



ATHLETICS PHASE-IN PLAN

Moore Public Schools (MPS) in conjunction with state agencies, physicians, and the CDC has determined that we can safely resume activities on June 8, 2020, with certain restrictions. The situation surrounding COVID-19 is fluid and adjustments will be made, as needed. Athletes are asked to take their temperature at home prior to attending practice. If they have a temperature and/or are feeling ill, they need to stay home. Additionally, temperatures will be taken upon arrival to practice and if it is 100.4 or above then they will be sent home. Parents/guardians need to stay at the practice until the athlete has been cleared to stay after their health screen. Athletes need to bring a face covering (gator, mask, bandana) with them and will be asked to wear them during certain activities, including weight training. **All participation by athletes is voluntary and is not required by Moore Public Schools.**

TIMELINE

PHASE ONE: June 1 – June 7, 2020

Site specific planning and professional development: Athletic Trainers, Coaches, and Administrators will meet face-to-face and develop activity specific plans to reacclimate students back to their activities.

PHASE TWO: June 8 – June 14, 2020

On June 8, 2020, MPS coaches may have face-to-face contact with secondary athletes using the provisions provided below:

Fall Activities Only: Outside flexibility, weight training, conditioning, and other non-activity specific sessions may be conducted.

Winter and Spring Activities: No sessions allowed

PHASE THREE: June 15 – June 21, 2020

Fall Activities Only: Full team activities may resume with use of indoor facilities.

Winter and Spring Activities: Outside flexibility, weight training, conditioning, and other non-activity specific sessions may be conducted.

PHASE FOUR: June 22, 2020 – remainder of summer

All Activities: Full team activities may resume per OSSAA guidelines and following CDC guidelines.

June 29-July 5: Dead Period

July 15: Fall Sports begin (except football), all others continue to follow OSSAA & CDC guidelines.

GUIDELINES

Points of Emphasis:

- Physicals/Rank One
 - Current physicals will be honored until fall sport begins or until first day of school for winter and spring sports.
 - All athletes must have all Rank One forms up-to-date and be “IN GREEN.”
- No team camps, summer leagues, youth camps will be allowed.
- Summer activities will be for athletes in Grades 7-12; no siblings, parents/guardians, or others permitted.
- **All summer workouts/activities will be conducted on a voluntary basis.** Athletes will not be penalized for not being able to attend and will not be required to make up missed workouts.
- Summer workout fees are discounted to \$50/each. *If financial hardship, please contact the head coach of the program.*

Pre-Workout Screening:

- All MPS coaches and athletes should be screened daily for signs/symptoms of COVID-19 prior to a workout.
- Screening must include a temperature check and an online a daily COVID-19 symptom survey, with answers recorded. The survey link and more information will be provided by coaches to their athletes.
- Any person with positive symptoms on the screening will be sent home immediately and not allowed to participate.
- Vulnerable/High-Risk individuals should not oversee or participate in any workouts if symptomatic.

Limitations on Gatherings:

- Restrooms will be available.
- Athletes will report to workouts in proper gear and recommended to immediately return home and shower at the end of each workout.
- Athletes should not gather in parking lots or anywhere else on campus before or after workouts and/or activities. Athletes will be asked to remain in their vehicle until workouts begin, after completing their health screen.
- Except for reasonable safety considerations, such as spotting, athletes and staff should maintain at least six feet of distance from each other when not actively exercising.
- Face coverings will be not be worn during high intensity training. Coaches will determine when face coverings are worn.

Facilities Cleaning:

- Adequate cleaning schedules should be created and implemented for all athletic facilities to mitigate any communicable diseases.
- Prior to athletes entering a facility, hard surfaces within that facility should be wiped down and sanitized (chairs, furniture in meeting rooms, locker rooms, weight room equipment, bathrooms, athletic training room tables, etc.).
- Athletes should wash their hands for a minimum of 20 seconds with warm water and soap or use hand sanitizer until hands are dry before touching any surfaces or participating in workouts.
- The MPS Athletic Department has purchased hand sanitizer that will be available to individuals as they transfer from place to place.

- Weight equipment should be wiped down thoroughly before and after usage of equipment.
- Appropriate clothing and shoes should always be worn in the weight room to minimize sweat from transmitting onto equipment surfaces. Shirts, shorts, and shoes must always be worn.

Physical Activity and Athletic Equipment:

- There should be no shared athletic equipment (towels, clothing, shoes, or sports-specific equipment) between athletes.
- Students should wear their own appropriate workout clothing (do not share clothing), and individual clothing and towels should be washed after every workout.
- All athletic equipment, including balls, should be cleaned after each use and prior to the next scheduled workout.
- Individual drills requiring the use of athletic equipment are permissible, but the equipment should be cleaned prior to use by the next individual or group.
- Safety measures in all forms must be strictly enforced in the weight room.

Hydration:

- All athletes must bring their own water bottles, towels, etc.
- Water bottles must not be shared and should have a lid or way to seal.
- Hydration and cooling stations (water cows, water trough, water fountains, etc.) shall not be utilized without direct supervision by an Athletic Trainer.
- Athletes should bring enough fluids to last the entire workout. REFILL STATIONS WILL ONLY BE USED WITH DIRECT SUPERVISION BY AN ATHLETIC TRAINER.

SAFETY INSTRUCTIONS

INDOORS

- Each person (staff member or athlete) entering the facility must complete a daily COVID-19 symptom survey and have their temperature checked upon arrival. Any athlete with a yes answer and/or a temperature registering 100.4 degrees or above will not be permitted to stay.
- Hands must be washed and/or hand sanitizer used prior to entering the facility and touching any equipment.
- Locker rooms and/or restrooms, if opened, must be sanitized before use and at the conclusion of the workout.
- Spotters should wear their face mask. **Athletes need to bring a face covering (gator, mask, bandana) with them and will be asked to wear them during certain activities, including weight training.**
- Social distancing requirements must be followed, the total number allowed in a weight room must comply with social distancing requirements (exception: spotters will be permitted to safely spot).
- Any equipment used must be disinfected appropriately.
- No shared water bottles, towels, gloves, or any other personal equipment is permitted.
- Coaches will wear a face covering when applicable.

OUTDOORS

- Each person (staff member or athlete) entering the facility must complete a daily COVID-19 symptom survey and have their temperature checked upon arrival. Any athlete with a yes answer and/or temperature registering 100.4 degrees or above must not be permitted to stay.
- Hands must be washed and/or hand sanitizer used prior to entering the facility and touching any equipment.

- Locker rooms and/or restrooms, if opened, must be sanitized before use and at the conclusion of the workout.
- Social distancing guidelines must be followed.
- Athletes cannot share helmets or other equipment worn on the head, including face coverings.
- No shared water bottles, towels, gloves, or any other personal equipment is permitted.
- Any equipment used must be disinfected appropriately.
- Coaches will wear a face covering when applicable.

CHECK LIST FOR ATHLETES BEFORE COMING TO WORKOUT

- Complete daily online COVID-19 symptom survey
- Home temperature check
- Bring enough water to last throughout the workout (no water will be provided, unless emergency)
- Bring a face covering (gator, mask, bandana)
- Bring hand sanitizer (suggested, not required)
- Prior to attending the first workout, athletes must complete all Rank One forms and be “IN GREEN,” and have a current physical on file.