

POLAND ATHLETICS RETURN TO SPORTS SUMMER 2020



ATHLETIC DIRECTOR: BRIAN BANFIELD

TOPICS TO BE DISCUSSED

- FACE COVERINGS
- OHSAA GUIDANCE from ODH and NFHS
- CLEANING SUPPLIES NEEDED
- FORMS THAT WILL BE COLLECTED
- BREAKDOWN OF FACILITIES USAGE
- MASTER SUMMER SCHEDULE
- QUESTIONS AND COMMENTS

OHSAA SUMMER GUIDELINES

- FACE COVERING GUIDELINES
 - Coaches are required to wear cloth face coverings during instruction.
 - Athletes are not required to wear masks for physical activity, if they chose to wear a mask, cloth face covering are acceptable.

OHSAA SUMMER GUIDELINES

- **PHASE ONE (7 Day Period) June 1st -June 7th**
 - Pre-Workout Screening:
 - All coaches and students should be screened for signs/symptoms of COVID-19 prior to a workout, to include a temperature check.
 - Responses to screening questions should be recorded and stored for contact tracing purposes if a COVID-19 infection occurs. **Coaches will use the OHSAA Covid Monitoring Form.**
 - Any person with positive responses on the screening should not be allowed to take part in workouts and should contact their medical provider.
 - Vulnerable individuals (as defined above) should not oversee or participate in any workouts during Phase One.
 - Limitations on Gathering:
 - Gatherings should not consist of more than 10 people at a time (inside or outside), to include all participants and coaches.
 - Locker rooms should not be used during Phase One.
 - Students should report to workouts in proper gear and immediately return home to shower at the end of the workout.
 - Workouts should be conducted in “pods” of students with the same 5-10 people (including coaches) always working out together. Smaller pods should be used for weight training.
 - There should be a minimum distance of 6 feet between each individual at all times. If this is not possible, the number of individuals in the room should be decreased until proper social distancing can occur.

OHSAA SUMMER GUIDELINES

- PHASE ONE cont.

- Facilities Cleaning:

- Adequate cleaning schedules should be created and implemented for all athletic facilities.
 - Prior to an individual or group entering a facility, all hard surfaces within that facility should be wiped down and sanitized. Hard surface examples include but are not limited to chairs, furniture, locker rooms, weight room equipment, bathrooms, and training tables.
 - Individuals should wash their hands for 20 seconds with warm water and soap before touching any surfaces or participating in workouts.
 - Hand sanitizer should be plentiful and available to individuals.
 - Weight equipment should be wiped down thoroughly before and after each individual uses the equipment.
 - Shirts and shoes should be worn at all times.
 - Any equipment such as weight benches, athletic pads, that have holes with exposed foam should be covered.
 - Students should be encouraged to shower and wash their workout clothing immediately upon returning home.

OHSAA SUMMER GUIDELINES

- PHASE ONE cont.

- Physical Activity and Athletic Equipment:

- There should be no shared athletic equipment (towels, clothing, shoes, or sport specific equipment) between students.
 - Students should wear their own workout clothing, and clothing/towels should be washed and cleaned after every workout.
 - All athletic equipment, including balls, should be cleaned after each use and prior to the next workout.
 - Individual drills requiring the use of athletic equipment can be permissible, but the equipment should be cleaned between use of each individual.
 - There should be a focus on resistance training with body weight, sub-maximal lifts, and use of resistance bands.
 - Free weight exercises that require a spotter should not be conducted, as they cannot be conducted while observing social distancing.

Hydration: All students should bring their own water bottle, and water bottles should not be shared.

Hydration stations (water fountains, water troughs, etc.) should not be used.

OHSAA SUMMER GUIDELINES

- PHASE TWO June 8th-June 21st
 - Pre-Workout/Contact Screening:
 - All coaches and students should be screened for signs/symptoms of COVID-19 prior to a workout, to include a temperature check.
 - Responses to screening questions should be recorded and stored for contact tracing purposes if a COVID-19 infection occurs.
 - Any person with positive responses on the screening should not be allowed to take part in workouts and should contact their medical provider.
 - Vulnerable individuals should not oversee or participate in any workouts during Phase Two.
 - Limitations on Gatherings:
 - Gatherings should not consist of more than 10 people at a time inside. **Up to 50 people may gather outdoors for workouts.**
 - If locker rooms or meeting rooms are used, there should be a minimum distance of 6 feet between each individual at all times.
 - Indoor workouts should be conducted in “pods” of students with the same 5-10 people (including coaches). Smaller pods should be utilized for weight training.
 - **There should be a minimum distance of 6 feet between each individual at all times. Appropriate social distancing should be maintained on sidelines and benches. Consider using tape or field paint as a guide for students and coaches.**

OHSAA SUMMER GUIDELINES

- PHASE TWO cont.

- Facilities Cleaning:

- Adequate cleaning schedules should be created and implemented for all athletic facilities.
 - Prior to an individual or group entering a facility, all hard surfaces within that facility should be wiped down and sanitized. Hard surface examples include but are not limited to chairs, furniture, locker rooms, weight room equipment, bathrooms, and training tables.
 - Individuals should wash their hands for 20 seconds with warm water and soap before touching any surfaces or participating in workouts. • Hand sanitizer should be plentiful and available to individuals.
 - Weight equipment should be wiped down thoroughly before and after each individual uses the equipment.
 - Shirts and shoes should be worn at all times.
 - Any equipment such as weight benches, athletic pads, having holes with exposed foam should be covered.
 - Students should be encouraged to shower and wash their workout clothing immediately upon returning home.

OHSAA SUMMER GUIDELINES

- PHASE TWO cont.

- Physical Activity and Athletic Equipment:

- Lower risk sports practices may resume.
 - Modified practices may begin for Moderate Risk sports/activities.
 - There should be no shared athletic towels, clothing, or shoes between students.
 - Students should wear their own appropriate workout clothing, and individual clothing/towels should be washed and cleaned after every workout.
 - All athletic equipment, including balls, should be cleaned intermittently during practices and between practices/sessions.
 - Hand sanitizer should be readily available.
 - Maximum lifts should be limited and power cages should be used for squats and bench presses. Spotters should stand at each end of the bar.

Hydration: All students should bring their own water bottle, and water bottles should not be shared. Hydration stations (water fountains, water troughs, etc.) should not be used.

OHSAA SUMMER GUIDELINES

- PHASE THREE June 22nd -July 5th

- Pre-Workout/Contact Screening:

- Any person who has had a fever or cold symptoms in the previous 24 Hours should not be allowed to take part in workouts and should contact his/her medical provider.
 - A record should be kept of all individuals present.
 - Vulnerable individuals can resume public interactions, but should practice physical distancing, minimizing exposure to social settings where distancing may not be practical, unless precautionary measures are observed/implemented.

- Limitations on Gatherings:

- Gatherings sizes of up to 50 individuals, indoors or outdoors, could resume.
 - When not directly participating in practices or workouts, care should be taken to maintain a minimum distance of 3 to 6 feet between each individual. Consider using tape or field paint as a guide for students and coaches.

OHSAA SUMMER GUIDELINES

- PHASE THREE cont.

- Facilities Cleaning:

- Adequate cleaning schedules should be created and implemented for all athletic facilities.
 - Prior to an individual or group entering a facility, all hard surfaces within that facility should be wiped down and sanitized. Hard surface examples include but are not limited to chairs, furniture, locker rooms, weight room equipment, bathrooms, and training tables.
 - Individuals should wash their hands for 20 seconds with warm water and soap before touching any surfaces or participating in workouts.
 - Hand sanitizer should be plentiful and available to individuals.
 - Weight equipment should be wiped down thoroughly before and after each individual uses the equipment.
 - Shirts and shoes should be worn at all times.
 - Any equipment such as weight benches, athletic pads, having holes with exposed foam should be covered.
 - Students should be encouraged to shower and wash their workout clothing immediately upon returning home.

OHSAA SUMMER GUIDELINES

- PHASE THREE cont.

- Moderate risk sports practices may begin.
- Modified practices may begin for High Risk sports/activities.
- Continue pre-practice screening as in Phases One and Two.
- Shower immediately after practices/workouts.
- There should be no shared athletic towels, clothing, or shoes between students.
- Students should wear their own appropriate workout clothing, and individual clothing/towels should be washed and cleaned after every workout.
- All athletic equipment, including balls, should be cleaned intermittently during practices and between practices/sessions.
- Other equipment, such as wrestling ear guards, football helmets, etc. should be worn by only one individual and not shared.
- Hand sanitizer should be readily available.
- Maximum lifts should be limited, and power cages should be used for squats and bench presses. Spotters should stand at each end of the bar.
- Hydration:
 - All students should bring their own water bottle, and water bottles should not be shared.
 - Hydration stations (water fountains, water troughs, etc.) may be used but must be cleaned intermittently and after every practice/workout.

Athletic Cleaning Program

- Facility Cleaning Measures

- Two Portable Sanitation Carts will be available on Campus; One for inside programs to use and one located outside for those teams to use. Each Sanitation Cart will have:
 - Thermometers for Checking Athletes
 - Hand Sanitizers
 - Clorox Wipes for weight room equipment and athletic equipment
 - Med Kits Should stocked and given to each coach w/ those items if not on campus
 - Hospital Disinfectant Spray
- Coaches who travel will have medkits with sanitation cleaning products with them during workouts.
- Players MUST take home all practice gear and clean Nightly
 - PHASE ONE NO LOCKER ROOM USE

Athletic Forms

- Final Forms will have new forms to sign for Athletes, Parents and Coaches by mid June
- All Coaches will use the OHSAA Covid Monitoring Form when checking in student athletes before workouts
- All Coaches will turn in the Covid-19 Video Sign Off Form before Summer Workouts
- All Coaches will use the Poland Sanitation Report at the end of the day

Facilities we Can Use

- Indoor Facilities

- HS Field House starting June 1st

- MS and McKinley Gym starting June 1st

- Both Weight Rooms starting June 1st

- HS PE Gym starting June 8th

- North Gym starting June 1st

- Outdoor Facilities

- Poland Stadium Closed June 1st to August 9th**

- Lower Practice Field (near bus compound) starting June 1st

- Middle Practice Field (near kicking wall) starting June 1st

- Upper Practice Field (near senior lot) Starting June 1st

- Baird Mitchell Field Starting June 1st

- Poland Village Practice Field Starting June 1st

- Poland Township Park (need to communicate w PYSA)

Summary of Events

- 3 Phases Recommend by the OHSAA
 - Phase One: June 1st- June 7th
 - Check Athletes Temperature and record on Chart
 - Inside and Outside gatherings are 10 people at One Time
 - No Locker Rooms
 - Allow time for Students Entering and Exiting Facilities
 - Bring own Water Bottles
 - Phase Two: June 8th- June 21st
 - Check Athletes Temperature and record on Chart
 - Inside Gathering still at 10 people. Outside increased to 50 people at one time
 - Locker Rooms Can be used
 - Allow time for Students Entering and Exiting Facilities
 - Bring own Water Bottles
 - Phase Three: June 22nd - July 5th
 - Check Athletes Temperature and record on Chart
 - Gatherings inside or outside sizes up to 50 people
 - Encourage to still bring own water bottles
 - Hydration stations (water fountains, water troughs, etc.) may be used but must be cleaned intermittently and after every practice/workout

Summary of Events Cont.

- There should be a minimum distance of 6 feet between each individual at all times. If this is not possible, the number of individuals in the room should be decreased until proper social distancing can occur.
- Make Sure students and coaches take each phase seriously.
- If your not sure of something, Please don't hesitate to ask for help.

Now more than ever we must ALL
WORK TOGETHER!!

Thank you and Go Dogs