



ATHLETE RETURN TO CAMPUS PLAN

FOR

MISD MIDDLE SCHOOL ATHLETICS

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SUMMARY

On behalf of McKinney ISD Athletics, we are pleased to present this outline for the plan to return our student-athletes to in-person on campus training. This is our blueprint to return our athletes to their respective sports on our campuses. The health and safety of our student-athletes is our number one priority and the following guidance based on what is currently known about the coronavirus disease (COVID-19). McKinney ISD Athletics designed this guidance to help prevent workplace exposures to COVID-19 for all student-athletes, coaches, and staff and will be updated as additional information becomes available.

The following guidelines were compiled with the assistance of McKinney ISD athletic administration, MISD Director of Health Services, our Licensed Athletic Trainers, our Middle School Campus Coordinators, and the guidelines of the University of Interscholastic League. With social distancing requirements, it will take many more HOURS and AREAS to provide our student-athletes a quality athletic experience.

Athletics will continue to work closely with the UIL, campus administration, the State of Texas, Collin County and the City of McKinney health officials so timely and accurate information can guide appropriate responses. Local conditions will influence the decisions that public health officials make regarding community-level strategies.

We will expect staff and athletes to conduct themselves as if they are contagious. The policies in our plan are designed to minimize risk for athletes and staff. It is vital to the health and safety of everyone that our athletes and staff are fully conscious of this at all times and take responsibility for following these guidelines seriously.

A. Key Principles:

- Limiting personal interaction – face-to-face interaction and person-to-person contact will be limited to essential activities that cannot be performed in an alternative (virtual or remote) fashion. When such activities are required, social distancing and other infection-spreading mitigating measures will be emphasized.
- Hygiene – hand washing will be emphasized before, during, and after team activities when practicable.
- Cleaning and sanitization – routine and enhanced cleaning and sanitization measures will be implemented.
- Screening Procedures for Student-Athletes – Daily symptom and temperature screening assessment will be required of student-athletes.
 - Staff will continue to be screened daily

OVERALL GUIDELINES AND RESPONSE STRATEGIES

SANITIZATION

- **Disinfection and Sanitization**
 - Aramark custodians will be present and maintaining sanitization during athletic practices and events.
 - Facilities Cleaning – athletic facilities will be disinfected and sanitized per industry guidelines, continuously before, during, and after MISD practices and events. Emphasis will be given to ensuring disinfecting high touch surfaces and surfaces that are used by multiple student-athletes, disinfecting between users. (Checklist for Custodial and staff)
 - Cleaning – specific athletic facilities in which an individual with a confirmed COVID-19 positive has been identified will undergo enhanced disinfection per CDC and industry guidelines. **Disinfection and Sanitization**
 - Sanitizing all balls after practice sessions.
- **Athletes and Staff**
 - Both athletes and staff will sanitize their hands before, during, and after workout. There will be multiple hand sanitizing stations spread out through all athletic areas
 - There will be no high fives, back slaps, or any other physical encouragement.
 - 6 foot social distancing will be kept when not actively exercising.
 - **Masks are required at all times except when actively exercising or socially distanced.**

STUDENT ATHLETE REQUIREMENTS

- A. Athletes will be required to have the following on file with MISD before participating.
 - MISD FORMS**
 - MISD Physical
 - MISD Completed Daily Screening Questionnaire (virtual learners or kids arriving to campus for before school practice or 1st period athletics)
 - RANK ONE Online Forms Completed
- B. Athletes will check in and complete the screening process each day from their phone or personal computer before arriving for before school practice or 1st period athletics. Virtual learners will complete the process before arriving to campus.
- C. Athletes will stay home if they answered “YES” to any screening questions or if they do not feel well.
- D. **6 Foot Rule** – Maintain 6 feet of space between each other. This includes lift groups, run groups, and common areas including restrooms.
- E. **Physical Contact** – Limit physical contact with others. Do not shake hands, hug, fist-bump or high five.
- F. Athletes will use hand sanitizer before entering the facility, during workouts, and when exiting skills.
- G. **Restrooms** – Student-athletes are required to wash hands and make every effort to minimize athletes in the restroom at any one time.
- H. **Hydration** – Student-athletes are encouraged to bring their own individual labeled water bottles. They are prohibited from sharing water bottles.

MISD STAFF REQUIREMENTS

- A. Staff will stay home if they answered "YES" to any screening questions or if they do not feel well.
- B. Staff will get temperature checked daily and keep social distancing at all times.
- C. Staff will use hand sanitizer before entering the facility, during workouts, and skills.
- D. Staff will bring their own labeled water bottle.
- E. Staff will social distance when possible.
- F. **Masks are mandatory.**

SCREENING PROCESS - DAILY

- A. **BEFORE Arriving to Facility – Every student will have filled out screening questionnaire on their phone or computer. If a student answers "YES" on any question they will stay at home and call their coach to let them know.**

All student-athletes are required to complete the online screening questionnaire for symptoms prior to leaving home, including checking your temperature if you can. *Screening questions:*

- Any contact with person who is/was positive for COVID-19; or
 - New or worsening cough or shortness of breath/difficulty breathing; or
 - Fever (subjective or >100.0); or
 - At least two of: chills, repeated shaking with chills, muscle pain, headache, sore throat, new loss of taste or smell, diarrhea.
- B. A **temperature check** is required on first entry into the screening check point. Temperature check station will be staffed by McKinney ISD coaches wearing appropriate PPE. They will confirm receipt of student-athlete COVID-19 screening questionnaire answers and will make sure questions have been answered and temperature has been taken prior to entry. If a student-athlete has an elevated temperature, they will be directed to the Campus Nurse for further assessment.
 - C. A **hand sanitizing station** will be set up outside the indoor facilities screening checkpoint where all student-athletes must sanitize their hands prior to entry/re-entry into the indoor facility.

ENTRY PROCEDURES

- A. All student-athletes are required to enter indoor facilities via the entrance predetermined for your school.
- B. Six feet **social distancing** indicators will be set up along the sidewalk.

COVID-19 SYMPTOMS, TESTING & MANAGEMENT

A. COVID-19 Symptoms or Positive Test

Management of COVID-19 Positives – confirmed COVID-19 positives will be managed by the McKinney ISD Director of Health Services, Julie Blankenship, per current public health guidelines. Management will include reviewing testing results, isolation, and symptom management as well as return-to-sport clearance.

Student-athletes who appear to have symptoms or who become sick during the day will be immediately separated from other student-athletes/staff and instructed to return home. Direction will be provided by the campus nurse regarding symptom monitoring, quarantine, and testing. **A symptomatic student-athlete will be managed as a presumptive COVID-19 positive and all precautions will remain in place until testing confirmation is received, or student-athlete has obtained a medical professional's note clearing the individual for return based on an alternative diagnosis.**

Student-athletes who are presumed or confirmed COVID-19 positive cannot report to campus until cleared to do so by the MISD Campus Coordinator or campus nurse by meeting the criteria listed below.

B. Positive Test Confirmed

In the case of an individual who was diagnosed with COVID-19, the individual may return to school when all three of the following criteria are met:

- at least one day (24 hours) have passed since recovery (resolution of fever without the use of fever-reducing medications);
- the individual has improvement in symptoms (e.g., cough, shortness of breath); and
- at least ten days have passed since symptoms first appeared.

In addition to the criteria and processes described above, a student who has been diagnosed with COVID-19 must receive clearance from a physician prior to returning to participation in UIL activities

PARENT/GUARDIAN COMMUNICATION PLAN ATHLETICS

- Return to Athletics Plan will be posted on the MISD Athletic website.
- An email will be sent to all parents/guardians outlining return to campus plan & safety measures
- Coaches will organize Zoom meetings for all parents/guardians.
- Coaches will educate the athletes via Zoom meetings before the first practice they are to attend.
- Constant & detailed communication via email with parents/guardians

MISD

- Athletic practices and contests will be conducted following all safety protocols provided by guidance from UIL, and MISD. This will include COVID screening, sharing & sanitizing of equipment, locker room usage, laundry, etc.
- Hand sanitizing stations will be in athletic areas and hand washing will be emphasized before, during, and after activities. Equipment will be sanitized on a regular basis.
- Cleaning and sanitization of all athletic facilities will happen routinely.
- All locker room space will be utilized according to the guidelines.
- Bus travel will follow transportation guidelines provided by the TEA, UL, and MISD.
- Spectator attendance at games and contests will be limited and will follow all UIL guidelines.
- All aspects of all athletic events will continually be evaluated to minimize the risk of exposure for both athletes that are participating and spectators that are observing.
- If athletes choose virtual learning, they are required to attend every practice during the athletic period, as well as before and after school practices to be recorded present

and receive credit. Transportation will not be provided to and from athletic practices for students who choose virtual learning, it will be the responsibility of the student.

PREPARING FACILITIES

- Sanitization supplies delivered, installed, and placed in predetermined places
- Social Distancing Signs, RR Signs, Hand washing signs, Check in Signs will be made and hung
- Hand Sanitizing stations will be set up throughout the facility for use.

TRANSPORTATION

- Students involved in virtual learning will be expected to provide their own transportation to and from all athletic periods and practices, before, during and after school.
- Coaches will communicate in advance the expectations for travel to and from games.
- Masks will be worn during bus transportation.
- Some contests can be deemed drop off only where parents or pre-approved athletes will be required to return athletes back home.

LOCKER ROOMS

- Every effort will be made to alternate smaller groups through the locker room to minimize exposure with other athletes. Coaches will devise plans based on the number of athletes and the space available.
- Athletes are expected to wear masks in the locker room, with the exception of taking showers.
- Social Distance measures will be in effect throughout all locker rooms
- Athletes entering the locker room will be monitored to ensure minimal athletes in the locker room at one time.
- Any equipment kept in student lockers should be cleaned out weekly by the athlete to allow for proper cleaning.

PRACTICES/GAMES

- Every athlete is expected to attend all practices and games
- If an athlete misses practice time or games due to CoVid19, there will not be disciplinary consequences.
- Masks will be worn during games while sitting on the bench. Masks will be worn during practices when athletes are NOT actively exercising. Coaches will be required to wear masks, unless they are able to maintain at least 10 feet of social distancing.
- TIMELINE FOR THE SEASONS SEE APPENDIX B FOR MIDDLE SCHOOL

ATHLETIC PERIOD

- Coaches will schedule athletes during 1st & 7th period athletics so smaller groups will be rotating in and out of the locker room. Coaches will train athletes on how to use hand sanitizer during work outs and how to move in directions that allow for one way traffic only in and out of different work out areas. Every effort will be made to mitigate risk of spreading CoVid-19.

GAME ATTENDANCE

- Fan & Spectator areas will follow UIL guidelines.

- All fans are expected to wear a mask during UIL competitions.
- Spectators will be allowed to attend games with a 50% capacity limitation, providing appropriate spacing between spectators is maintained.
- Groups should maintain six feet of distance from other groups, and a group is defined as no more than 10 people including members of the household and those persons who traveled together to the facility.
- Visible signs will be posted stating any individuals who are confirmed to have, suspected of having, are experiencing symptoms of, or have been in close contact with an individual who has been confirmed to have CoVid-19 should not enter the facility.

APPENDIX A

Sport	Grade Level	Athletic Period	In-Season Practice Time
Football	7 th grade	1 st period	6:30 am
Football	8 th grade	7 th period	3:10 pm
Cross Country	7 th grade	1 st period	7:15 am
Cross Country	8 th grade	7 th period	7:15 am
Volleyball	7 th grade	1 st period	6:30 am
Volleyball	8 th grade	7 th period	3:10 pm
Girls & Boys Basketball	7 th grade	1 st period	6:30 am
Girls & Boys Basketball	8 th grade	7 th period	3:10 pm
Tennis	7 th grade	1 st period	7:15 am
Tennis	8 th grade	7 th period	7:15 am