

PASADENA ISD ATHLETICS SUMMER WORKOUTS 2020

The health and safety of our student-athletes is our number one priority and the following guidelines are based on current knowledge of COVID-19. Pasadena ISD Athletics will continue to work closely with the UIL and modifications to this plan will be updated as additional information becomes available.

KEY PRINCIPLES

- Face-to-face interaction and person-to-person contact will be limited according to social distancing standards. Pasadena ISD staff will maintain a maximum of 1:10 INDOOR and 1:15 OUTDOOR coach to student ratio based on location of activities.
- Infection-spreading mitigating measures will be emphasized before, during, and after team activities when practicable including hand washing and hand sanitizing.
- Routine and enhanced cleaning and sanitation measures will be implemented for all equipment and common areas.
- Facility entry and exit points will be coordinated at each campus to minimize personal interaction and facilitate social distancing.

OVERALL GUIDELINES AND RESPONSE

Disinfection and Sanitation

- Athletic facilities will be disinfected and sanitized per industry guidelines, before, during, and after all activities. Emphasis will be given to ensure disinfecting high traffic areas and surfaces that are used by multiple student-athletes between users.
- Weight room equipment will be sanitized after each use and before a different athlete uses it. Spray bottles with sanitizer and paper towels will be at each station for athletes to spray and wipe all surfaces after use.
- All sport specific equipment (footballs, basketball, volleyballs, etc.) will be sanitized after use in sport specific skills sessions.

Student Athlete Requirements

- Upon arrival each day, every student must complete the screening questionnaire per current Pasadena ISD protocols. If a student answers “YES” to any question or does not feel well, they will notify their coach and remain at home.
- Any student-athlete who appears to have symptoms or who becomes sick during the day will be immediately separated from the others following the PISD Isolation Protocol and must return home.
- Restroom use will be limited to “one in and one out” model. Soap and water for hand washing as well as sanitizer spray will be available in restroom and student-athletes are encouraged to exit using paper towels with dry hands. Locker room use is not allowed.
- Water will not be provided for student athletes. Student-athletes will be required to bring their own individual labeled water bottles. A designated coach (wearing gloves and mask) will be assigned to a water station to individually refill empty bottles if needed.

Pasadena ISD Staff Requirements

- Staff will check in and complete the screening process each day prior to arriving on campus. If a staff member answers “YES” to any screening questions or if they do not feel well, they will remain at home and notify their campus coordinator.
- Staff will wash and sanitize their hands before, during, and after workouts.
- Staff will bring their own labeled water bottle.

GENERAL WORKOUT PROCEDURES

Indoor Regulations

- Groups will be limited to no more than **10** athletes. Groups must stay 10 feet away from other groups during workouts.
- Social distancing standards must always be maintained.
- Capacity is 25% of the activity area. (15 student MAX per basketball court).

Outdoor Regulations

- Groups limited to no more than **15** athletes. Groups must stay 10 feet away from other groups during workouts.
- Social distancing standards must always be maintained.

Entrance and Exit Procedure

- All staff members and student-athletes will enter and exit campus at designated times and locations as directed during orientation.
- All staff members and student-athletes will wash/sanitize their hands upon entering and exiting.
- Student-athletes are required to leave the campus upon completion of workout
- All parents are to remain in their cars during drop off and pick up times.

STRENGTH AND CONDITIONING WORKOUT PROCEDURES

- Both athletes and staff will wash and sanitize their hands before, during, and after workouts.
- There will be no high fives, back slaps, or any other physical encouragement.
- Social distancing standards when not actively exercising will be maintained at 6 feet.
- Social distancing standards when actively exercising will be maintained at 10 feet.
- Spotting is allowed but recommended that the spotter cover their mouth and nose.
- All equipment will be sprayed and wiped after every use.

SPORT SPECIFIC SKILLS WORKOUT PROCEDURES

- Athlete workout and skills groups will be coordinated by Strength and Conditioning staff and Head Coaches in order to minimize exposure.
- Sport specific skills may include specific sports equipment except for contact equipment.
 - Any equipment should be regularly disinfected during sessions.
 - Equipment should not be shared between groups.
- There will be no competitive drills involving one or more students (offense vs defense) in any skills training or drills.
- There are no open gym, open field, open mat, etc. until further notice
- There will be no more than 1.5 hrs per day with a maximum of 1 hr in for any one sport per individual student-athlete.

PARENT/GUARDIAN COMMUNICATION PLAN

- Individual campus plans will be communicated through the campus athletic webpage, social media and electronic communication with parents/guardians.
- Student-athletes will receive protocol and procedure information electronically beginning the week of June 8th from their coach. Student-athletes will also receive a walk-through of procedures prior to participation in any activity.

PREPARING STAFF & ATHLETES

- Pasadena ISD coaches/staff will meet with their Campus Coordinators to learn COVID-19 procedures and protocols to be used at their campus (confirmation signature document).
- Student-athletes will be required to participate in a brief orientation on the first day of camp outlining all safety procedures and expectations for each campus.

PREPARING FACILITIES

- Social Distancing, Rest Room, Hand Washing, and Check-In signs will be made and posted throughout the facilities.
- Hand sanitizer and trash cans will be strategically placed throughout workout areas.

WEEK 1

June 15th & 16th Orientation of Participants / June 17th: Full Workouts begin

Athlete Education/Organization: Weight Room, Work Out & Skills Sessions

- Student-athletes will have educational session where they will walk-thru the daily check-in process.
- Student-athletes will have educational session by lift group where they will walk-thru the daily process for entry and exit of the facility.
- Student-athletes will have educational session about social distancing during workout and skills.
- Student-athletes will have educational session about symptoms, preventative measures and reporting protocol.

NO Activity Dates: FRI July 3, TUE July 7, WED July 8, MON July 20 & TUE July 21