

Prince George County Public Schools Return to Play Plan

The following serves as a guide to the initial reopening of athletics for Prince George High School. This guide's primary focus is off- and pre-season activities occurring in July. The details below are constructed around the guidance from the CDC, NFHS, and the state's recommendations. It is also operating in Phase II, and easily adjusts to reflect Phase III.

i. Goals

- Safely return our students and instructors to athletic activities
- Maintain a safe and healthy environment
- Protection of students and staff

ii. Plan Principles

- Prioritize student and instructor care
- Ensure effective communication
- Provide consistent symptom assessments
- Enact standard record keeping
- Ensure safe student/instructor management
- Ensure effective facility management
- Ensure safe equipment management
- Maintain flexibility

iii. Eligibility: All student-athletes eligible for participation grades 8-12.

- Student-athletes who meet the below requirements will be considered eligible for participation:
- Completed and up to date VHSL Physical Form.
- Signed PGPCS Head Injury Risk Acknowledgement Form dated.
- **Signed COVID-19 Risk Acknowledgement Form (see attached).**
- Completion of daily pre-workout screening (more information below).
- Pre-workout Screening
- All coaches and student-athletes will be screened for signs/symptoms prior to EACH workout. This will include temperature checks.
- The individual responsible for pre-workout screenings must be an approved coach.
- Screening data will be recorded each day and stored via an athletic department created Google Doc.
- Any person who does not meet the daily screening requirements will be sent home. A physician's note will be needed prior to returning.

iv. Vulnerable High-Risk Students - Students that are at higher risk for severe illness from COVID-19 may not participate in these activities. This includes those students with underlying medical conditions which include, but are not limited to: Chronic lung disease, moderate to severe asthma, cancer, hypertension, severe heart conditions, weakened immunity, autoimmune diseases, severe obesity, diabetes, liver disease, and chronic kidney disease that requires dialysis.

v. Student/Instructor Management

- Only teachers/instructors, working volunteers and students will be allowed in facilities – no spectators
- **Indoor practices/activities may occur if at least 10 feet of physical distance can be maintained by all persons (including participants, coaches, etc.) at all times. The total number of attendees (including participants, coaches, etc.) cannot exceed the lesser of 30% of the occupancy load of the room in which the activity is being held or 50 persons. No spectators allowed during practices.**
- **Outdoor practices/activities are allowable if at least 10 feet of physical distance can be maintained by all persons (including participants, coaches, etc.) at all times. The total number of attendees (including participants, coaches, etc.) cannot exceed the lesser of 50% of the occupancy load of the venue or 50 persons.**
- **Workouts should be conducted in groups of students/coaches with the same 5-10 students/coaches working out together weekly to limit overall exposure. Smaller groups may be utilized for weight training.**
- **Members of the activity group will remain the same each day to aid in contact tracing (if necessary)**
- **Lockers will not be used at this time to encourage taking clothing articles home and washing them daily.**
- **If locker rooms or meeting rooms are used for team meetings, there must be a minimum of 6 feet between individuals. For example, in locker rooms this will mean at least two empty lockers between each student-athlete.**
- **No physical contact of any kind among activity participants**
- Activity times could be staggered as needed to prevent mixing of groups before and after activities.
- Students must arrive to activities dressed – no changing facilities will be provided
- Some activities may require mask.
- The instructors will notify students of these activities.

vi. Facilities Setup and Cleaning

- Prior to individuals and groups entering the Fieldhouse and gym, hard surfaces will be wipe down and sanitized. Self-sanitizing units of disinfecting spray and disposable wipes will be setup in weight rooms, and bathrooms. Prior to and upon

completion of usage, individuals will need to be responsible for cleaning the used space.

- Hand washing will be required upon entering facilities and prior to activity.
- Hand sanitizer will be available at transition points as student-athletes move from place to place.
- Weight equipment should be wiped down before and after each individual usage.
- One way entering traffic will be utilized for all facility usage.

Field House:

- Individuals will only enter at the weight room doors that exit to the parking lot. Screenings will take place at this location as well.
- Individuals will exit through the locker room doors exiting to the patio space adjacent to the field.

High school gym

- Individuals will only enter at Door 18 of the gym lobby. Screenings will occur at this location.
- Individuals will exit through Door 19 of the gym lobby.

Clements gym

- Individuals will only enter at the rear of the gym. Screenings will occur at this location.
- Individuals will exit through the gym lobby.

- All individuals are always expected to wear appropriate clothing and shoes, minimizing sweat transmissions. These clothes should be washed immediately upon returning home. Individuals should shower immediately upon returning home.
- At the conclusion of activity, student-athletes must leave immediately. There is not to be socializing and gathering in the facility or parking lots.
- No visitors outside the program will be in designated areas.
- Coaches must wear masks when indoors and anticipate not being able to maintain social distancing.
- Facility usage will only be available to those who have completed proper Facility Usage Forms, priority will be given to fall season sports.
- Signage will be clearly displayed in all spaces used to remind all users of these expectations.
 - Social distancing.
 - Mask wearing.
 - Hand washing and sanitizing.
 - Entering and exiting.
 - Return home self-sanitizing expectations.

vii. COVID-19 Exposure General Guidelines:

In the event COVID-19 is suspected:

- Separate any student or staff who presents COVID-19 symptoms.
- All activities that share the facility where illness may have been contracted will be cancelled for 24 hours.
- Health Service Coordinator will be notified.
- Cleansing and disinfecting procedures implemented.
- All students and staff that been in contact with sick person will be informed and asked to stay home for self-monitoring.

viii. Covid-19 Exposure Protocol - Protocol if a student/instructor is known to have been in contact with someone who has or has had COVID-19

- The student/instructor will not attend activities for 2 weeks after the last contact with the affected individual
- The student/instructor must have been symptom free for the entirety of the 2 weeks
- If the student/instructor develops symptoms, then the individual will follow the guidelines for a student/instructor that has been infected

ix. Covid-19 Infection W/ Symptoms - Protocol if a student/instructor has been diagnosed with COVID-19:

Symptom-based strategy:

- Persons with COVID-19 who have symptoms and were directed to care for themselves at home may discontinue isolation under the following conditions:
- At least 3 days (72 hours) have passed *since recovery* defined as resolution of fever without the use of fever-reducing medications and improvement in respiratory symptoms (e.g., cough, shortness of breath); and,
- At least 10 days have passed *since symptoms first appeared.*
<https://www.cdc.gov/coronavirus/2019-ncov/hcp/disposition-in-home-patients.html>
- Physicians note to return

x. Covid-19 Asymptomatic Infection Protocol - if a student/instructor has been diagnosed with COVID-19 but was asymptomatic

Time-based strategy:

- Persons with laboratory-confirmed COVID-19 who have not had any symptoms and were directed to care for themselves at home may discontinue isolation under the following conditions:
- At least 10 days have passed since the date of their first positive COVID-19 diagnostic test assuming they have not subsequently developed symptoms since their positive test. If they develop symptoms, then the symptom-based or test-based strategy should be used. Note, because symptoms cannot be used to gauge where these individuals are in the course of their illness, it is possible

that the duration of viral shedding could be longer or shorter than 10 days after their first positive test.

<https://www.cdc.gov/coronavirus/2019-ncov/hcp/disposition-in-home-patients.html>

- Physicians note to return

xi. Physical Activity and Equipment Guidelines

- 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. Use disposable towels and linens when possible.
- Individual drills requiring the use of athletic equipment are permissible, but the equipment should be cleaned prior to use by the next individual. Recommend disinfecting all equipment between each group usage.
- Physical contact such as high-fives, fist bumps, and hugs should not be allowed.
- Each program must submit the team specific plans of activity and adherence to safety guidelines to the Athletic Director for approval, prior to beginning any activity.
- All students will bring their own water bottles. Water bottles will not be shared. Water bottles are to be labeled. If students do not have their own hydration, they will not be allowed to participate that day.

xii. Inclement Weather - In the event groups who are participating in outdoor activities, will need to come indoors as result of inclement weather, designated shelter areas will be organized. Each shelter station needs to maintain the indoor individuals cap when able.

- The following spaces are used as designated shelter spaces:
 - Field house weight room and auxiliary space.
 - Clements gym.
 - High school auxiliary gym.

xiii. Flexibility

- Athletic directors, school personal, and health officials will continue to meet, plan, and discuss future changes to the current plan as conditions dictate

VHSL Sport Specific Guidelines By Phase

For sport specific guidelines by phase, please refer to the VHSL Guidelines for Reopening Sports/Activities which can be accessed at

https://www.scribd.com/document/466245915/VHSL-Recommended-Guidelines-for-Reopening-high-school-sports-activities#from_embed

A summary of this information follows:

- Weight Training
 - Weight equipment should be wiped down thoroughly before and after an individual's use of equipment.
 - Maximum lifts should be limited, and power cages should be used for squats and bench presses. Allowable exercises should be individual based. If a spotter is needed, they should stand at each end of the bar. All equipment should be disinfected after each use.

Lower Infection Risk Activities are activities that can be done with physical distancing with no sharing of equipment or the ability to clean the equipment between use by competitors. The guidance for each sport offers strategies for participation by sports. These sports include:

- Cross Country
 - Runners should maintain at least 10 feet of distancing between individuals, with no grouping (i.e., starts and finishes).
- Track & Field
 - Runners should maintain at least 10 feet of distancing between individuals, with no grouping (i.e., starts and finishes). No sharing of implements/equipment. Padded equipment should be cleaned after each use by an athlete.
- Golf
 - Maintain appropriate physical distancing, 10 feet apart.
- Tennis
 - Conditioning, no sharing balls, each player may use their own can of balls to serve and use racket to pass other balls (singles only), ball machine use by individuals only. Players may do individual drills, wall volleys and serves. Wipe down rackets, tennis balls, and equipment after use.

Moderate Infection Risk Activities are those that involve close, sustained contact, but with protective equipment in place that may reduce the likelihood of respiratory particle transmission between participants, intermittent close contact, group sports, or sports that use equipment that cannot be cleaned between participants. The guidance for each sport offers strategies for participation by sport.

(Note: Volleyball, Baseball, Softball, Gymnastics could potentially be considered

“Lower Infection Risk” with appropriate cleaning of equipment and use of face coverings by participants.)

- Volleyball
 - Conditioning, individual ball handling drills, each player has their own ball. A player should not use a volleyball that others touch or hit in any manner.
- Field Hockey
 - Conditioning, individual drills, each player has her own ball. A player should not use a field hockey ball that others touch in any manner. Goalie equipment should be cleaned after each use and should not be shared.
- Soccer
 - Conditioning, individual ball skill drills, each player has their own ball, feet only (no heading/use of hands), no contact.
- Baseball
 - Conditioning and tee work. Players should not share gloves or bats or throw a baseball that will be tossed among the team. A single player may hit in cages, throw batting practice (with netting as backstop, no catcher). Prior to another athlete using the same balls, they should be collected and cleaned individually
- Softball
 - Conditioning and tee work. Players should not share gloves or bats or throw a softball that will be tossed among the team. A single player may hit in cages, throw batting practice (with netting as backstop, no catcher). Prior to another athlete using the same balls, they should be collected and cleaned individually.
- Basketball
 - Conditioning, individual ball skill drills, no contact or sharing of balls. A player may shoot with a ball(s), but a team should not practice/pass a basketball among the team where multiple players touch the same ball.

Higher Infection Risk Activities are those that involve close, sustained contact between participants, lack of significant protective barriers, and high probability that respiratory particles will be transmitted between participants. The guidance for each sport offers strategies for participation by sport.

- Football
 - Conditioning and individual drills. A player should not participate in drills with a football that will be handed off or passed to other teammates. Contact with other players is not allowed, and there should be no sharing of tackling dummies / donuts / sleds. Protective equipment prohibited.
- Wrestling
 - Conditioning, mirror drills with spacing, no contact. Wrestlers may skill and drill without touching a teammate (as long as at least 10 feet of physical distancing is adhered to).
- Competition Cheer
 - Conditioning and individual technique/choreography work.
- Students may not practice/perform partner or group stunts. Chants, jumps, dance, tumbling without contact are permissible as long as at least 10 feet of physical distancing is adhered to.

**PRINCE GEORGE COUNTY PUBLIC SCHOOLS
WAIVER AND RELEASE OF LIABILITY FOR COMMUNICABLE DISEASES
INCLUDING COVID-19**

Student Name: _____
Grade: _____ Age: _____ Home Phone: _____
Address: _____

Parent(s)/Guardian(s) Names: _____
Parent/ Guardian phone: Work: _____ Home: _____
Other: _____

The World Health Organization has declared the novel coronavirus and the disease COVID 19 (collectively COVID-19”) a worldwide pandemic. COVID-19 is extremely contagious and is believed to spread mainly from person-to-person contact. While rules, guidance, and personal discipline may reduce this risk, the risk of serious illness and death does exist. **The Prince George County Public Schools cannot completely mitigate the transfer of communicable diseases, like COVID-19, especially when students are involved in [sport or activity]. Participation in [sport or activity] includes possible exposure to, and illness, injury, or death from, infectious diseases, including COVID-19.** I recognize and acknowledge these substantial risks and the significant illness and conditions that can arise from participation in [sport or activity]. Nonetheless, I hereby voluntarily assume all risks associated with, arising from or related to, participation in [sport or activity].

In addition to assuming the risks, the undersigned, on my own behalf and on behalf my child and our heirs, family members, executors, administrators and assigns, hereby fully and forever releases, discharges and waives any and all claims, obligations or causes of action of any kind or nature whatsoever against the Prince George County School Board and its officers, agents and employees (the “Released Parties”) and relating to any matters of any kind which may be associated with, arise from, or relate to the participation in [sport or activity]. Moreover, the undersigned agrees to indemnify and hold harmless the Released Parties from and against any and all losses, costs, damages or expenses, including, without limitation, attorney's fees or expenses, incurred by one or more of the Released Parties arising out of a breach of this Waiver and Release or from any action or proceeding that may be commenced, prosecuted or threatened by the undersigned or for the undersigned's benefit.

WHEREFORE, the undersigned hereby intends to be fully bound by the provisions of this Waiver and Release document.

Parent/Guardian

Date: _____

Signature

Date: _____

Signature

Date: _____

Student

Below is an example of the daily screen sheet and directions for coaches to chart screenings. This will be a Google Drive Doc creating live access to administration.

Name (Last, First): _____

Directions: As individuals enter the building ask the following questions.					
	Date	Date	Date	Date	Date
1. Have you had any signs or symptoms of fever in the past 24 hours or had a temperature of 100 F or higher?					
2. Have you been coughing, had shortness of breath, sore throat?					
3. Has anyone in your household had any signs or symptoms of fever in the past 24 hours?					
4. Has anyone in your household been coughing, had shortness of breath, or sore throat?					
If the answer is no to all questions, check temperature and mark X indicating no fever.					
If any symptoms are reported as Yes, please record and send the individual home.					
Other:					