.
- Students must provide their own towel, water bottle and workout clothing.
- There will be no shared towels, clothing or shoes between students.
- Students are not permitted to use the Locker Rooms or showers on campus. They should immediately return home to shower at the end of the workout.
- Coaches will wear face masks during Phase 2.
- Athletes may wear a face covering, but it is not recommended during exercise.

POST WORKOUT PROCEDURES

- When students are leaving their sessions, they must maintain social distancing and wait for pick up six feet apart at the designated exit location.
- Students should shower and wash their workout clothing immediately upon returning to home.
- Facilities will be deep cleaned and sanitized after workouts.

IMPORTANT DATES FOR SUMMER STRENGTH AND CONDITIONING TRAINING

First day of Summer Strength & Conditioning COVID Training and Student Education: June 1st, 2020

First day of Summer Strength & Conditioning on campus: June 8th, 2020

Last Day of Summer Strength & Conditioning: August 3rd, 2020

Period of No Activity: Monday, June 29th – Friday, July 3rd, 2020 **

Tuesday, July 7th and Wednesday, July 8th, 2020

Monday, July 20th and Tuesday, July 21st, 2020

WORKOUT SCHEDULE

Your child will receive a specific workout schedule from his/her coach during the week of June 1-June 8th. Students will be placed in small groups for the month of June and will only be permitted to workout with that same group of students every day. Although there may be other workouts throughout the day, athletes may only report to their designated time slot. We look forward to getting back to work with our student athletes in athletics and we will continue to provide information and updates to athletes and parents via the Athletics Google Classroom for your campus. Please contact your campus Coordinator with any questions, or the Athletic Department at 210-554-2655.

Stop the Spread of Germs

Help prevent the spread of respiratory diseases like COVID-19.



cdc.gov/coronavirus

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