**Clarksville High School**

**Cross Country Fall 2020**

**Return Plan**

**Coach Jaime Bonilla / Coach Ann Crouch**

**Goals**

* Maintain safe and healthy communities
* Position our district for a return to athletic competition in the fall
* Safely return our athletes and coaches to scholastic athletic activities

**Items needed for participating**

* Physical for each student-athlete participating. Either on file from last year or they will need to provide prior to working out. If is from last from last year, they will need an updated physical by July 27.
* Parent Consent for each student-athlete participating
* Concussion Form (complete and sign by athletes and parents)

**Overall Plan**

* All workouts will be non-mandatory by highly encourage participating. Workouts practice starts Monday, 6 July 2020 and will take place at Sango Elementary School until classes start in August, in which it will be at Clarksville High Campus.
* All workouts will be individually so there is no overlap of athletes running with each other in a running area. Scheduled practice times starts at 6:00 AM and end on time NLT 7:00 AM Monday to Thursday.
* No athlete or coach will experience any repercussions for not attending onsite, face to face workouts
* All families that are not comfortable with sending their children will be treated in a sensitive and accommodating way.
* Athletes will report to the Coach near the parking area for instructions maintaining social distancing between athletes at all times and completing COVID19 Monitoring form.
* Each small group will consist of no more than nine runners and one coach in a setting and will be working at separate areas within the athletic complex. A team may have more than one group present at the school at a time if assigned by the athletic director
* Students should always workout individually each time they are on the athletic complex.
* All student-athletes, including incoming freshmen, MUST have a physical to participate in workouts. Students with physicals from this past year have to July 27th to get a new physical.
* Parent and student must sign and complete a return to campus understanding and self-screening form for COVID-19. Parents should check their child’s temperature prior to any training session.
* All practices should adhere to rules for social distancing requirements and no activity should involve close contact of players and coaches.
* No locker room access or use. Student Athletes should come dressed for workouts.
* Student Athletes should bring their own water.
* The use of masks and gloves will be based on the most recent CDC and local health official guidelines. Students should bring and use hand sanitizer, if available, at every training session. Mask is mandatory for all coaches during training sessions.
* Outdoor active group maintain +6’ of social distancing, number of participants limited to State authorized number. No activities inside buildings at this time (to include weight room).
* No passing or sharing of any items or equipment among students at this time.
* No teams will be allowed to travel outside or inside the county to participate in scrimmages, camps or 7on7 until further notice.
* Plans for participating in scrimmages and meets will be provided later.

**Coach Responsibilities:**

* Ensure the health and safety of the students.
* Inquire how the athletes are feeling, send them home should you believe they act or look ill.
* Follow all state and local health protocols.
* Ensure all athletes/band members have their individual equipment (water, bag, etc.)
* Encourage all training social distancing per state or local health guidelines.
* Encouraged to wear a facemask, when not actively coaching and maintain social distance requirements from players based on state and local health requirements.
* Daily attendance and daily symptom assessments of coaches and students must be maintained on a standard COVID-19 Monitoring form.
* Athletes and coaches must have pre-workout, basic symptom evaluation each day of attendance
  + - Each coach must sign a participation waiver
    - Coaches need to arrive early to screen each other prior to athletes arriving and sign the CMCSS form acknowledging their responsibility to do this
    - Form used by schools should mirror form from NFHS, can be done by paper or Google Doc

**Parent Responsibilities**

* Ensure child is healthy; check your child’s temperature prior to any training session.
* Notify school immediately if your child becomes ill for any reason
* Limited or no carpooling.
* Must stay in car or return at designated time to pick up child.
* Ensure child’s clothing is washed after every training session.
* Ensure all personal equipment is sanitized before and after every training.

**Community Communication**

* Each athlete and family/guardian will be notified of the return to athletics plan
* Methods will vary with each school– email, school cast, school website, etc.

**Symptom Assessments**

* Procedure for thermometer use will be determined by each school
* Any athlete or coach with a fever of 100.4 degrees or greater will return home immediately – athletes unable to leave immediately will be kept separate from the group
* The athlete or coach must be temperature free for 3 days before return to workouts
* A return to work out verification form must be completed by the parent/guardian – form includes daily temperature readings and the daily symptom questionnaire
* Athletes and coaches must have pre-workout basic symptom evaluation each day of attendance – evaluation will be logged for each athlete/coach each day

**Record Keeping**

* Daily attendance and daily symptom assessments for athletes and coaches will be maintained on a standard form
* Records will be kept according to workout group
* Coaches will turn in a workout plan to the athletic director for approval

**Athletes/Coach Management**

* Only school personnel and athletes will be allowed in facilities – no spectators
* All practices should adhere to rules for social distancing requirements and no activity should involve close contact of players and coaches
* Groups maintain +6’ of social distancing
* Each workout group will consist of a maximum of 10 people; this will be 9 athletes and 1 coach
* Members of the workout group will remain the same each day to aid in contact tracing (if necessary)
* No physical contact of any kind among workout participants
* Workout times should be staggered as needed to prevent mixing of groups before and after workouts
* No locker room access or use. Student Athletes should come dressed for workouts.
* Student Athletes should bring their own water.
* Fall sport student athletes that participate in a winter and/or spring sport will only participate in workouts with their fall sport.
* The use of masks and gloves will be based on the most recent CDC and local health official guidelines.
* Students should bring and use hand sanitizer, if available, at every training session.

**Facility Management**

* School Athletic Director’s develop schedule of different groups; coordinate practice times, dates, and usage of facilities to limit flow of student athletes.
* All schedules need to be staggered so there is no overlap of people in a concentrated area. Scheduled practice times should begin and end on time. Student-Athletes members should be made aware that there would be no arriving early and leaving late.
* There should be a separate designated ingress (entry point) and egress (exit point) to each practice facility.
* ***Priority will be given to Fall Sports and activities in scheduling. Weight room use will be exclusive to Fall sports***
* No locker rooms will be available
* Workout groups should be assigned specific parking areas if possible depending on campus/facility layout
* Parking lots will be monitored to ensure no gathering of athletes
* Only school personnel and athletes will be allowed in facilities – no spectators
* A restroom plan will be in place limiting the number of athletes in the restroom at one time
* Indoor facilities that have been used will be cleaned and sanitized between group sessions

**Equipment Management**

* Coaches will be responsible for any equipment setup, distribution, and collection
* Athletic equipment will be sanitized by coaches before use by different athlete groups
* Athletes will bring their own water bottles, hand sanitizer, mask, etc.
* Water bottles left after workouts will be disposed of
* Coaches should ensure equipment, bags, and water bottles brought by athletes are spread out away from one another to discourage congregating of athletes

**Monitoring and Flexibility**

* All coaches are responsible for enforcing all guidelines pertaining to safety protocols set forth in this document.
* District Activities Coordinator will observe activities at each school daily to ensure safety protocols are being followed
* Athletic directors and/or assistant athletic directors will observe activities at their school on daily basis to ensure safety protocols are being followed
* Athletic directors, school personnel, and health officials will continue to meet, plan, and discuss future changes to the current plan as conditions dictate