



Moore Public Schools Athletic Department Covid-19 Safety Protocols

Face Coverings (masks, gaiters, etc.) are REQUIRED for the following participants while at MPS athletic facilities.

- Coaches
- Athletes
- Sports Med Staff
- Admin
- Faculty
- Managers
- Media
- Others as deemed necessary by admin
- Fans/Patrons

*Medical exemptions for face coverings will be allowed with proper documentation

- 1. Practices are closed to non-participants; exceptions can be made on a case by case basis with admin approval.**
- 2. All non-participants are REQUIRED to wear face coverings at all times; this includes managers**
 - All participants will wear their face covering at all times in locker rooms, meetings, offices, and weight rooms; when more than one participant is present, or when social distancing of 6+ feet cannot be maintained.
 - All participants must wear their face covering while walking to and from their respective field, court, or area.
 - Participants may remove face coverings when they reach their respective field, court, mat for warmup; and are actively engaged in vigorous practice, or strength & conditioning drills.
- 3. Locker rooms**
 - Face coverings MUST be worn at all times by everyone who are in a locker room.
 - Encouraged to utilize only for changing clothes or brief meetings (less than 15 minutes).
- 4. All teams will adhere to the 15-minute rule for all practices, meetings, gatherings, or other necessary functions.**
 - All drills will consist of 12-minute segments (on) followed by a 3-minute rest/rehydrate/reteach period (off) where all participants maintain social distance (6+ feet).
 - Meetings, film sessions, time in the weight room, etc. should be scheduled based upon the same 12 minutes on/3 minutes off plan.
- 5. Bench, Dugout, Sideline Areas**
 - Face coverings MUST be worn at all times when standing/seated in these areas
 - When a coach is socially distanced (6+ feet) they may remove their face covering.



- ii. Players may remove face coverings when actively, vigorously practicing, running, or lifting weights.
- iii. Bench chairs will be spaced 6' apart & may form two rows if needed.
- iv. Standing areas in the dugout/sidelines must be designated.

6. Pre/Post practice team meetings/huddles should be outside if possible, maintaining social distancing of 6+ feet

7. Communal Water Jugs will not be provided at this time; all participants must bring their own water bottles

- A. Personal water bottles MUST be used for consuming water.
- B. Teams will designate an assigned person to fill bottles before and during practices the designee must be wearing gloves and a face covering and they will fill bottles in the concession stand or other designated area.
- C. No cups will be provided.

8. Athletic Training Room Access

- A. In-season sports will have limited access for rehab/treatment; Social distancing + face coverings are mandatory at all times; and all other previously posted rules still apply.
- B. Off-season sports will have access for injury evaluations, urgent and emergency care only; and home exercise/rehab/treatment programs will be utilized.
- C. Preventative taping will not occur; and Athletes are encouraged to purchase braces at this time.

9. Transportation: Bus, van, car, or suburban

- A. Face coverings MUST be worn at all times.
- B. Limit number of athletes on travel squads and take only necessary personnel on road trips.
- C. Seating charts must be created and utilized.

10. Overnight Travel

- A. Must be approved by admin, no exceptions.

MPS ATHLETIC DEPARTMENT

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COVID Exposure, Risk, and Response Matrix

STEP 1:	STEP 2:	STEP 3:	STEP 4:	STEP 5:
Determine PPE Levels	Determine Exposure Scenario	Determine Distance and Amount of Time of Exposure	Determine Risk Level	Implement Recommended Measures
Exposure Scenario			Exposure Risk	Recommendation
Athlete PPE	Covid Positive Contact	Distance and time		
Wore mask ●	Wore mask ●	6 ft distance or greater AND Less than 15 mins	MINIMAL RISK	Not Considered a Close Contact: If STUDENT is NOT symptomatic, 1. CONTINUE to practice, follow general precautions for all athletes 2. No further follow-up required If STUDENT develops symptoms, 1. EXCLUDE from school/practice + SELF-QUARANTINE(until cleared for return to school*) 2. NOTIFY coach & attendance (if school is in session) 3. TEST – follow district process as directed by coach/admin to get tested or contact doctor
NO mask ●	NO mask ●	6 ft distance or greater AND Less than 15 mins		
Wore mask ●	NO mask ●	6 ft distance or greater AND Less than 15 mins		
NO mask ●	Wore mask ●	6 ft distance or greater AND Less than 15 mins		
Wore mask ●	Wore mask ●	6 ft distance or less AND/OR greater than 15 mins	LOW RISK	Not Considered a Close Contact: If STUDENT is NOT symptomatic, 1. CONTINUE to practice 2. MONITOR for symptoms for 14 days If STUDENT develops symptoms, 1. EXCLUDE from school/practice + SELF-ISOLATE(until cleared for return to school*) 2. NOTIFY coach and attendance (if school is in session) 3. TEST – follow district process as directed by coach/admin to get tested or contact doctor
Wore mask ●	NO mask ●	6 ft distance or less AND/OR greater than 15 mins		
NO mask ●	Wore mask ●	6 ft distance or less AND/OR greater than 15 mins		
NO mask ●	No mask ●	6 ft distance or less OR greater than 15 mins	MEDIUM RISK	
NO mask ●	NO mask ●	6 ft distance or less AND greater than 15 mins	HIGH RISK	

* Guidance for quarantine & return to school, based on CDC recommendations.



Daily COVID-19 surveys and temp checks will be conducted by all participants for all sports.

- A. MPS will utilize the COVID Exposure, Risk and Response Matrix, to manage athletic participation at this time.
- B. Participants with a temperature of 100° F or higher, or those exhibiting symptoms while at school will be isolated, sent home immediately with a parent/guardian, and encouraged to be tested.
- C. Participants found to be COVID-19 positive cannot return to MPS facilities until they are symptom free and have completed the quarantine requirements (10 days).
- D. Participants returning to sports/school following a positive test and 10-day period of quarantine will complete a Return To Play Progression like the Concussion Management Protocol Return To Play Progression.
- E. Participants who have been exposed via close contact with someone who is COVID-19 positive, will be required to quarantine for 14 days from MPS facilities. **Exposure/Close Contact is considered to be within 6 feet for at least 15 minutes of an individual with Covid-19.**

NOTE: We will update our plan and procedures as health recommendations and guidance from the CDC, the Cleveland County Health Department, and local/state officials continues to evolve.

[CDC criteria for being around others](#)

<https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/isolation.html>

<https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/social-distancing.html>

<https://www.cdc.gov/coronavirus/2019-ncov/community/schools-childcare/youth-sports.html>