

District 211 IHSA Return to Play Phase 4 Procedures

The Illinois High School Association, in collaboration with the Illinois State Board of Education and the Illinois Department of Public Health, has developed health and safety requirements for their Phase 4 of Return to Play. Students and staff who choose to participate in voluntary Phase 4 sport specific camp sessions must follow the following procedures:

General Information:

- Athletic Trainers will be available daily to provide services as needed
- Athletic Trainers will wear appropriate face coverings and PPE when treating athletes and maintain social distancing when possible.
- Athletic Trainers and athletic director will set-up designated drop off/pick up locations (designated by each school)
- Camp sessions should have staggered start times to provide adequate time for screening athletes, cleaning of shared facilities, and to clear fields prior to beginning next camp session.
- Camp participants and coaches are required to maintain 6 feet of social distancing at the beginning, when possible during, and at the conclusion of each camp session.
- Camp participants and coaches are required to wear appropriate face coverings at the beginning, when possible during, and at the conclusion of each camp session.
- Participants will be responsible for bringing their own water bottle, shoes, towels, appropriate workout clothing. Sharing of bottles, towels and clothing is prohibited.
- Athletic trainers and coaches will assist in the cleaning and disinfecting of surfaces as needed and when applicable in accordance with CDC and IDPH guidelines.
- All participants must sign appropriate waiver prior to participating in any camp session.
- School issued equipment required to be used during the camp, and retained by the student, can be given to students but should not be shared under any circumstances.
- Athletes may participate in more than one camp.
- Cost is \$25 per camp.
- Coaches may coach more than one camp.

Camp Guidelines

- Camps sessions will have a maximum of 50 participants (combined staff and athletes).
- Contests with other schools are prohibited.
- Schools are encouraged to use a staged approach to build back up to full summer contact activity and competitions.
- Athletes who did not participate in Stage 1, are encouraged to follow the fall acclimatization schedule for any sport.
- Athletes should maintain their summer acclimatization schedule, per IHSA By-Law 3.157.
- Athletic equipment such as bats, batting helmets and catchers gear should be cleaned between each use.
- Other equipment, such as hockey helmets/pads, wrestling wear guards, football helmets/other pads, lacrosse helmets/pads/gloves/eyewear should be worn by only one individual and not shared.
- Shared equipment such as athletic balls, thud pads, sleds should be cleaned frequently during practice.

- Spotters for weightlifting are allowed. Maximum lifts should be done only with power cages for squats and bench presses. Spotters should stand at each end of the bar.
- Weight equipment should be wiped down thoroughly before and after an individual's use of equipment.

Before each camp session:

- Students and staff are encouraged to conduct a temperature and symptom check prior to coming to the school grounds. If a staff member or student is exhibiting symptoms related to COVID-19 or has a temperature above 100.4 degrees Fahrenheit, they should not participate in a strength and conditioning session.
- When staff members arrive on the school grounds, they should check-in with the athletic trainer on duty. The athletic trainer will conduct a temperature and symptom screening following these procedures:
 - Both staff members will wear face coverings at all times.
 - The athletic trainer will also wear gloves and sanitize the non-contact temporal thermometer at the beginning and end of every session.
 - The athletic trainer will ask the staff member if they took their temperature at home prior to coming to the school grounds and if the temperature was lower than 100.4 degrees Fahrenheit.
 - The athletic trainer will ask the staff member if they are exhibiting symptoms related to COVID-19 using the following form: Symptom Screening Checklist.
 - The athletic trainer will take the staff member's temperature using a non-contact temporal thermometer.
 - If the staff member has a temperature less than 100.4 degrees Fahrenheit and answers "no" to all questions on the symptom screening checklist, they can proceed to their assigned strength and conditioning session location.
 - If the staff member has a temperature of 100.4 degrees Fahrenheit or more, or answers "yes" to any of the questions on the symptom screening checklist, they cannot participate in the strength and conditioning session and should immediately return home.
 - After checking staff member symptoms and temperatures, the athletic trainer will practice hand hygiene by properly removing and discarding their gloves and washing their hands with soap and water.
 - Social distancing of 6 feet should be maintained whenever possible.
- When students arrive on school grounds, they should check-in with their coach at a pre-determine location. Social distancing of six feet should be maintained at all times. When ready, the coach, or the athletic trainer on duty will conduct a temperature and symptom screening following these procedures:
 - Both staff members and students will wear face coverings at all times.
 - The athletic trainer/coach will also wear gloves and sanitize the non-contact temporal thermometer at the beginning and end of every session.
 - All participants and coaches shall stay within their designated groups during check-in and throughout each camp session. Failure to stay within group will result in expulsion from camp.
 - Coaches are to supervise, and assist, each groups check-in, in order to ensure all athletes are screened, attendance is taken and cleared to participate.

- Any participant who arrives late will be asked to wait on the side until all groups are screened and cleared, prior to receiving their own screen.
- Any participant that does not see athletic trainer/coach prior to session for screening and temperature check, will not be able to participate. In addition, any participant refusing screening and temperature reading will not be able to able to participate.
- The athletic trainer/coach will ask each student if they took their temperature at home prior to coming to the school grounds and if the temperature was lower than 100.4 degrees Fahrenheit.
- The athletic trainer/coach will ask each student if they are exhibiting symptoms related to COVID-19 using the following form: Symptom Screening Checklist (attached).
- The athletic trainer/coach will take each student's temperature using a non-contact temporal thermometer.
 - If the student has a temperature less than 100.4 degrees Fahrenheit and answers "no" to all questions on the symptom screening checklist, they can proceed to their assigned strength and conditioning session location.
 - If the student has a temperature of 100.4 degrees Fahrenheit or more, or answers "yes" to any of the questions on the symptom screening checklist, they cannot participate in the strength and conditioning session and should immediately return home.
 - Any person with symptoms or a positive COVID-19 test, should not participate in practice, competition, or conditioning and should be referred to a physician for evaluation and only return after clearance to do so from a physician.
- After checking student symptoms and temperatures, the athletic trainer will practice hand hygiene by properly removing and discarding their gloves and washing their hands with soap and water.

During each camp session:

- Students and staff should maintain social distancing by being 6 feet apart when possible.
- DRILLS INVOLVING ATHLETE CONTACT IS PROHIBITED. CONTACT IS CONSIDERED ANYTIME AND ATHLETE BREAKS THE 6' SOCIAL DISTANCING GUIDELINE.
- ALL COACHES MUST WEAR A MASK OUTDOORS UNLESS THEY MAINTAIN A 6' SOCIAL DISTANCE.
- MASKS ARE NOT REQUIRED OF ATHLETES OUTDOORS IF THEY ARE MAINTAINING SOCIAL DISTANCE.
- ALL COACHES AND ATHLETES MUST WEAR A MASK INDOORS DURING ALL ACTIVITIES.
- WHEN SWIMMING, MASKS MUST BE WORN WHEN NOT IN THE POOL
- Camp sessions will be organized with 50 total participants (athletes and staff) per session. Each session will be pre-determined and have a specific location on the school grounds to gather.
 - Once participants are determined, students may not switch from one group to another.
 - Once participants are determined, coaches may not switch from one group to another.
 - Interaction between groups must be avoided.
- When students are not actively participating in a drill, practice, or contest, care should be taken to maintain social distance between individuals.
- Sport-specific drills are permitted, and sport-specific equipment can be used.
- When possible, coaches should clean equipment used by multiple participants.
- Students will bring their own water bottle, towels, or other personal equipment. The use of shared water coolers with cups, and water fountains will be strictly prohibited. Hydration stations (water cows, water trough, water fountains, etc.) may be utilized to fill individual water bottles but must be cleaned after every practice/contest.

- Coaches must maintain a daily record of student attendance and answers to the symptom screener.

After each camp session:

- Students and staff should complete hand hygiene with soap and water or hand sanitizer at the end of each camp session.
- Students maintain six foot social distancing at all times and return to their cars immediately after each session.
- Coaches and athletic trainer will implement diligent and effect cleaning and disinfecting of frequently touched objects, equipment, and surfaces following the guidance of the CDC and IDPH.

Daily Student Symptom Screening

Please ask each student the following questions when they check-in for their behind-the-wheel driving session.

1. Is your temperature 100.4 degrees Fahrenheit or higher today?
2. Have you felt feverish?
3. Do you have a cough?
4. Do you have a sore throat?
5. Have you been experiencing difficulty breathing or a shortness of breath?
6. Do you have muscle aches?
7. Have you had new or unusual headache (e.g., not related to caffeine, diet, or hunger, not related to a history of migraines, clusters, or tension)?
8. Have you noticed a new loss of taste or smell?
9. Have you been experiencing chills or rigors? (Rigors are a sudden feelings of cold with shivering accompanied by a rise in temperature)
10. Do you have any gastrointestinal concerns (e.g., abdominal pain, vomiting, diarrhea)?
11. Is anyone in your household displaying any symptoms of COVID-19?
12. To the best of your knowledge, have you or anyone in your household come into close contact with anyone who has tested positive for COVID-19? Close contacts include household members, intimate contacts, or contacts within six feet for 15 or more minutes.
13. Within the last 14 days, have you spent more than 24 hours in a state currently on the Cook County Department of Public Health self-quarantine list? Click here for the list or go to <https://cookcountypublichealth.org/communicable-diseases/covid-19/covid-19-travel-guidance/>

If the student answers “no” to every question, and their actual temperature is below 100.4 degrees Fahrenheit, they can proceed to their practice.

If the student answers “yes” to any question, or their actual temperature is 100.4 degrees Fahrenheit or above, they will not be allowed to participate in practice and should immediately return home.