SOUTH SAN ANTONIO ISD
RETURN TO PLAY RISK MITIGATION GUIDELINES
2020

“WE ARE FAMILY”
South San Antonio ISD Risk Mitigation Plan
High School and Middle School Athletic Programs
High School Cheerleaders

High Schools: South San West Campus will be in 3A alignment
South San Antonio HS is in a 6A alignment.

**Football**
- Oct. 5 Practice Begins
- Oct. 29 Game WCHS
- Oct. 30 Game SSHS

**Cross Country**
- Oct. 5 Practice Begins
- Oct. 10 District Meet WCHS
- Oct. 10 SSHS Interschool Competition
- Oct. 26 District Meet WCHS @ Poth HS
- Oct. 30 District Meet SSHS @ Starcke Park

**Team Tennis**
- Oct. 5 Practice Begins
- Oct. 13 District Match SSHS

**Volleyball**
- Oct. 5 Practice Begins
- Oct. 13 District Game SSHS

**MS Athletics**
- Oct. 5 Practice Begins
- Oct. 15 Volleyball Game
- Oct. 31 Football Game
Letter from South San Athletic Department

Dear Parents and Students,

The South San Antonio Athletic Department is preparing for the return of our student-athletes to their respective sports. The student-athletes' health and safety is our number one priority. The following guidance related to UIL activities is based on the public health situation as we understand it today, applies to the 2020-2021 school year. UIL will continue to work with state officials and monitor CDC and other federal guidance to determine any potential modifications that may become necessary. Schools should be prepared for the possibility of interruptions in contest schedules. We will continue to follow their guidance along with information from Bexar County and the City of San Antonio health officials so timely and accurate information can guide appropriate responses. Our district has policies in place to help guide us through these situations.

According to the CDC, “While the immediate risk to this new virus to the American public is believed to be low at this time, everyone can do their part to help us respond to this emerging public health threat”.

The policies in our plan are designed to minimize risk for athletes and staff. It is vital to everyone’s health and safety that our athletes and staff are fully conscious of this at all times and take responsibility for following these guidelines seriously.

Resources:

https://www.southsanisd.net/domain/2490

https://www.uiltexas.org/covid-19-information

*High School & Middle School Schedules

- Schedules are subject to change.
- Schedules will be added to RankOne as they are solidified for each season. Changes will be made in RankOne as needed.

*High School

- Start October 5th, 2020
- FALL sports may host voluntary sport-specific training for no more than 2 hours outside of the school day.
- After October 5th, the 8-hour rule applies for IN-SEASON team sports
- After October 5th, team sports not in season are only allowed sport-specific training during the athletic period.
- After October 5th, out of season team sports are allowed 1 hour per day of strength & conditioning outside of the school day for 2020/2021 school year ONLY outside of the school day. OFF SEASON TEAM SPORTS MAY HOLD SPORT SPECIFIC TRAINING DURING ATHLETIC PERIODS STARTING OCTOBER 5th .
- Individual sports can practice year-round before and/or after school.

Middle School

- After school practice may not begin until October 5th, 2020.
- Season practice start times/tryouts begin October 5th, 2020.

Preparing/Transitioning Staff and Students:

- All students, coaches, athletic trainers and anyone else at practice or games shall have a mask on unless on the field/court participating in the game/match.
- Implement a communication plan for returning staff and students and communicate this message to parents.
- Implement policies and procedures regarding high traffic areas as they should be campus-specific.
- Implement policies and procedures to accommodate staff and students returning to duty/school/practice and/or daily health screenings.
- Distribute cleaning protocols and guidelines for coaching staff
- Determine if additional routes are needed to accommodate social distancing to various venues.
- In the case of an individual who was diagnosed with COVID-19, the individual may return to school when all three of the following criteria are met:
  - at least one day (24 hours) have passed since recovery (resolution of fever without the use of fever-reducing medications);
  - the individual has improvement in symptoms (e.g., cough, shortness of breath); and
  - at least ten days have passed since symptoms first appeared.

Communication to Parents:

- Implement a communication plan for a pre-sport meeting with parents, (district website, parent zoom, meet, etc.) for all rules and guidelines pertaining to practice and games/matches.
- Discuss protocols and procedures for daily health screening of students
- Emphasize protocols and procedures at practice and game drop-off/pick-up times and locations.
● Inform of protocols and procedures for game day meal delivery if applicable
● Parents must ensure they do not send a student to participate in UIL activities if the student has COVID-19 symptoms (as listed in this document) or is lab-confirmed with COVID-19 until the below conditions for re-entry are met.

**Disinfection and Sanitizing**

● Athletic and district custodians will be responsible for maintaining proper sanitizing protocols at district athletic events.
● Facilities Cleaning – athletic facilities will be disinfected and sanitized continuously before, during, and after practices and events. Ensure adequate cleaning supplies, hand soap and sanitizer are available in restrooms and facility entrances. Ensure adequate ventilation and spacing in coaches’ offices is available (relocate if necessary).
● Emphasis will be given to ensuring disinfecting high touch surfaces and surfaces used by multiple student-athletes, disinfecting between users – i.e., weight rooms, gyms, restrooms, staff offices, locker rooms, outdoor bleachers, training room, other areas as specified by campus, laundry etc.
● Cleaning specific athletic facilities in which an individual with a confirmed COVID-19 positive has been identified will undergo enhanced disinfection per CDC and industry guidelines.
● COVID Tracing Process for positive cases/symptomatic cases will be utilized in athletics.
● Sanitizing all balls after practice sessions. Ultraviolet light wands will be available to help clean balls, equipment, etc. (used during physical education classes)
● Implement laundry washing/drying protocols.

**Booster Club/Concessions**

● Booster club meetings will be held virtually or outside of district facilities.
● All concession workers should be screened for COVID prior to every contest.
● Max of 3 individuals when selling concessions to encourage distancing/limited touches on products.
● Concession areas should be sanitized before & after contests. Counters should be wiped down frequently during contests.
● Condiments, silverware, flatware, glassware, napkins, or other traditional tabletop items should not be left at the counter. Condiments and flatware should only be provided upon request, and in single-use containers.
● Hand sanitizer should be available for workers/patrons.
● Concession workers must wear gloves and face coverings at all times.
● Selling of pre-packaged foods is encouraged.

**Additional Functions/Gatherings**

● Open gyms are not allowed. Practices should be structured, and students will be monitored at all times.
● No outside visitors/groups should be using athletic facilities.
● Parent meetings will be held virtually via google meet or zoom.
● Parent meetings should be held virtually or by phone. If a face to face meeting must take place, it will be scheduled in the athletic office.
● End of year banquets will be determined at a later date.
● Team dinners or team building gatherings should be discouraged to mitigate spreading the COVID-19 virus.
High School Strength and Conditioning & Sports Instruction

- All athletic activities (including Strength and Conditioning and Specific Sports Instruction) must follow all UIL/TEA and South San Antonio ISD guidelines.
- Through October 5 workouts will be before or after the instructional day.
- In-season Sports must adhere to the 8-hour rule.
- If your sport is not in season, you are allowed to have 1 hour of Strength & Conditioning and 1 hour of Sports Specific Instruction starting on October 5, 2020 if your students are cleared in Rank One.

Game Day Guidelines

- Gym capacity will be determined by social distancing guidelines.
- Tickets at volleyball, basketball or other indoor sports will be available to player parents/guardians first. Coach will provide the ticket seller with the names of the parent/guardian of each player.
- Designate an area for teams to unload and load buses separate from fans, spectators, and other individuals not essential to the team or group.
- Plan for a “Holding Area” for teams waiting to compete at a venue.
- Home coaches will need to screen officials as they arrive at games/matches.
- Outdoor relocation plan for bad weather conditions, fans go to vehicles.
- All exit gates/doors open for the post-game exit plan for all participants and spectators.
- Have adequate inventory of needed supplies, i.e. gloves, masks, cleaning supplies, etc.
- Gym/stadium venues should be cleared of fans before players exit.
- Train all staff on enhanced health and safety protocols and procedures.
- Each team is responsible for implementing health protocols, including social distancing.

Athletic Guidelines for High School Fall Events

- All coaches will pre-screen their participants at their practice each day.
- Student-athletes will complete a pre-practice document on google classroom to enter the facility for practice.
- Coach will confirm the document submission for practice.
- High school fall sports schedules shall keep non district games within 100 miles unless it is a district game. Teams may play opponents more than once.
- No open gyms in any South San Antonio district facility.
- No open outdoor facilities, ex. baseball field and cages, softball fields and cages.
- School buses/activity buses or charter buses will be used to transport students to athletic events.
- Proper protocols will be followed as to 1 person per section. (South San buses-24 students/Activity buses-7 students) Windows will be open while driving.
- Charter buses depending on size will carry half of the normal seating capacity. (30 max.) Everyone on the bus will be required to wear a mask.
- South San athletic protocol when loading a district bus. There will be a hand sanitizer dispenser as you enter the bus. Students will start their seating at the back of the bus then come forward to keep students from walking past others.
- Use of an activity bus. There will be a hand sanitizer dispenser as you enter the bus. Students will start their seating at the back of the bus then come forward.
- Coaches will assist the driver after the trip with cleaning the bus of trash and then will sanitize/spray the seats and front area of the bus for the next user/trip.
● No overnight trips in the 2020-2021 school year.
● As per UIL there will be no tournaments for volleyball and basketball. Allowable game limit was increased.
● Cross Country, Team Tennis, Golf, and Swimming/Diving are allowed to have meets/tournaments but within 100 mile range during the fall and follow the UIL guidelines as per each sport. Spring limits of travel will be determined at a later date.
● Facility management signage will diagram entrances and exits for players, spectator social distancing, and continuous announcements on following COVID 19 facility protocol. District DEC guidelines will be followed.
● Football equipment such as shoulder pads and helmets shall not be taken home.
● Athletic Coordinators will work with their athletic department and campus principal to assess the need of masks, gloves, and sanitizer, face shields, etc. from Central Warehouse.
● If athletic programs have additional needs such as tape and or signage for locker rooms, gyms or weight rooms staff will contact the Athletic Department.
● Gyms and stadiums will be limited on seating based on 6 ft. social distancing. Every facility will communicate with their opponents on the number of visitor seating weekly.
● For the safety of the student-athlete, all practices will be closed to everyone but the participant.
● If students are at home virtual learning, parents may take them to the game instead of taking them to the school to ride the bus. Parents will need to fill out paperwork electronically prior to game/season and turn in to principal and coach.
● Parents are encouraged to take their students home after games instead of riding the bus. Parents will complete paperwork electronically prior to the season with principal and coach.
● High School varsity games may be available Live Stream.
● Traveling over 50 miles requires a meal for food to go. Students will remain in their seats and eat on the bus. Masks are to be worn after they finish eating.
● We recommend students at all high school and middle school to bring their individual water jug and towel with their name on it.

South San Stadium Information: (Football season)

● Fans will self-screen prior to entrance to the stadiums.
● Masks will be required of all fans. Signs will be displayed around the entrances and facilities.
● Seating capacity will be general admission.
● Handicap seats and wheelchair area will be available on Row 1 on each side at each stadium.
● The drill team will sit in section 1 and band members will be seated on the track to allow for additional home side spectators. South San will consider limiting the number of participants to those essential to the performance as recommended by UIL.
● Signage will post at the entrance depicting 6ft social distancing at the ticket window area and as you enter through home and visitor gates on the northside of South San Stadium. Ground signs will be visible to help with the distancing.
● There will be limited access for people/media to the sidelines except for the player, coaches/athletic trainers/team doctor involved in the game.
● Any media will need to get a prior approved sideline pass from the Athletic Department.
● Limit of 6-8 individuals allowed to set up team tunnels with prior approval from the Athletic Department.
● High school cheerleaders must be 10ft away from other groups along the track using 10ft. to 10ft yard lines.
Parents and fans will be asked to leave the stadium immediately after the game to wait for players in their vehicles.

Athletes will exit field to the dressing room immediately after the game.

**Stadium Press Box Information for High School Football:**

- Media will pre-screen prior to entrance to the stadiums.
- Masks will be required of anyone sitting in the press box rooms. Social distancing shall apply.
- Limited number of individuals will have access to press box areas/rooms.
- Athletic department will approve visiting staff/media for press box access.

**Stadium Information for Sub-varsity football:**

- Fans will self-screen prior to entrance to the stadiums.
- Masks will be required of all fans. Signs will be displayed around the entrances.
- Handicap seats and wheelchair area will be available on Row 1 on each side.
- Seating capacity will be general admission.
- Coaches will provide the Athletic Department list of names of parents/guardians of each player so they will have first choice of tickets.
- The 6ft social distancing will be adhered to at the ticket window area and as you enter the stadium through home and visitor gates. Ground signs will be visible to help with the distancing.
- Football buses arrive through double gates off Kindred Rd. and exit on the South end of the football stadium through the parking lot to Navajo Rd. Barricades will be used to help separate fans from the players leaving the field.
- After the game is over there will be no meeting of the teams.
- Teams/coaches will talk to their team on their sideline and then proceed to their bus.
- Officials will have access to the boy’s weight room adjacent to the field house.
- Parents will be asked to meet the players back at school.
- These stadiums will have 2 games per night.

**Athletic Guidelines for Middle School Fall Events**

- All coaches will pre-screen participants at their practice each day
- There will be a hand sanitizer dispenser as you enter the bus. Students will start their seating at the back of the bus then come forward to keep students from walking past others.
- As per UIL there will be no tournaments.
- Travel for spring semester sports will be determined at a later date.
- No equipment to include football equipment such as shoulder pads and helmets shall not be taken home.
- If cheerleaders attend middle school games, they should be prescreened by their sponsor and will social distance 6ft apart at the assigned space at the various fields.
- Parents cannot stand along the track around the football field or sit in chairs on the track.
- Athletic Coordinators will work with their campus principal and the athletic department for additional masks, gloves, sanitizer, face shields, etc. from Central Warehouse.
Middle School Sports Information

- All coaches will pre-screen participants at their practice each day.
- Travel teams will carry 10 players for middle school volleyball and basketball on the A squad and 12 players on the B team.
- Football will start practice October 5th and their 7-day acclimatization period on October 13th.
- Football games will start October 31st.
- Football equipment such as shoulder pads and helmets shall not be taken home.
- Volleyball will start practice on October 5th.
- Volleyball games will start October 15th. No tournaments of any kind this year as per UIL, thus no championship.
- Attendance at the school gyms will be based on Governor Guidelines. Single seating will be used at Middle School gyms.
- Coaches will provide the ticket seller at these sites the list of names of parent/guardian of each player so they will have first choice of tickets. Gyms have very limited seating.
- Parents will wait for their athletes in their vehicles.
- Campus plan for designated entrance and exit to mitigate exposure will be provided.
- Middle School campuses will not have access to weight rooms as to the limited size of each. Instead a body weight program will be developed by the district coordinators for boys and girls to utilize until we are allowed back in weight rooms.
- Due to the size of various Middle School gyms, there will be minimum seating.
- Parents are encouraged to take their students home after games instead of riding buses. Parents would still fill out the proper paperwork electronically prior to the season with principal and coach.
- Middle school volleyball players not able to leave with parents will sit at the end of the court waiting for matches to be over or in the stands if seats are available as per social distance.
- All middle school volleyball and basketball players will go dressed to the games/matches. Dressing rooms will only be used for player bathrooms within social distancing guidelines.
- Middle school volleyball, football and basketball players will bring their own labeled water jugs, face coverings, and towels to practices/games.

Health Services/Athletic Trainers:

- Athletic Trainers/Coaches will distribute protocols and procedures for daily health screening of all staff and students.
- Athletic Trainers/Coaches will distribute educational materials for students, staff, and the community on good hygiene practices.
- Athletic Trainers/Coaches will distribute materials for staff use of PPE and screening of students and distribute protocols for student-athletes, i.e., wearing PPE, social distancing in all utilized locations, locker rooms, gyms, weight rooms, etc.
- Athletic Trainers/coaches will distribute protocols and procedures for students and staff returning after an illness.
- All students will bring a water jug to practice, towel, face covering, and other personal items. Label each with the student's name and ID number.
- Students will report to practices in proper attire and immediately return home to change clothes and shower during the weeks of virtual learning but practice is allowed at schools.
- Athletic Trainers/Coaches will need to determine the square footage of locker rooms to determine the numbers of students allowed in and out and to also determine the entrance and exit strategies.
- Athletic Trainer/Coaches will need to determine the square footage of training rooms to determine the number of students allowed in and out, also considering any student trainers and to also determine the entrance and exit strategies.
Covid-19 Response Guidelines: Students or Staff with Suspected, Presumptive, or Confirmed COVID-19

- If a student has presumptive or confirmed Covid 19, then the Athletic Trainer/Coach will provide information to Diane Olivo, Coordinator for Health Services, diane.olivo@southsanisd.net, office 210--977-7000.
- If a coach has presumptive or confirmed Covid 19, then the Athletic Trainer/Coach will provide information to Sherri Seaman, Executive Director for Human Resources, sherri.seaman@southsanisd.net, office 210-977-7000.
- Implement district guidelines by following general steps to take when responding to a suspected, presumptive, or confirmed COVID-19 case in our athletic facilities/workplace.
- Take immediate action to prevent additional athletic facility/workplace and community spread. Schools should clean the areas used by the individual who shows COVID-19 symptoms while at school (student, teacher, or staff) as soon as is feasible.
- Inform parents of the school's ability to prevent any individual who fails the screening criteria from being admitted into school facilities or sites where UIL activities are being conducted until they meet the criteria for re-entry as described below. Any individual for whom screening cannot be confirmed should be presumed symptomatic until confirmed otherwise.
- Share enhanced health and safety protocols, procedures, and guidelines issued by UIL, TEA and Governor Abbott's Executive Order GA-29.
- Distribute materials for educating students, staff on good hygiene practices.
- All parent meetings and booster club meetings will be virtual until further notice.

Athletics Staff Leadership:

- Implement health screenings of staff and students at the start of each day.
- Implement systems for reducing the congregation of students:
  - Modify instruction to maximize social distancing for athletes.
  - Restroom – one-in, one-out model.
  - Athletic/Cheer Hallways – traffic flow and staggered rotations.
  - Locker rooms and training rooms, traffic flow and staggered rotations.
  - Weight rooms and meeting rooms, traffic flow and staggered rotations.
  - Student drop-off and pick-up locations.
- Implement protocols and procedures for sanitizing equipment between rotations and/or sessions.
- Implement protocols and procedures for use of weight rooms.
- Review practice and game schedules to determine if modification is needed.
- Implement contingency plans for bad weather.
- Plan for online school participants to check in and out of campus.

Transportation

- Implement health and safety protocols and procedures for buses - i.e., hand sanitizers, sanitizing between trips, and social distancing of student-athletes.
- District buses will allow 1 student per group of seats (25 large bus) (7 for activity bus).
- Assist drivers with sanitizing the bus after a trip. **Sanitizer will be provided on the bus.**
Parents are encouraged to take their students home from middle school and high school events. Parents must follow proper procedure of electronic communication of permission form to be turned in to principal and coach whether it is by game/season.

- **High School golf and swim students can drive to the natatorium or courses/meets locally. Must fill out a proper travel form online or their head coach.**

**Technology Services (Virtual Learners):**

- Provide remote access (at-home workouts) for students unable to report to school/practice. Work within the guidelines and parameters.
- Provide tutorial opportunities to high school athletes from September 8-October 2, 2020.
- Support of virtual learning students after October 5, 2020.
- Implement and support Google Classroom, Remind101, etc. apps to help communicate with students.

**Game Attendance**

- Attendance at scrimmages and games for spectators may change and be communicated as information becomes available from the UIL and/or TEA. These changes may also impact ticket sales and seating arrangements.
- The South San athletic department will use GoFan online ticketing to provide touch-free gates at all home games. General seating tickets, if available, will be sold at the gate.
- Athletic venues may have a maximum capacity of 25% with six (6) foot social distance..
- All fans are expected to wear a mask during UIL competitions.
- All spectators must self-screen prior to entry.
- Visible signs will be posted stating any individuals who are confirmed to have, suspected of having, are experiencing symptoms of, or have been in close contact with an individual who has been confirmed to have COVID-19 should not enter the facility.
- There will be no reserved seating for all home football games.
- There will be NO student passes allowed to be used for entry to any game, match, or contest.
- Comp and UIL passes have been limited for 2020-2021 school year.
- Metal detectors will be at each entry. No large bags, back-packs, or food & drink will be allowed into facilities. All bags will be checked.
- Live streaming may be available for spectators for South San Antonio ISD athletic competitions.
South San Antonio ISD Return to Athletic Class Plan

**PREPARING FACILITIES**

- Sanitizing supplies delivered, installed, and placed in predetermined places.
- Social distancing signs, restroom signs, hand washing signs, entrance/exit signs will be posted.
- Hand sanitizing stations as you enter the facility for use.

**SCREENING PROCESS – Weekly**

- BEFORE Arriving at Facility – Every student will have filled out the pre-screening questionnaire on their phone, computer, or tablet. If a student answers “YES” on any question, they will stay at home and call their coach to let them know. (See Appendix specific team protocols)

Screening questions:
  - To help prevent the spread of COVID–19 and reduce the potential risk of exposure to our employees and students, we will require student-athletes to complete a weekly health screening, including checking their temperature and answering a set of questions related to COVID–19 symptoms including:
    - Cough
    - Shortness of breath or difficulty breathing
    - Chills
    - Repeated shaking with chills
    - Muscle pain
    - Headache
    - Sore throat
    - Loss of taste or smell
    - Diarrhea
    - Feeling feverish or a measured temperature greater than or equal to 100.0 degrees Fahrenheit
    - Known close contact with a person who is lab-confirmed to have COVID–19

- A hand sanitizing station will be set up at the entrance to all indoors.

**ENTRY PROCEDURES**

- All student-athletes are required to enter indoor facilities via the predetermined entrance and exit.
- Signage will serve as a visual cue and reminder for students.
- Six feet social distancing indicators will be set up along the sidewalk.
- Athletes will not be allowed to socially congregate before, during, or after practices and workouts.
PARENT/GUARDIAN COMMUNICATION PLAN

● Return to athletics plan will be posted on the athletic website.
● Coaches will educate the athletes regularly regarding safety protocols and proper sanitizing methods.
● Constant & detailed communication via email with parents/guardians.

ATHLETIC PRACTICES

● Athletic practices and contests will be conducted following all safety protocols provided by guidance from UIL and South San Antonio ISD. These protocols include COVID-19 screening, sharing & sanitizing equipment, locker room usage, laundry, etc.
● Hand sanitizing stations will be in athletic areas, and hand washing will be emphasized before, during, and after activities. Equipment will be sanitized regularly.
● Cleaning and sanitizing of all athletic facilities will happen routinely.
● All locker room space will be utilized according to the guidelines.
● South San Antonio athletic programs will hold closed practices to ensure the safety of the student-athletes.
● Athletic events will continually be evaluated to minimize the risk of exposure for both athletes participating and spectators that are observing.
● If athletes choose virtual learning, they are required to attend before and after school practices. Transportation will not be provided to and from athletic practices for students who choose virtual learning; it will be the student’s responsibility.

LOCKER ROOMS

● Every effort will be made to alternate smaller groups through the locker room to minimize other exposure. Coaches will devise plans based on the number of athletes and the space available.
● Athletes are expected to wear masks in the locker room, except for when taking showers.
● Social distance measures will be in effect throughout all locker rooms.
● Athletes entering the locker room will be monitored to ensure minimal athletes in the locker room at one time.
● Any equipment kept in student lockers should be cleaned out daily (weekly).

PRACTICES/GAMES

● Every athlete is expected to attend all practices and games.
● If an athlete misses practice time or games due to COVID19, there will be no disciplinary consequences.
● Masks will be worn during practices when athletes are NOT actively exercising.
● Coaches will be required to wear masks unless they are coaching during a game. can maintain at least 10 feet of social distancing while
● Masks will be worn during games while sitting on the bench.
**Pregame/Postgame Process**
- All workers/officials will pre-screen prior to the contest.
- Pregame greetings/contact/coin flips should be limited.
- Pregame/Postgame handshakes will be done from a distance with a wave.
- Pregame/postgame meals should be prepackaged. Food/drink should not be shared at any time. Vendors delivering food should have gloves on.
- There will be no loitering at the completion of any match.
- Players will exit lower level player entrance/exit doors.
- Parents are reminded to wait for their student-athlete in their vehicles.
- SPECIAL NIGHTS such as senior night, middle school night, pink out, etc. will be adjusted for the 2020-2021 school year.

**In-Game Process**
- Players & coaches must wear face coverings when not actively participating in a contest.
- Teams will not exchange benches.

**EQUIPMENT**

- Athletic soft goods and uniforms will be issued to athletes and laundered daily by coaches.
- Football pads/helmets/balls will be sanitized at the end of workouts.
- Students should provide their towel and water bottle which will be taken home each day.
- Sharing of clothing and towels will not be allowed at any time.

**ATHLETIC TRAINING FACILITY**

- Athletic trainers and athletic training students will wear face masks & gloves while treating/interacting with student-athletes inside the athletic training center. Maximum of 5 student-athletes will be allowed inside at any one time.
- All treatment and taping tables and rehabilitation equipment will be wiped down with a disinfecting cleanser after every student-athlete use.
- All high contact surfaces (door handles, computers, countertops, faucets, etc.) will be wiped down and cleaned every hour.
- All student-athletes will be required to shower before entering the athletic training center after a practice (except in the case of an emergency).
- No more than three athletic training students will be allowed in the facility at any one time.
- Hand sanitizer will be available as the athletes check-in for treatment and between the use of equipment.
- All staff athletic trainers and athletic training students will wash their hands between treatments.
- Student-athletes must wear a face-covering upon entering the athletic training facility.
- Only student-athletes requiring treatment/rehabilitation will be allowed in the athletic training facility. NO VISITORS OR LOUNGING.
- There will be no whirlpool treatments EXCEPT in the case of emergency heat illness treatment.
- All student-athletes will remain at least 6 feet apart during treatment/rehabilitation activities.
● Outdoor activities for rehabilitation will be used as often as possible to further promote social distancing.
● Treatment and rehabilitation spots will be prioritized by severity to efficiently serve the student-athletes during restricted capacity, for example:
  ○ Surgical cases
  ○ Serious injuries
  ○ Moderate injuries
  ○ Mild Aches/Pains/bruises
  ○ Maintenance only (heat packs, stretching, Band-Aids, etc.).
  ○ Illnesses will be referred to the nurse’s clinic.

HYDRATION PROCEDURES

● Hydration stations will be set up as recommended in accordance with social distancing guidelines released by CDC, and San Antonio Metro Health.
● Athletic trainers will be assigned a specific rack of bottles and a specific water cow/cooler for the duration of practice.
● Before and after refilling bottles, athletic trainers will provide hand sanitizer.
● Athletic training students will wash their hands with soap and water before and after each practice session.
● Athletic student trainers will wear gloves and a mask at all times.
● Coaches and athletes are NOT PERMITTED to handle water bottles, coolers, or water cows under any circumstance.
● Athletes are encouraged to bring their own water bottle, towel, and mask clearly marked with their name.

MIDDLE SCHOOL SPORTS

● All athletes will bring their own water bottle with the name clearly marked.
● Water will be provided according to the access they have on campus.
● A single coach will man the water cooler for students to fill their bottles during breaks.
● Water breaks for football should be staggered according to position groups to avoid large gatherings.
● No shared towels or bottles.
● Coaches should also have their own water bottles.
Appendix
Return to Practice Health Protocols

This document is intended to be used for the start of the 2020-2021 school year as part of the Return to Practice at South San ISD.

Changes to the public health situation may necessitate changes to this document and these protocols.

Recommended and Required Practices to Reduce COVID-19 Spread

1. Before entry into the facility the player’s temperature must be checked and verified by coaching staff and used to fill out Doc Menchaca’s Google Form DAILY before entry into the facility.
2. Hand sanitizer will be available at each entrance to use on arrival.
3. Players and coaches must wash hands before the start of practice and after practice and use sanitizer throughout the length of practice when necessary.
4. All group shower areas are closed. Only individual restrooms will be used when possible.
5. Lockers are closed. Players must bring gear and take gear with them every day. (Indoor Sports)
6. All Coaches will be in a mask and students must provide their own personal mask to be used while they are not ACTIVELY participating in physical activity, 3-6 ft spacing when possible.
7. Players wash hands before and after using the restroom.
8. No eating of any kind in the workout area.
9. All water bottles/towels used are individualized and must be used ONLY by the owner. All water fountains are closed.
10. All players must cover coughs and sneezes with a tissue or covered in their elbows then use sanitizer after each.
11. Students will be told to limit contact with other athletes, ex. High fives, pats on the back.
12. Disinfectant spray and wipes will be available in all areas when possible.
13. Players will not be allowed to group together casually before or after workouts, students must provide individual transportation to and from practice, no ride sharing.
14. There will be overlapping of workout areas. Each sport will have individualized “work space” in which coaches will sanitize before and immediately after use.
15. If any athlete or coach has any of the following symptoms before, during or after a workout they will not be allowed to return until 72 hours after that symptom goes away without medication or clearance from a medical doctor.
   ● Feeling feverish of a temp greater than or equal to 100.0 degrees Fahrenheit
   ● Loss of taste or smell
   ● Shortness of breath
   ● Headache
   ● Chills
   ● Cough
   ● Difficulty breathing
   ● Fatigue
   ● Sore throat
Coaches reserve the right to hold out any athlete 10-14 days from team activities if any of following happens:

a.) The athlete has visited a doctor or received a COVID-19 test and is awaiting the results.
b.) A suspected COVID-19 case within the household or extended family member.
c.) Has come to contact with a positive individual within a 72-hour period.
SSHS Volleyball Season COVID Protocol

**Volleyball Practices**

**Practice Times and Location**

- **ALL practices** will begin **BEFORE** and **AFTER** school so that all student athletes will focus their time on their virtual learning.
- **Freshman and JV** will practice **BEFORE** school – **7:00AM-9:00AM**.
  - *Practice will take place in the Main Gym where there are two courts available.*
- **Varsity** will practice **AFTER** school when all virtual classes are over—**2:00PM-4:00PM**.
  - *Practice will take place in the Main Gym where there are two courts available.*

**Entering and Exiting the Main Gym**

- All athletes will wear a mask when entering or exiting the gym. All athletes not exercising will be expected to wear a mask as well.
- All athletes will have their temperature taken by a coach prior to entering the gym.
  - If a student is not feeling well, they are to stay home.
  - Any athlete with a temperature of 99.5 or higher will be sent home.
- All athletes will ENTER from the left side of the gym. All athletes will EXIT from the right side of the gym.

**During Practice Time**

- There will be sanitizing stations throughout the gym.
- All athletes will stay 6 feet apart except during play ONLY.
- All equipment will be sanitized before, during and after play.

**Locker Rooms**

- Locker rooms will **NOT** be used at this time.
- Athletes will use the restroom located inside the gym.
  - Which will be cleaned daily.
- Athletes will be required to bring their OWN towel, water bottle, and mask. Absolutely NO sharing of any of these items. No food or drinks will be allowed in gyms to avoid sharing.
- Athletes will **NOT** be allowed to leave clothes/equipment at school. Everything must be taken and brought daily.
- All athletes will need to show up in their practice gear ready to go.

**Volleyball Games**

**Game Location**

- Freshmen Game—located in the Athletic Center on Tuesdays and Fridays.
- Junior Varsity Game—located in the Athletic Center on Tuesdays and Fridays.
- Varsity Game—located in the Athletic Center on Tuesdays and Fridays.

**Entering and Exiting the Gym(s)**

**Home Games**

- All SS athletes will enter through the LEFT bottom side of the Athletic Center.
- All opposing team athletes will enter through the RIGHT bottom side of the Athletic Center.
- All SS athletes will be screened before entering the gym.
All opposing team athletes will be screened prior to arriving.
All athletes will be asked to leave following THEIR game.
  - Freshman athletes/parents will be asked to leave following the freshmen game.
  - JV athletes/parents will be asked to leave following the JV game.
    - To alleviate any extra kids in the gym.
    - Any athlete’s home or visiting team that has to stay for the next game will sit directly behind their teams’ bench.
ALL parents/spectators will be seated on the top section of the Athletic Center ONLY.
All parents/spectators will enter from the top right side of the AC.
All parents/spectators will exit from the top left side of the AC.
All parents/spectators will be asked to self-screen before entering the gym.

Away Games
All athletes will be asked to ride home with their parents/guardian following their game.
  - Athletes AND parents must check out with their respected coach.
If the athlete does not have a parent/guardian at the game, they will sit in the stands following the COVID protocol of 6 feet away from others while wearing a face mask.

During Game Time
All athletes will remain 6 feet apart from others EXCEPT during play.
Athletes on the bench will be required to wear face masks.
Athletes on the bench will be one chair apart from each other.
Equipment will be sanitized before, during and after EACH MATCH.

Traveling
All athletes will be required to wear their face masks while on the bus traveling to a game.
All Varsity athletes will be required to wear their face masks while waiting for the sub varsity game to finish.
All athletes will sit 6 feet apart while sitting in the bleachers waiting for the JV game to finish.

Locker Rooms
Locker rooms will only be used for restroom purposes.
No items will be left in the locker rooms.
If an athlete needs to change, 5 students in the locker room at a time.

Concession Stand
All items sold in the concession stand will be prepackaged items ONLY.
No one will be allowed to walk up to the concession stand; the items will be walked around by booster parents.
  - During this time, face masks and gloves will be worn.
Parents will NOT be allowed to bring their child food from outside prior to game time.
Parents/Guardians Request to Personally Provide Student Transportation

District transportation will be provided to and from any school-sponsored event. **Board Policy FMG (Local)**

An exception may be made if the student athlete’s parent/guardian presents a request to drive their son/daughter to and from the event. Parents will complete this form on Google Docs or provide a printed copy to the Head coach a day before the game. The District cannot be held liable for any injury that may occur to a student in a vehicle that is not provided by the school district.

Athletic Event: _______________________________________________________

________________________  ______________________  ______
Name of Parent/Guardian  Signature of Parent/Guardian

________________________  ______________________
Name of Student  Signature of Student

________________________
Student’s School/#ID

________________________  ______________________
Parent/Guardian Telephone #  Alternate/Emergency Telephone #