

SCPS Athletics - Phase Health and Safety Protocols

SCPS COVID-19 Safety Guidelines:

Stafford County Public Schools, along with the VHSL, believes it is essential to the physical and mental well-being of students to return to physical activity and athletic competition. However, in order to ensure the safety of our students, coaches and volunteers, it is critically important that all safety precautions are thoroughly followed in our attempts to mitigate the potential spread of COVID-19.

No student, coach, or sponsor may be required to participate in any of these out-of-season conditioning activities. All parents are requested to remain with your vehicle should they choose to remain on-site for the duration of the activity.

The following guidelines are to be followed for each Phase

Phase I - Health & Activity Protocols

No athletic activities are permitted.

Phase I Protocols will extend for two weeks after Phase II permission has been granted by the Governor.

Phase II - Health & Activity Protocols

Phase two focuses on individual fitness, conditioning, and skill development for the re-acclimatization to athletics.

Students

- Any student-athlete must obtain a VHSL physical prior to any athletic participation moving forward dated after May 1, 2020.
 - All underlying/existing health conditions must be noted on the current physical form.
- Students must complete Daily Health Screening prior to each practice/workout.
 - This information will be collected by the Head Coach and School Activity Director.
 - Temperature checks will be taken prior to students exiting the vehicle.
- Any student not feeling well and/or presenting any of the following symptoms that cannot be attributed to an underlying/existing condition shall NOT be allowed to practice/compete without a primary care physician or other health care professional's permission:
 - Fever greater than 100.4 F
 - Chills, Cough, Shortness of breath or difficulty breathing
 - Fatigue, Muscle or body aches Headache
 - New loss of taste or smell
 - Sore Throat

- Congestion or runny nose
- Nausea, vomiting or Diarrhea
- Vulnerable individuals should not participate in any workout.
- Individuals should wash their hands for a minimum of 20 seconds with warm water and soap or use hand sanitizer containing at least 60% alcohol before touching any surfaces or participating in workouts.
- All students must bring their own water bottle. Access to hydration stations (water cows, water troughs, water fountains, etc.) will not be permitted. It is recommended that each student bring a gallon of water to each practice/workout. There should be no sharing of water bottles or food.
- All students shall wear face coverings when physical distancing of 10 feet outdoors and 10 feet indoors is not possible. Any student who prefers to wear a cloth face covering should be allowed to do so.
- Locker room use is not permitted.
- Weight room use is not permitted.
- Students may use restrooms only. No more than ONE individual will be permitted in the restroom at a time.
- Shower use is not allowed. Athletes are encouraged to shower and change clothes immediately upon returning home.
- There should be no sharing of athletic equipment (towels, headgear, clothing, shoes, or sports specific equipment) between students.
- Students should wear their own appropriate workout clothing (do not share clothing). Individual clothing/towels should be washed and cleaned after every workout.

Coaches/Sponsors

- Coaches/Sponsors must complete the Daily Health Screening prior to each practice/workout.
 - This information will be collected by the School Activity Director.
 - Temperature checks will be taken.
- Any coach/sponsor/volunteer not feeling well and/or presenting any of the following symptoms that cannot be attributed to an underlying/existing condition will NOT be allowed to work with students and/or other members of the coaching staff without a primary care physician or other health care professional's permission:
 - Fever greater than 100.4 F
 - Chills, Cough, Shortness of breath or difficulty breathing
 - Fatigue, Muscle or body aches Headache
 - New loss of taste or smell
 - Sore Throat
 - Congestion or runny nose
 - Nausea, vomiting or Diarrhea
- Vulnerable individuals should not supervise or participate in any workout.
- Coaches shall wear a cloth face covering at all times. However, anyone with documented health conditions may be exempt from this rule and wear a face shield instead.

Phase II - Activity Protocols

- Phase II Protocols will run for three weeks. (October 5-October 23)
- All Activities will be conducted outdoors. Indoor activities are prohibited.
- The total number of attendees (including coaches, students, school officials) can not exceed the lesser of 50% of the occupancy load of the venue or 50 persons.
- Workouts should be conducted in “pods” of students/coaches with the same students/coaches always working out together to ensure limited exposure.
 - 1 coach available: maximum of 25 students in the pod
 - 2 coaches available: maximum of 24 students per pod = 50 total
 - 3 coaches available: maximum of 16 students per pod (2 pods) maximum of 15 per pod (1 pod) = 50 total
 - 4 coaches available: maximum of 12 per pod (2 pods) & maximum of 11 per pod (2 pods) = 50 total
 - 5 coaches available: maximum of 9 students per pod = 50 total
 - Maximum student participation is dependent on coach availability.
- All students shall wear face coverings at all times. The only exceptions to this are if students are engaged in strenuous activity and maintaining 10 feet physical distancing.
- Each sport has a maximum of two days per week for practice/workouts.
- No practice/workout should be longer than 120 minutes.
- Locker room use is not permitted.
- Weight room use is not permitted.
- All students must bring their own water bottle and hand sanitizer. Access to hydration stations (water cows, water troughs, water fountains, etc.) will not be permitted. It is recommended that each student bring a gallon of water to each practice/workout. There should be no sharing of water bottles or food
- Shower use is not allowed. Athletes are encouraged to shower and change clothes immediately upon returning home.
- There will be no sharing of athletic equipment (towels, headgear, clothing, shoes, or sports specific equipment) between students.
- Students should wear their own appropriate workout clothing (do not share clothing). Individual clothing/towels should be washed and cleaned after every workout.
- The use of equipment is prohibited.
- All activities are school-based.

Phase III - Health Protocols

Phase three focuses on individual fitness, conditioning, and skill development along with team skill development for athletics.

Students

- Any student-athlete must obtain a VHSL physical prior to any athletic participation moving forward dated after May 1, 2020.
 - All underlying/existing health conditions must be noted on the current physical form.

- Students must complete Daily Health Screening prior to each practice/workout.
 - This information will be collected by the Head Coach and School Activity Director.
 - Temperature checks will be taken prior to students exiting the vehicle.
- Any student not feeling well and/or presenting any of the following symptoms that cannot be attributed to an underlying/existing condition shall NOT be allowed to practice/compete without a primary care physician or other health care professional's permission:
 - Fever greater than 100.4 F
 - Chills, Cough, Shortness of breath or difficulty breathing
 - Fatigue, Muscle or body aches Headache
 - New loss of taste or smell
 - Sore Throat
 - Congestion or runny nose
 - Nausea, vomiting or Diarrhea
- Vulnerable individuals can resume public interactions but should practice physical distancing and minimize exposure to social settings where physical distancing may not be practical unless other precautionary measures are taken.
- Individuals should wash their hands for a minimum of 20 seconds with warm water and soap or use hand sanitizer containing at least 60% alcohol before touching any surfaces or participating in workouts.
- All students must bring their own water bottle. Access to hydration stations (water cows, water troughs, water fountains, etc.) will not be permitted. It is recommended that each student bring a gallon of water to each practice/workout. There should be no sharing of water bottles or food.
- All students shall wear face coverings at all times. The only exceptions to this are if students are engaged in strenuous activity and maintaining 10 feet physical distancing.
- Locker room use is not permitted.
- Weight room use is permitted following strict guidelines and cleaning protocols.
- Students will use restrooms. No more than ONE individual will be permitted in the restroom at a time.
- Shower use is not allowed. Athletes are encouraged to shower and change clothes immediately upon returning home.
- There should be no sharing of athletic equipment (towels, headgear, clothing, shoes, or sports specific equipment) between students.
- Students should wear their own appropriate workout clothing (do not share clothing). Individual clothing/towels should be washed and cleaned after every workout.

Coaches/Sponsors

- Coaches/Sponsors must complete the Daily Health Screening prior to each practice/workout.
 - This information will be collected by the School Activity Director.
 - Temperature checks will be taken.
- Any coach/sponsor/volunteer not feeling well and/or presenting any of the following symptoms that cannot be attributed to an underlying/existing condition will NOT be

allowed to work with students and/or other members of the coaching staff without a primary care physician or other health care professional's permission:

- Fever greater than 100.4 F
- Chills, Cough, Shortness of breath or difficulty breathing
- Fatigue, Muscle or body aches Headache
- New loss of taste or smell
- Sore Throat
- Congestion or runny nose
- Nausea, vomiting or Diarrhea
- Vulnerable individuals can resume public interactions but should practice physical distancing and minimize exposure to social settings where physical distancing may not be practical unless other precautionary measures are taken.
- Coaches should wear a cloth face covering at all times. However, anyone with documented health conditions may be exempt from this rule and wear a face shield instead.

Phase III - Activity Protocols

- Upon the October 23rd evaluation, indoor activities may be allowed to resume on October 26, 2020. Outdoor activities may continue as per Phase II guidelines.
- The total number of attendees (including coaches, students, school officials) can not exceed the lesser of 50% of the occupancy load of the venue or 250 persons.
- All students shall wear face coverings when physical distancing of 10 feet. The only exceptions to this are if students are engaged in strenuous activity and maintaining 10 feet physical distancing.
- Each sport has a maximum of two days per week for practice/workouts.
- No practice/workout should be longer than 120 minutes.
- Locker room use is not permitted.
- Weight room use is permitted following strict guidelines and cleaning protocols.
- All students must bring their own water bottle. Access to hydration stations (water cows, water troughs, water fountains, etc.) will not be permitted. It is recommended that each student bring a gallon of water to each practice/workout. There should be no sharing of water bottles or food.
- Shower use is not allowed. Athletes are encouraged to shower and change clothes immediately upon returning home.
- There should be no sharing of athletic equipment (towels, clothing, shoes or sports specific equipment) between students.
- Students should wear their own appropriate workout clothing (do not share clothing). Individual clothing/towels should be washed and cleaned after every workout.
- All activities are school-based. No travel permitted.