



RETURN TO ATHLETICS

June 2020





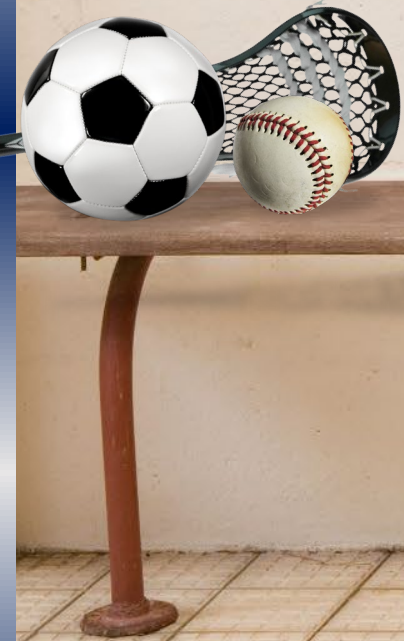
GUIDELINES JUNE 15TH RETURN PHASE 1

Voluntary

All workouts/conditioning sessions are completely voluntary



Student athletes only attend workout/conditioning sessions if their parents are comfortable with the safety precautions in place





GUIDELINES JUNE 15TH RETURN PHASE 1

Cleanliness

Hand Sanitizer Will Be Available

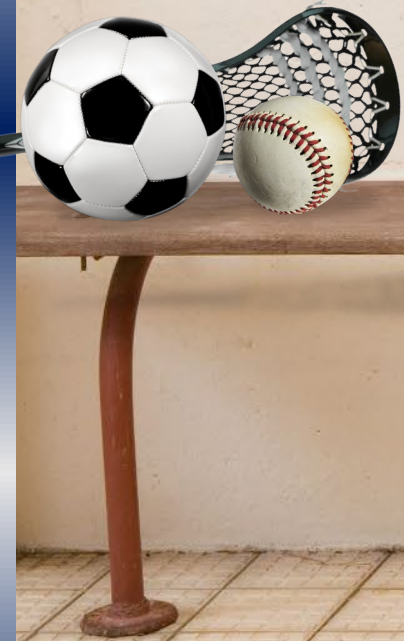
Wipes Will Be Available

Covid-19 Pre-Screening Questions Will Be Posted

Student-Athletes Will Need To Bring Their Own Water Bottle

Coaches Will Wipe Down Equipment In Between Sessions

Custodians Will Defog Used Areas Each Day When Workouts Are Concluded





GUIDELINES JUNE 15TH RETURN PHASE 1

Procedures

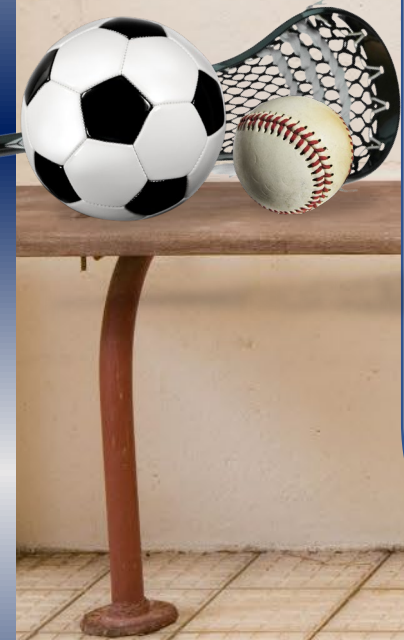
TEMPERATURE CHECKS/QUESTIONNAIRES WILL BE ADMINISTERED BY COACHES WHEN STUDENTS ARRIVE ON CAMPUS FOR **EACH** SESSION

SOCIAL DISTANCING WILL BE MONITORED DURING THE WORKOUT/CONDITIONING SESSIONS

ALL SPORTS RELATED EQUIPMENT IS PROHIBITED AND STUDENTS CANNOT SHARE ITEMS SUCH AS WEIGHTLIFTING GLOVES

LOCKER ROOMS AND WATER FOUNTAINS ARE PROHIBITED BUT RESTROOMS WILL BE AVAILABLE

MASKS ARE RECOMMENDED FOR COACHES & ATHLETES, BUT NOT MANDATORY





GUIDELINES JUNE 15TH RETURN PHASE 1

Operations

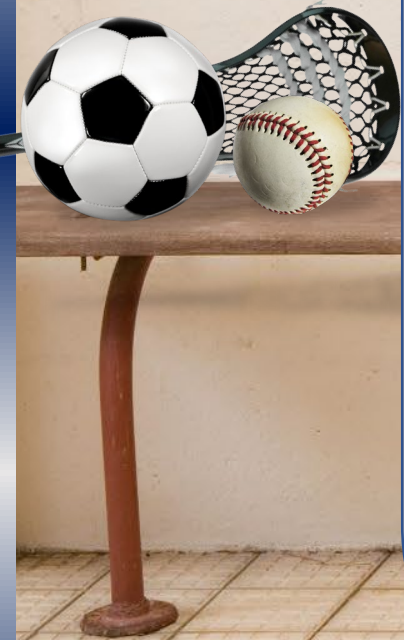
Only 20 Total Athletes Including Coaches Will Be Allowed In Each Session (Student Athletes Will Remain In The Same Group At All Dates During Phase 1)

Student Athletes Will Not Be Allowed To Remain On Campus At The Conclusion Of Their Workouts

No Visitors Will Be Allowed During The Workout Segments

Each Sport/School Has an Emergency Action Plan

Each School Will Utilize The District's Infectious Disease Plan





Dr. Brian Otott
Superintendent

Engage. Inspire. Prepare.

June 4, 2020

Paulding County High Schools to Resume Limited Extracurricular Activities on June 15

Dear PCSD Parents & Guardians,

Following guidelines from Gov. Brian Kemp, the Centers for Disease Control and Prevention (CDC), and the Georgia High School Association (GHSA), some coach-led conditioning activities with student athletes will be allowed at PCSD high schools beginning June 15, 2020. These activities will be voluntary and will consist of weight training and conditioning only. No balls or sport-specific equipment will be allowed.

The guidelines allow for 20 student athletes per sport to be involved in conditioning activities in the same facility at the same time. We will follow the guidance and recommendations set by the CDC for group activities as well as for cleaning and disinfecting procedures. Each school principal, athletic director, and coach will receive a packet of information with clear guidance. This information also will be available on our district web site. The head coach will contact parents directly to share more specific information before student athletes arrive on campus.

Every student who participates in conditioning will be required to have their temperature checked and also will be asked COVID-19 exposure questions. If a student is not feeling well or has an above-normal temperature, parents are encouraged to keep the child at home.

Water fountains and locker rooms will be off-limits during this time, *so students will be required to bring their own water*. Students will not be allowed to participate in any training activities unless they have water in hand at the time of check-in each day. It is recommended that students bring one (1) gallon daily.

Please understand that as information and guidance about the COVID-19 coronavirus evolves and changes, our plans may need to evolve and change as well. We ask for your patience during this time as we work to follow procedures that are in many cases new to all of us.

The safety of our students, coaches, and community continues to be our highest priority. Thank you for your cooperation and support!

Jason Freeman

Paulding County School District Athletic Director



PCSD / GHSA

Return to Play Handbook

PHASE 1: RETURN TO PLAY

WHEN: June 15th, 2020

WHERE: All Paulding County high schools

GHSA Recommendations:

- All summer work is voluntary.
- Schools/ School Systems may be more restrictive than the GHSA but not less.
- Workouts are conditioning only, no balls or sport specific equipment.
- Member schools should prepare an Infectious Disease Prevention Plan prior to staff and athletes returning to conditioning.
- It is recommended that staff and athletes are screened prior to each workout (see sample monitoring form attached).
- Signage should be posted on site with the following:
 - Do you or have you had a fever in the last week?
 - Have you been diagnosed with COVID-19?
 - Have you been in contact with anyone diagnosed with COVID-19?
 - Have you traveled to a “hot spot” for COVID-19?



- Groups of 20, including coaches, for workouts **per sport** at any given time at the campus/facility.
- Groups should be the same individuals (including coaches) for each session to limit risk of exposure. Student or coaches CANNOT change groups for the duration of this guidance.
- No use of locker rooms or shower facilities. Students should report to the facility dressed to condition and shower at home.
- Weight equipment should be cleaned prior to each workout and sanitized between use by each student.
- Hand sanitizer should be plentiful and readily available.
- Each student should have their own personal water bottle. No use of water fountains or “water cows” is allowed.
- Side spots only in weight training, safety bars are preferred.
- Social distancing should be adhered to always and masks/face covering are recommended for the weight room.
- At least 15 minutes should be scheduled between groups to allow for disinfecting the facility.
- There is no competition allowed between schools.
- No visitors are allowed at conditioning sessions.

Recommendations and restrictions are fluid and subject to change. Safety must be our top priority.

PROTOCOLS FOR DAILY SESSIONS

1. Prior to the start of training sessions, the schools/coaches must schedule their student athletes and sports. The athletes must remain in the same groups during Phase 1.
2. Temperature checks for each student athlete and coaches are required.
3. Each student will need to answer the GHSA required questions:
 - a. Do you or have you had a fever in the last week?
 - b. Have you been diagnosed with COVID-19?
 - c. Have you been in contact with anyone diagnosed with COVID-19?
 - d. Have you traveled to a “hot spot” for COVID-19?
4. A designated location will be provided to keep any student who displays an above normal temperature or answers, “yes”, to the above questions and their parents would be immediately notified.
5. The coach/trainer must complete the suggested chart (temperatures and questions). Each student should have an individual sheet where their temperature is documented and they are able to answer questions, a-d, above. Head Coaches should communicate a designated place for their athletes to arrive on campus. The coach or coaches should meet them in that designated area and take their temperature prior to them getting out of the car. This will help with limiting the exposure of any student that does display an above normal temperature.
6. Each student must wash their hands prior to starting workouts.



7. Coaches need to encourage students to not rub their eyes or wipe their mouths with their hands while they are working out.
8. All PCSD staff is encouraged, but not required, to wear a mask for all conditioning/weight training sessions. If they do not have a mask, one will be provided by the district.

More From GHSA:

With the recent occurrence of COVID -19 and concerns for re- opening of high school athletics, the following guidelines are being implemented. These guidelines are for the protection of all, athletes, coaches, athletic training and other medical personnel, and affiliated support staff in accordance with current Governor’s Office, Center for Disease Control and Prevention (CDC), and Georgia High School Association (GHSA) guidelines/policies. These guidelines will be flexible and subject to change as time, information, and research is updated. It has been established by health care authorities and leaders to have a process for screening and educating athletes, parents, and staff to self-monitor and report pertinent changes as they are encountered.

Process for screening and testing

1. Every athlete, coach, or staff member will be screened prior to participating in any workout using the attached (school generated) COVID 19 screening form and all screenings will be documented ([SEE ATTACHMENT A](#)).
2. If an athlete presents with symptoms or has had a recent direct exposure, the athlete will be removed from activity and will not be allowed to return until:
 - a. Proof of a negative COVID 19 test
 - b. 14-day quarantine and symptom free
3. If at any time an athlete/coach/staff tests positive for COVID 19, all other members of that workout group will be notified and will not be allowed to return until:
 - a. Proof of a negative COVID 19 test
 - b. 14-day quarantine and symptom free
4. If screenings are performed by a coach, the screening form will be completed and emailed to the Head Athletic Trainer and/or Athletic Director, as soon as completed.
5. Self-monitoring is to be instituted continuously. All athletes, coaches, and staff are to be educated as to the importance of and signs to be monitored via this process.
6. Reported self-monitoring positives are to follow the above process for screening and testing as indicated and recorded in the athlete’s record.

Athletic Training Clinic Procedures

1. One athlete per athletic trainer will be allowed in the clinic at a time.
2. At this time, the clinic will be utilized for major rehab and acute injury care only.
3. At home rehabs will be utilized when possible.

Cleaning Procedures

Athletic Training Clinic

- Every table will be cleaned at the beginning of each day and after each patient.



- Athletic Training staff will wash hands or use hand sanitizer before and after contact with every patient.
- All reusable equipment to be cleaned after use by each athlete.
- Personal Protection Equipment (PPE) to be provided and worn / used as indicated.
- All disposable goods and PPE to be disposed of properly.

Weight Room

- The weight room will be fogged with disinfectant prior to workouts each day and immediately following each workout session
- Any equipment used by an athlete during a workout will be cleaned prior to use by any other athlete.

Other Equipment

- Any equipment used during workouts will be cleaned prior to workouts beginning and immediately following each workout.
- Any equipment used by an athlete during a workout will be cleaned prior to use by any other athlete.

Athlete Recommendations

- At this time, due to safety concerns, no water will be provided during workouts. Athletes are required to bring their own water. **We recommend a minimum of 1 gallon.** Athletes will not be allowed to participate in workouts if they do not bring their own water.
- It is highly encouraged to maintain appropriate distancing between athletes, during activities, rest breaks, etc.
- All athletes are encouraged to change clothes and immediately shower as soon as possible after practices and activities. All clothing worn during workouts should be washed immediately following each workout.
- A bathroom will be designated for use at each workout location on campus and only one athlete will be allowed to use the bathroom at a time.



Policy

Status : ADOPTED

GANA:

**Infectious
Diseases**

Original

Adopted

Date:

08/24/2001

General Information

The Paulding County Board of Education recognizes the importance of protecting the health and welfare of students, teachers, and other employees of the educational system from the spread of Acquired Immunodeficiency Syndrome (AIDS). The Board, the Paulding County Health Department and/or the Georgia Department of Human Resources has the authority to require immunizations or other preventive measures including quarantine, isolation and segregation of persons with communicable disease or conditions likely to endanger the health of others. These agencies may require quarantine or surveillance of carriers of disease and persons exposed to or suspected of being infected with **infectious disease** during such period until they are found free of the infectious agent or disease.

Definitions

The following definitions and procedures will be reviewed and revised regularly as necessary to reflect current medical research and legal opinion.

Communicable disease – a disease that can be directly or indirectly transmitted from one person to another.

HIV infection – an infection in which the human immunodeficiency virus is present.

Procedures

1. If there is reasonable cause to believe that a student or an employee has become infected with a communicable disease, the determination of a student's or an employee's condition shall be based on reasonable medical judgment given the state of medical knowledge about:
 - a. The nature of the risk, for example, how the disease is transmitted.
 - b. The duration of the risk, for example, how long the carrier is infectious;
 - c. The severity of the risk, for example, the degree of potential harm to third parties;
 - d. The probability that the disease will be transmitted and will cause varying degrees of harm.

2. After consideration of the criteria set forth in Paragraph 1, the infected student or employee shall be allowed to remain in the educational or employment setting unless he/she currently presents a significant risk of contagion as determined by appropriate designated school system administrators after consultation with the student's or employee's physician, a public health official knowledgeable about the disease and/or a physician selected by the Paulding County Board of Education.
3. After a determination of the student's or employee's medical condition has been made using the criteria set forth in Paragraphs 1 and 2, the Superintendent or designees, after consultation with the student's/employee's physician, a public health official knowledgeable about the disease and/or the physician selected by Paulding County Board of Education, shall determine whether reasonable accommodation will allow the student to perform in the classroom or the employee to meet the essential functions of the job. An accommodation is reasonable unless it imposes either an undue financial hardship or administrative burden on the Paulding County School District.
4. Notwithstanding the requirements for evaluation of a student or an employee who may be infected with a communicable disease set forth herein above, the Paulding County School district may immediately remove a student or an employee for a period of time not to exceed 10 calendar days from the educational or employment setting for the purpose of obtaining a reasonable medical judgment, as required by Paragraphs 1 and 2 as to whether the student or employee constitutes a significant risk or contagion to others.
5. The Paulding County School District shall not disclose medical information about a student or an employee with HIV infection or other communicable disease without the consent of the employee or the student or the parent/guardian, whichever is applicable, or only as required by law or court order. Nothing in the paragraph shall prohibit the District from notifying the parents or guardians of its students of the presence in a school of chicken pox or any other communicable disease as required by the Paulding County Health Department.
6. The Paulding County Public School District shall not deny an individual employment based solely upon the individual's infection with a communicable disease unless the school district, after consultation with the applicant's physician, a public health official knowledgeable about the disease and/or the physician selected by the Paulding County Board of Education, determines that the communicable disease is of such nature or at a stage that the individual should not be in a Paulding County School District setting.
7. The Paulding County School District shall not deny a student infected with a communicable disease an education solely because of the infection.
8. The Paulding County School District shall educate its employees and students about HIV infection and other communicable disease, including transmission, risk reduction, and universal precautions for handling blood and body fluids.
9. All schools shall adopt routine procedures for handling blood and body fluids consistent with the Centers for Disease Control Universal Precautions for Handling Blood and Body Fluids.

Policy Reference Disclaimer:

These references are not intended to be part of the policy itself, nor do they indicate the basis or authority for the board to enact this policy. Instead, they are provided as additional resources for those interested in the subject matter of the policy.

Note: *The State of Georgia requires acceptance of Terms and Conditions before reviewing the code. To 'accept' click here: [State of Georgia Terms and Conditions](#) After accepting, return here and click on the links below to be taken to each specific code.*

State Reference	Description
O.C.G.A 20-02-0778	<u>Required information to parents of students regarding meningococcal meningitis</u>
O.C.G.A 24-12-0021	<u>Disclosure of AIDS confidential information</u>
O.C.G.A 31-12A-0004	<u>Quarantine of diseased persons</u>
O.C.G.A 31-22-0009.1	<u>HIV tests - Who may perform test</u>
Rule 160-1-3-.03	<u>Infectious Diseases</u>

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