**Community District 205**

**Guidelines for Fall Athletic Participation**

**(IHSA PHASE 4)**

The IHSA Board of Directors approved a modified schedule for the 2020-21 school year that will allow all IHSA sports to be played over four seasons in the fall, winter, spring and summer.

See full schedule by sport [**here**](https://www.ihsa.org/News-Media/Announcements/ihsa-board-announces-modified-schedule-for-2020-21-school-year)

IHSA Phase 4 allows athletic activity with strict social distancing and health and safety precautions and limitations. Phase 4 athletic participation provides students an opportunity to promote physical fitness, compete against schools in the West Suburban Conference and promote emotional connections with peers and coaches

**All safety guidelines must be followed. It is the sole responsibility of the coaches to adhere to all safety guidelines and requirements and any deviation of these guidelines, depending on severity, may result in disciplinary actions.**

Below criteria are derived from the IHSA:

[**Phase 4 -Return To Play Guidelines**](https://www.ihsa.org/documents/Phase4RTP.pdf)

**Participation Guidelines**

These requirements must be followed when conducting team activities, practices and competitions during Phase 4. All students must be registered online**:** [**https:\\york.8to18.com\accounts\login**](https://york.8to18.com/accounts/login)

and have a current physical on file in the York Athletic Office prior to any participation.

1. Maintain social distance by being 6 feet apart. Athletes must wear masks when not involved in physical activity
2. Follow guidelines for groups of 50, or less including the coach, managers and athletic trainer. Groups may not be larger than 50
3. Groups of 50 or less must be pre-determined by the head coach
4. Once groups are determined, students may not switch from one group to another based upon sport
5. Coaches are not allowed to switch groups. Coaches may be in more than one group of students
6. Interaction between groups of 50 is prohibited
7. Coaches and athletes must be diligent with cleaning and disinfecting of frequently touched equipment, objects and surfaces following the guidance of the CDC and IDPH. Coaches are responsible for cleaning equipment and all surfaces touched during workouts, practices and competitions
8. Athletes can only use their own personal equipment, not shared with other athletes. All personnel equipment must be taken home and cleaned every night
9. Head coaches must maintain a roster and daily record of all athletes and coaches participating in practice and/or daily activities, if an athlete does not pass the temperature check or displays any symptoms listed on IHSA check list, follow the steps of the IHSA recommendations (see IHSA form on link at top of this document). Coaches must complete the IHSA COVID 19 Athlete/Coach Monitoring Form and hand in to the Athletic Trainers daily
10. Athletes and coaches must be monitored at the start of practice for temperature >100.4F/37C or symptoms of COVID-19 (fevers, chills, cough, muscle aches, headache, sore throat, runny nose, nausea, vomiting, diarrhea, or loss of taste or smell). If symptoms are present they must not participate in practice and must be referred to the parents with the recommendation to consult a physician for evaluation and testing
11. Coaches and athletes must wear a mask inside in the building and in the weight room. Free weight exercises that require a spotter may be conducted while trying to honor social distancing norms. Safety measures in all forms must be strictly enforced in the weight room. Athletes may remove masks, if using the cardio equipment and social distancing at least 6 feet. All Equipment will be sanitized between each group using weight room daily
12. Players must bring their own mask, water bottle, shoes, towels, and other personal equipment.
13. No use of locker rooms, shared water coolers, or water fountains. All are prohibited during Phase 4. Athletes must bring their own water to practice and competitions
14. Students may be transported on buses with strict guidance on one student per seat. Students must sit in same seat to and from event. Travel release forms are also available in the Athletic Office to allow students to drive to off campus practice sites and to competitions with head coaches approval

An Athletic Trainer will be available during practices and home competitions. Athletic Trainers must wear a mask for any interactions with athletes and maintain 6-foot distance when feasible

Coaches must provide Athletic Office and Athletic Trainer with schedule of times, dates and facilities being used prior to starting Phase 4. In season sports will have priority of facilities

Any person with positive symptoms reported will not be allowed to take part in athletic activity. Parents must be contacted with the recommendation to consult with his or her primary care physician. Parents understand that any student who has symptoms cannot participate and will have to be picked up from the school immediately. Students will be isolated from activity until parent pick-up

**Daily Regimen**

1. Athletes and parents must self-report to the coach and athletic trainer, if the athlete is not feeling well or has been exposed to COVID

2. Coaches sanitize all athletic equipment before and after each activity

3. Students and coaches are screened using head temp check

4. Daily attendance is documented

5. Students wash hands and/or sanitize

6. Students participate in practice, team activity for the day or competition

7. Students wash hands and/or sanitize

8. Students check in with athletic trainer, if not feeling well

9. Maintenance will deep clean indoor facilities daily

**Coaches**

1. All coaches must be District 205 employees and/or coaching staff members
2. All coaches are expected to read and follow the IHSA Phase 4 Return to Play Plan before starting a camp or activity<https://www.ihsa.org/documents/Phase4RTP.pdf>
3. Conduct temperature checks prior to practice, team activity, competition or assist athletic trainer when conducting temperature checks and health screenings
4. Wear face coverings at all times (inside and outside)
5. Follow hand hygiene instructions, wash hands and/or wear gloves
6. Wipe down personal spaces and all equipment before and after use
7. Provide Athletic Office schedule of requested facilities and times prior to start of season for practices and permit requests
8. All parents/guardians of athletes must sign waiver prior to starting season. Waivers are part of the registration process and also available on the York Athletic Website at **York.elmhurst205.org**
9. Athletes must have a current physical on file in the Athletic Office. Coaches must check rosters for all proper paperwork prior to allowing athletes to start participation. Athletes must be registered to participate in a sport

**Students**

1. Must be registered on 8 to 18 and have a current physical on file in the Athletic Office
2. Must sign the District 205 waiver to participate in a sport
3. Wear a face mask
4. Maintain a distance of 6 feet from another person at all times
5. Wash their hands before and after participation
6. Bring their own water and water bottles daily. Bring plenty of water
7. Students must bring their own equipment for personal use to the greatest extent possible. (examples include but not limited to water bottles, towels shoes, personal equipment for sport, etc.)

**Facilities**

1. Masks or face coverings must be worn when inside the school
2. Both indoor and outdoor facilities may be used
3. Students should come and go with only essentials needed for daily participation
4. Locker rooms are not to be used
5. Bathrooms may only be used with coach approval

**Screening**

· All coaches and athletes must be screened prior to workouts/camps

· Screening includes:

o No contact, head scan thermometer

o Questionnaire regarding symptoms

§ Fever, cough, chills and/or muscle aches

§ Sore throat, runny nose and/or loss of taste or smell

§ Nausea, vomiting and/or diarrhea

§ Shortness of breath and/or headache

§ Close contact or cared for someone with COVID-19

Less than 6 feet for greater than 15 minutes

<https://www.cdc.gov/coronavirus/2019-ncov/php/public-health-recommendations.html>

· Screening should begin at home with self-evaluation for symptoms. Athletes should stay home if feeling any of the symptoms above

· Coaches/staff administer and document temperature check and symptom questionnaire

o Daily log of workout participants with temperature and symptoms questionnaire responses required

· Temperature ≥ 100.4° F or presence of any symptom

o Cannot participate in workout and sent home

o Begin self-isolation at home

§ Minimum isolation required if symptomatic is 72 hours. May return earlier with documented negative COVID-19 Test results

o Coach must contact the Assistant Principal for Athletics and athletic trainer

o Student/Parent should then contact primary care provider

o If symptoms mild, ER visit or immediate COVID-19 testing is NOT required

**York Athletic Office - Contact Information**

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