



## Return to Activities Plan September 28th, 2020 Parkway School District

### Parkway Community

Below you will find the September 28th Re-entry Plan regulations that we must follow in order to have contact with our athletes.. The Guidelines below are derived from the stlcorona.com website and Parkway guidelines and procedures.

### General Practice Guidelines

1. We are asking all families to keep athletes at home if they are feeling any symptoms or have been in direct contact with someone else that has symptoms or tested positive for COVID-19. Please email your coach to let them know the details of your particular circumstance. Direct Contact is defined as...within the last 14 days you have been in close/direct contact (Less than 6 feet apart, No mask, and for longer than 15 Minutes) with a person who has been confirmed positive for COVID-19.
2. Prior to being allowed to participate in any High School MSHSAA Sanctioned activities, students must have a completed PRIVIT profile before being allowed to participate
3. Athletes, coaches, officials, referees, and umpires MUST undergo a healthcare screening prior to starting any activity (practice, scrimmage, or games). Upon arriving for your workout, each coach and athlete/participant will complete screening questions (presence of flu like symptoms, exposure to anyone who has had symptoms or tested positive, etc.- these will be provided and recorded). Refer to your schools screening procedures for more detailed information. A list of names of all participants should be kept for each practice, scrimmages, and games. If a participant is absent, the reason for this absence should be determined.
4. Practice or game times should be spaced out to limit the number of individuals coming and going at the same time.
5. Hand hygiene is essential. Organizations and facilities need to promote frequent and effective, hand hygiene with ample hand sanitizer (at least 60% ethanol or 70% isopropanol) dispensers and areas with soap and water in many different locations.
6. No unnecessary individuals should be present (such as managers, extra coaches, non-participating athletes, etc.).
7. Spectators are not allowed at any workouts or practices. Parents or caregivers should remain in their cars during this time. No congregating should be allowed in the parking lot or fields. A drop-off line for practices is recommended to avoid unnecessary exposure. The parent or caregiver should wear a mask or face covering.
8. **BRING YOUR OWN WATER. BRING MULTIPLE CONTAINERS IF NECESSARY. OUR EXPECTATION IS TO NOT HAVE TO REFILL BOTTLES ON CAMPUS. Do not share water bottles during practice. Do not retrieve another athletes water bottle for them. If a student-athlete does not come with water they will not be**

- allowed to participate in practice that day.** Do not share water bottles during practice and make sure it is clearly marked with their name.
9. Coolers should be properly sanitized after each use, and a new cooler should be used for each team or group. CDC guidance for cleaning and disinfecting should be followed.
  10. Ice towels should be used only once, then thrown out or washed properly.
  11. No whirlpools, cold tubs, or hot tubs should be used during any of the listed phases. Best practice for emergency use still applies.
    - i. Have a cold water immersion tub on-site or within 5 minutes of the field.
    - ii. On field, it is recommended to have ice towels ready, in addition to the cold tub, for cooling during breaks and to cover the head in the event that an athlete has an exertional heatstroke and needs to be immersed.
  12. No team huddles should take place.
  13. No handshakes or fist bumps should take place.
  14. Coaches will frequently ask participants to report any symptoms or changes in condition
  15. Teams should follow proper MSHSAA protocol for acclimatization in regard to length of practice and use of equipment
  16. Athletes should wash/sanitize all clothing and personal equipment prior to reuse
  17. Water fountains will not be turned on
  18. Locker rooms and access to inside the school will not be available to student-athletes . Athletes should come properly dressed for practice. Sports requiring gym access will be restricted to that area of the building only
  19. Participants must leave the premises immediately following workouts (practices need to be spaced so that no paths cross and social distancing can be achieved, entry and exit points established with this in mind).
  20. Social distancing of 6' between student athletes and staff will be required in all settings and coaches should monitor and assist with this expectation
  21. Masks or face coverings **MUST** be worn for athletes, coaches, officials, referees and umpires any time they are not doing strenuous physical activity. **IF AN ATHLETE SHOWS UP WITHOUT A MASK THEY WILL BE ASKED TO LEAVE IN ORDER TO KEEP OTHERS SAFE.**
  22. Shared equipment will be disinfected prior to use, upon switching of groups and after use is complete (ex: basketballs for shooting gun, footballs, baseball bats, etc.)

## Types of Sports

In accordance with the CDC's risk assessments in youth sports setting, sports are classified based on the level of contact between players, as low-frequency of contact, moderate-frequency of contact or high frequency of contact.

- High-frequency of contact sports include basketball, boxing, ice hockey tackle/flag/touch football, martial arts, rugby, water polo, and wrestling.
- Moderate-frequency of contact sports include baseball, cheerleading, crew/rowing, dance team, fencing, floor hockey, field hockey, lacrosse, racquetball, soccer, softball, team handball, ultimate frisbee, and volleyball.
- Low-frequency of contact sports include diving, extreme sports, gymnastics, rodeo, water skiing, adventure racing, bicycling, canoeing/kayaking, field events (high jump, pole vault, javelin, shot-put), golf, handball, horseback riding, skating (ice, in-line, roller), skateboarding,

weight lifting, windsurfing, badminton, bodybuilding, bowling, orienteering, fishing, riflery, rope jumping, running, sailing, scuba diving, swimming, table tennis, tennis, and track.

For sports or activities not included in the above categories that are similar in nature to such other sports or activities, please apply the category most closely associated with the sport or activity. If there is any question regarding the categorization of an activity, please contact the DPH to determine which category applies.

### High Contact Sports Guidelines

- Full team practices are allowed
- Practices and team contact drills are allowed but only in groups of 30 athletes or fewer.
- Intra-squad scrimmages (within the team (not to exceed 30 athletes) that practice together) are allowed.
- Two coaches are permitted in addition to the group of 30 or fewer athletes.
- Each group of athletes, not to exceed 30 per group, must remain in a separate single space from another group of athletes at any one time. Any single space must have a minimum of a 20-foot barrier from any other single space. No person is allowed within that 20-foot barrier. The 20-foot barrier should be clearly marked, and such demarcation shall be indicated by a wall, tape or cones.
- NO games are permitted.
- NO tournaments, performances, competitions, or showcases are permitted, such as bracket style play where multiple teams play back to back.
- Social distancing MUST be maintained as much as possible during practice.
- The practice groups MUST remain the same every day to reduce the amount of exposure for each child.
- Masks/face coverings MUST be worn anytime an individual is not engaged in vigorous physical activity. Coaches and officials MUST remain in mask/face coverings at all times.
- Players and coaches MUST sanitize hands and equipment regularly.
- Wearing masks before, during and immediately following activities is required, including prior to screening, except as specifically excluded during the individual athlete's engagement in vigorous physical activity.
- Every individual, including coaches, must be screened every day that an individual participates in youth sports.
- NO Spectators are allowed.
- No two teams should be in the same location at one time. If the same field, gym, or enclosed room will be used on the same day by more than one team, teams must allow sufficient time between sessions to clean the area. No team shall use a field, gym, or similar enclosed room on the same day another team has used any of those locations unless proper cleaning has occurred after the previous team's use and prior to the next team's use. This cleaning requirement shall also apply to groups of up to 30 athletes using the same single space as another group of up to 30 athletes even if those groups comprise one team.
- All equipment (such as bats, sticks, helmets, sleds, etc.) MUST be disinfected between individual uses.

### Moderate Contact Sports Guidelines

- Full team practices are allowed, with no limit on the number of participants, but a limit of 2 coaches.
- Games and competitions with other teams within the St. Louis Region are allowed.

- NO tournaments, performances, competitions, or showcases are permitted, such as bracket style play where multiple teams play back to back.
- LIMITED Spectators are allowed – up to two Spectators per athlete are allowed to attend, as long as those Spectators comply with all requirements for facial coverings and social distancing.
- In no event shall the number of Spectators exceed 50 persons.
- A team, school or sporting venue (fields, courts or other sport facility) is allowed to further limit the number of or prohibit Spectators if enforcing these restrictions is not practicable.
- NO chanting or stunting is allowed for cheerleaders.
- Social distancing MUST be maintained as much as possible during practice and games.
- Masks/face coverings MUST be worn anytime an individual is not engaging in vigorous physical activity.
- Coaches and officials MUST wear mask/face coverings at all times.
- Players and coaches MUST sanitize their hands and equipment regularly. Wearing masks before, during and immediately following activities is required, including prior to screening, except as specifically excluded during the individual athlete's engagement in vigorous physical activity.
- Every individual, including coaches, MUST be screened every day that such individual participates in youth sports.
- All equipment (such as bats, sticks, helmets, sleds, etc.) must be disinfected between individual uses.

#### Low Contact Sports Guidelines

- Full team practices are permitted with restrictions.
- Competitions are allowed with other teams or individuals within the Region.
- NO tournament style competitions, such as bracket style play where multiple teams play back-to-back, including without limitation, showcases, shall be allowed.
- LIMITED Spectators are allowed – up to two Spectators per athlete are allowed to attend, as long as those Spectators comply with all requirements for facial coverings and social distancing.
- In NO event shall the number of Spectators exceed 50 persons.
- A team, school or sporting venue (a field, court or other sport facility) is allowed to further limit the number of or prohibit Spectators if enforcing these restrictions is not practicable
- Social distancing MUST be maintained as much as possible during practice and games.
- Masks/face coverings MUST be worn anytime an individual is not engaged in vigorous physical activity.
- Coaches and officials MUST wear mask/face coverings at all times.
- Players and coaches MUST sanitize their hands and equipment regularly.
- Wearing masks before, during and immediately following activities is required, including prior to screening, except as specifically excluded during the individual athlete's engagement in vigorous physical activity.
- Every individual, including coaches and officials, MUST be screened every day that an individual participates in youth sports. y All equipment (such as bats, sticks, helmets, sleds, etc.) MUST be disinfected between individual uses.

## Weight Room Guidelines

1. Small groups (20 athletes and 2 coaches) (maintaining 6' feet apart for the majority of the session)
2. All equipment is disinfected each time users are changed (Athletes or Coach should spray and wipe equipment before and after their own use)
3. Weight room is disinfected after each use and between groups that rotate where applicable (door handles, disinfect spray bottles, etc.)
4. When your group enters the weight room they should wipe the equipment before use.
5. Athletes and Coaches are expected to wash their hands with soap and water or use hand sanitizer upon arrival and upon completion of workouts

## Check-In Process & Leaving

1. Upon arriving for your workout, each coach and athlete/participant will complete screening questions (presence of flu like symptoms, exposure to anyone who has had symptoms or tested positive, etc.- these will be provided and recorded). Refer to your schools screening procedures for more detailed information
2. Parents are not allowed to exit their vehicles but should remain until their child has passed the screening process
3. Once done for the day athletes are to exit campus immediately. Parents please ensure timely pick up of your student-athlete

## Stations & Transitioning

1. When transitioning between each station, athletes should move at the same time so that groups are not coming into contact between rotations.
2. Please let one group completely exit the weight room and the building before allowing the other group to enter.
3. Practice times need to be staggered by at least 15 minutes (ie. if a practice is scheduled in the gym from 3-4pm the next start time should be 4:15pm)
4. Any equipment used during activities should be disinfected at the conclusion of the session.

## Positive Case

1. The local public health authority will be notified. The athletic trainer and Athletic Director will be in charge of creating a list of all those who were in contact with the infected individual.
2. Individuals who have had a significant exposure (defined as direct contact or prolonged exposure within 6 feet) to a positive COVID-19 individual must quarantine for 14 days, even if they test negative within those 14 days. After 14 days if there are still asymptomatic they can return to activity.
3. The athlete should not be allowed back until they have documentation showing the SARS-CoV- 2 test was negative or a note from their healthcare provider stating they don't need to be tested and their symptoms are not due to COVID-19.
4. If an athlete or coach not wearing a mask is confirmed to have COVID-19, the following should occur:
  - a. All participants who had close contact, direct contact with this individual, or a direct exposure to secretions (i.e. being coughed on) (up to 48 hours before they started showing symptoms) should be excluded from practice and play for 14 days. The Health Department should be contacted to assist in proper contact tracing and quarantining of individuals. If there was doubt of who the individual came into contact with then the entire team, or group of athletes that practiced or competed with the individual should

be quarantined for 14 days. Teams should keep documentation of names and contact information of opposing teams, coaches, and officials for contact tracing purposes.

- i. Exceptions could be made if all activities were done practicing social distancing.
  - ii. If a coach is positive and was wearing a mask/face covering potentially none of her/his contact will have to be excluded. In some cases, a mask/face covering may not be considered protective depending on the type of exposure.
- b. Coaches and staff in contact with the infected individual who were properly wearing a mask will likely not be excluded. In some cases, a mask may not be considered protective depending on the type of exposure.

### Returning to sports post COVID-19 diagnosis

Athletes/coaches must meet all the following criteria to return to sports

- a. Note for clearance (Use MSHSAA Form) from a medical provider (MD, DO, NP, PA)  
*Individuals without a medical provider can contact their local public health agency.*
- b. No fever ( $>100.4$ ) for 72 hours without fever reducing medications
- c. Improvement in respiratory symptoms (cough, shortness of breath)
- d. At least 14 days have passed since symptoms first appeared.
- e. Once cleared to return to athletics, there will be a seven day return to play process athletes must undergo with the athletic trainer.

### Final Notes

All regulations are subject to change as state and federal agencies modify recommendations and guidelines. The above plan was developed using the guidelines set forth by the St. Louis County Health Department and Parkway School District.

## SPORT/ACTIVITY CLASSIFICATIONS

LOW FREQUENCY	MODERATE FREQUENCY	HIGH FREQUENCY
<ul style="list-style-type: none"><li>• CROSS COUNTRY (PER GUIDELINES)</li><li>• SWIM/DIVE</li><li>• GOLF</li><li>• MARCHING BAND</li><li>• TENNIS</li></ul>	<ul style="list-style-type: none"><li>• CHEERLEADING</li><li>• DANCE</li><li>• FIELD HOCKEY</li><li>• SOCCER</li><li>• SOFTBALL</li><li>• VOLLEYBALL</li></ul>	<ul style="list-style-type: none"><li>• FOOTBALL</li></ul>

## (Appendix 2)

### Cross Country Recommendations

1. Considerations
  - a. Current local health ordinances on gathering size (currently capped at 50)
  - b. Cross country can be considered moderate risk if run as usual. With proper modifications can easily be made into a low risk sport.
  - c. Events are outdoors, where spread is already known to be less likely
  - d. Even with potential for spectators, courses are spread out over a great distance with race courses covering a 3.1 mile (5km) distance.
  - e. When competition is allowed, competitions should be limited to the recommended competition area per the St Louis Sports Medicine COVID Task Force (Metro East, St. Louis City, St. Louis County, St. Charles County, Jefferson County and Franklin County)
2. Proposals
  - a. Race size
    - i. Cap individual races to 80 runners per race
      1. Individual teams are generally as small as 7 (varsity) but can be larger in JV events.
      2. During a race, runners become very spread out so there is not sustained close contact between individuals.
  - b. Team tent 'villages'
    - i. In order to minimize congregation of athletes, meet directors should reconsider the need for team tent areas
    - ii. If tent areas are used, planning should be made to provide appropriate distancing.
    - iii. Masks should be required for athletes who are congregating at their team tent
  - c. Starting line
    - i. Start line/boxes – Boxes are sized a 2meters wide with an open box between teams, allowing for social distancing at the start between teams
    - ii. Warm up "run outs" would be restricted to the space directly in front of the team start box
    - iii. Warm up apparel should be removed prior to coming to the start line.
  - d. Masks would be required up until 3 minutes prior to the start of the race
    - i. At 3 minutes, masks will be given to a representative of the team to either be kept for the athlete to use after the race or to discard if it is a disposable mask.
    - ii. Recommend that athletes put their mask into a brown paper bag labeled with their name to be provided back to the athlete at the end of the race.
    - iii. Athletes, race officials, finish line personnel and spectators are required to wear masks. The only exception to the mask is when strenuous physical activity is being performed, which essentially applies to the athletes only during their event.
    - iv. Strong consideration should be made for personnel working the finish line to wear face shields or protective eye wear, masks and gloves.
  - e. Race course
    - i. Course width should be looked at to ensure that the minimum width of the course is 2M
    - ii. Courses also need to be assessed for unnecessary overlap if an area is run multiple times in its traditional configuration to avoid potential congestion.



- iii. If spectators are allowed on the course, spectators should wear masks and maintain social distancing throughout the course viewing areas.
- f. Finish line
  - i. Races should use FAT timing methods
  - ii. Runners should be encouraged to stay on their feet and clear the finish area quickly after crossing the finish line to allow for appropriate social distancing following the race where more sustained close contact may occur. Medical attention
  - iii. Finish corrals should be used instead of finish chutes
  - iv. Personnel working the finish line should have masks and gloves and are encouraged to wear a face shield or eye protection.
  - v. Hand sanitizer, disinfecting wipes/sprays should be readily available at the finish line.
  - vi. If events have spectators, no spectators should be allowed within the last 200 meters before the finish line
- g. Race starts
  - i. Consideration can be made to staggered starts separated by 5 minutes to decrease number of runners on the course at one time
  - ii. Adequate time should be planned in between races to clear the course and avoid congregation between start and finishes of races
  - iii. Meet sizes (ie. numbers of teams competing) should be reconsidered to avoid overcrowding
- h. Awards/Results
  - i. Award ceremonies will not be held. Coaches should be sent home with medals at the end of the meet
  - ii. Result boards should not be used to avoid unnecessary congregation.
  - iii. Online result information should be provided to coaches prior to the meet to distribute to parents to access if spectators are restricted.
- i. Concessions/T-shirts
  - i. T-shirts and other race gear should be considered to be sold online prior to the race and distributed to teams at the event
  - ii. Concessions stands should sell only pre-packaged items and lines should maintain social distancing.
- j. Spectators
  - i. Given the size of cross country courses, most are easily sustainable for socially distancing spectators.
  - ii. If restrictions for spectators are necessary, consider limiting to 2 per athlete.
  - iii. Consider having runners leave the course after their race is completed to limit individuals on site
- k. Permitting
  - i. The County should provide necessary permits to allow proper planning to occur prior to races

(Appendix 4)

**MSHSAA COVID-19 Return to Play Form**

If an athlete has tested positive for COVID-19, he/she must be cleared for progression back to activity by an approved health care provider (MD/DO/PAC/ARNP)

Athlete's Name: \_\_\_\_\_ DOB: \_\_\_\_\_ Date of Positive Test: \_\_\_\_\_

**THIS RETURN TO PLAY IS BASED ON TODAY'S EVALUATION**

Date of Evaluation: \_\_\_\_\_

**Criteria to return (Please check below as applies)**

- 14 days have passed since symptoms first appeared
- Symptoms have resolved (No fever ( $\geq 100.4F$ ) for 72 hours without fever reducing medication, improvement of symptoms (cough, shortness of breath)
- Athlete was not hospitalized due to COVID-19 infection.
- Cardiac screen negative for myocarditis/myocardial ischemia (All answers below must be no)
  - Chest pain/tightness with exercise YES  NO
  - Unexplained Syncope/near syncope YES  NO
  - Unexplained/excessive dyspnea/fatigue w/exertion YES  NO
  - New palpitations YES  NO
  - Heart murmur on exam YES  NO

NOTE: If any cardiac screening question is positive or if athlete was hospitalized, consider further workup as indicated. May include CXR, Spirometry, PFTs, Chest CT, Cardiology Consult

- Athlete HAS satisfied the above criteria and IS cleared to start the return to activity progression.
- Athlete HAS NOT satisfied the above criteria and IS NOT cleared to return to activity

**Medical Office Information (Please Print/Stamp):**

Evaluator's Name: \_\_\_\_\_ Office Phone: \_\_\_\_\_

Evaluator's Address: \_\_\_\_\_

Evaluator's Signature: \_\_\_\_\_

**Return to Play (RTP) Procedures After COVID-19 Infection**

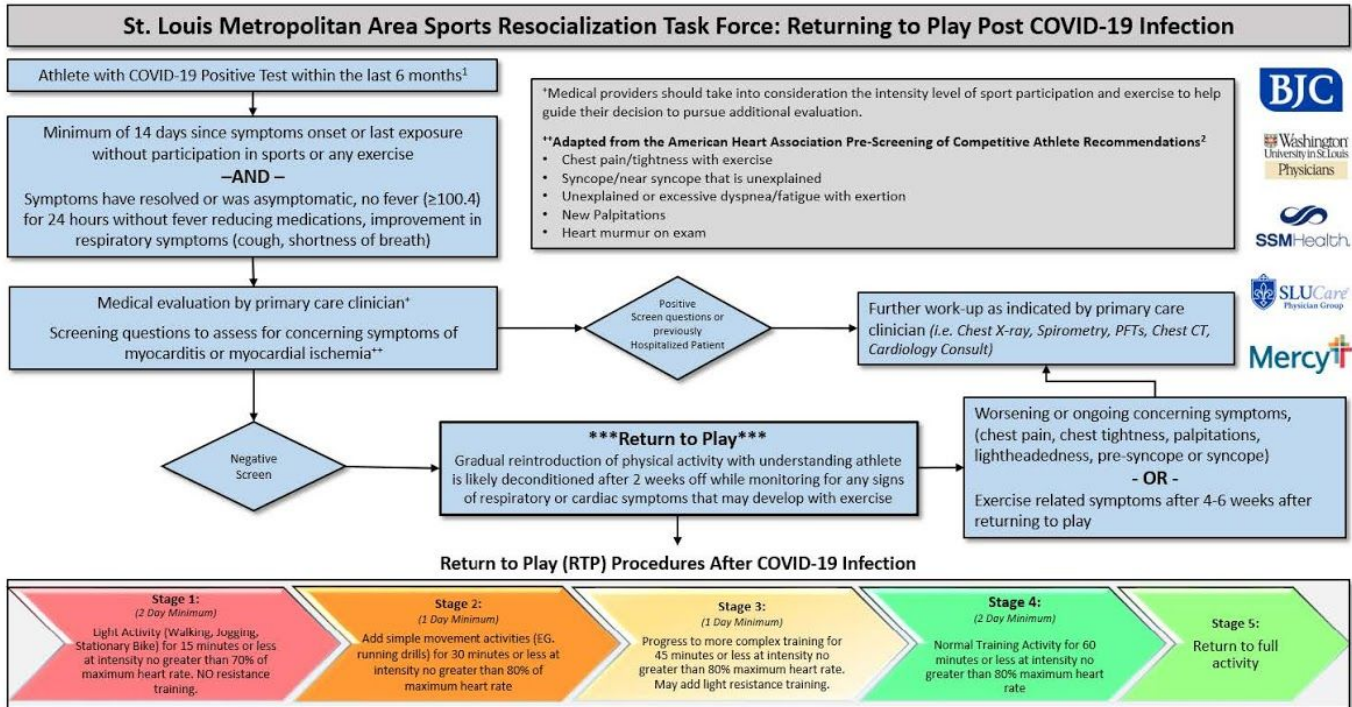
Athletes must complete the progression below without development of chest pain, chest tightness, palpitations, lightheadedness, pre-syncope or syncope. If these symptoms develop, patient should be referred back to the evaluating provider who signed the form.

- **Stage 1: (2 Days Minimum)** Light Activity (Walking, Jogging, Stationary Bike) for 15 minutes or less at intensity no greater than 70% of maximum heart rate. NO resistance training.
- **Stage 2: (1 Day Minimum)** Add simple movement activities (EG. running drills) for 30 minutes or less at intensity no greater than 80% of maximum heart rate
- **Stage 3: (1 Day Minimum)** Progress to more complex training for 45 minutes or less at intensity no greater than 80% maximum heart rate. May add light resistance training.
- **Stage 4: (2 Days Minimum)** Normal Training Activity for 60 minutes or less at intensity no greater than 80% maximum heart rate
- **Stage 5: Return to full activity**

Cleared for Full Participation by School Personnel (Minimum 7 days spent on RTP Stages): \_\_\_\_\_

*RTP Procedure adapted from Elliott N, et al. Infographic. British Journal of Sports Medicine, 2020*

**(Appendix 5)**



1. Adaptions from: Phelan, Dermot, Jonathan H. Kim, and Eugene H. Chung. "A game plan for the resumption of sport and exercise after coronavirus disease 2019 (COVID-19) infection." JAMA cardiology (2020).  
 2. Adaptions from: Maron BJ, Thompson PD, Puffer JC, et al. Cardiovascular pre-participation screening of competitive athletes. A statement for health professionals from the Sudden Death Committee (clinical cardiology) and Congenital Cardiac Defects Committee (cardiovascular disease in the young), American Heart Association. Circulation.1996;94:850-856.