**Community District 205**

**Guidelines for Summer Athletic Participation**

**IHSA PHASE 4**

IHSA Phase 4 allows athletic activity to continue with strict social distancing and health and safety precautions and limitations. The premise of Phase 4 summer camps is to provide students and coaches an opportunity to start sport specific instruction. It is an opportunity to promote physical fitness and emotional connections with peers and coaches.  Acclimation back into athletics is critical. Coaches and athletes may choose to continue preparing for their season at home via virtual meetings and personal workouts. Some coaches or athletes may choose not to take part at all for a multitude of reasons.  Summer workouts are voluntary for all athletes and all coaches. Summer workouts and camps are not mandatory and non-participation will not be held against any coach or student-athlete.

**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:

**Illinois High School** [**https://www.ihsa.org/documents/board/2019-20/Stage%201%20RTP.pdf**](https://www.ihsa.org/documents/board/2019-20/Stage%201%20RTP.pdf)**ssociation (LINK)**

**Participation Guidelines**

These requirements must be followed when conducting summer workouts and camps during Phase 4. All students must be registered online**:** [**https://elmhurst.revtrak.net/Summer-Programs-Menu/RW-Summer-Programs/**](https://elmhurst.revtrak.net/Summer-Programs-Menu/RW-Summer-Programs/)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 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. Students that participate in multiple sports for the year are encouraged to be grouped for summer participation in their fall sport
7. Interaction between groups is prohibited during athletic camps
8. Workouts and camps may include instruction, drills, weightlifting, running, and exercises designed to promote the sport. This may include light contact in specific sports. **Sport-specific drills are permitted**, and sport-specific equipment may be used
9. There will be NO inter-scholastic competitions or scrimmages with other schools during summer camps
10. Phase 4 athletic camps are ONLY open to York High School students, including incoming freshmen. Camps will vary by sport on what levels are offered
11. Coaches and athletes must be diligent with cleaning and disinfecting of frequently touched objects and surfaces following the guidance of the CDC and IDPH. Coaches are responsible for cleaning equipment and all surfaces touched during workouts
12. Athletes can only use their own personal equipment, not shared with other athletes. All personnel equipment must be taken home and cleaned every night
13. Coaches must maintain a roster and daily record of all athletes participating, 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
14. 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
15. Coaches and athletes must wear a mask 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
16. Players must bring their own mask, water bottle, shoes, towels, and other personal equipment.
17. No use of locker rooms, shared water coolers, or water fountains. All are prohibited during Phase 4. Athletes must bring their own water to camp

An Athletic Trainer will be available for workouts. 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. Fall sports will have priority of facilities

 Any person with positive symptoms reported will not be allowed to take part in summer workouts or camps. 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

7. Students wash hands and/or sanitize

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

9. Students will be directed to use different entrances and exits to avoid contact with other groups, when using an indoor facility

10. Maintenance will deep clean indoor facilities daily

**Coaches**

1. All coaches must be District 205 employees and/or coaching staff members
2. No non-staff or volunteer coaches will be allowed to participate in Phase 4
3. 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>
4. Assist Athletic trainer when conducting temperature checks
5. Wear face coverings at all times (inside and outside)
6. Follow hand hygiene instructions, wash hands and/or wear gloves
7. Wipe down personal spaces and all equipment before and after use
8. Provide Athletic Office schedule of requested facilities and times prior to start of Phase 4 workouts and camps.
9. All parents/guardians of athletes must sign waiver prior to starting Phase 4. Waivers are part of the registration process and also available on the York Athletic Website at **York.elmhurst205.org**
10. 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 Phase 4. Athletes must be registered to participate in athletic workouts and camps
11. Again, Phase 4 is not mandatory for any coach

**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 Phase 4
3. Wear a face mask at all time (as directed by IHSA guideline, exception # 15 above)
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 their, jump ropes, bottles, towels, etc.)

**Facilities**

1. Masks or face coverings must be worn when entering and exiting the school
2. Both indoor and outdoor facilities may be used. This includes gyms, weight room and the pool
3. Students should come and go with only essentials needed for 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:
  + No contact, head scan thermometer
  + 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
  + Daily log of workout participants with temperature and symptoms questionnaire responses required
* Temperature ≥ 100.4° F or presence of any symptom
  + Cannot participate in workout and sent home
  + Begin self-isolation at home
    - Minimum isolation required if symptomatic is 72 hours. May return earlier with documented negative COVID-19 Test results
  + Coach must contact the Assistant Principal for Athletics and athletic trainer
  + Student/Parent should then contact primary care provider
  + If symptoms mild, ER visit or immediate COVID-19 testing is NOT required

**York Athletic Office - Contact Information**

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