



Katy Independent School District
 Department of Athletics

2020 Summer Strength and Conditioning / Specific Skills Instruction / Individual Sport Workouts

RETURN TO CAMPUS ATHLETICS PROCEDURES AND PROTOCOLS

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PREFACE

The Katy ISD Department of Athletics, in accordance with guidelines set forth by the University Interscholastic League (UIL), has developed this guideline manual designed to manage the return to campuses of our student-athletes for participating in our campus-based Summer Strength and Conditioning, Specific Skills Instruction and Individual Sport workout programs. Structured to prioritize the safety and security of our student-athletes and staff, these procedures and protocols are in place due to the COVID-19 pandemic.

Based on UIL, county, state and national guidelines and recommendations, the design of this manual was developed through a combined effort by KISD administration, campus-based Licensed Athletic Trainers and Campus Athletic Coordinators and Assistant Coordinators.

The focus of the guidelines outlined in this manual is on providing the safest possible environment for our student-athletes and coaches while offering the opportunity for physical development and preparation for the upcoming 2020-2021 athletic year.

The expectation is that our parents, student-athletes, coaches and all staff members collaboratively and consistently abide by the prescribed procedures and protocols to ensure the achievement of the goal of a safe and secure environment.

Key Dates

- June 3 and June 4 – Training for all coaches. Each coach must participate in one of these Zoom meetings.
- June 8 – SAC and SSI sessions will begin for student-athletes in grades 9-12.
- June 8 – Individual sport coaches may begin VOLUNTARY workouts with athletes following prescribed SSI guidelines.
- June 15 – SAC and SSI sessions will begin for student-athletes in grades 7-8.
- July 3 – UIL designated “Period of No Activity” – All school facilities are closed to athletic activities.
- July 7-8 – UIL designated “Period of No Activity” – All school facilities are closed to athletic activities.
- July 20-21 – UIL designated “Period of No Activity” – All school facilities are closed to athletic activities.

Essential Requirements

- Campus facilities are open only to athletes and coaches involved in SAC/SSI or Individual Sport workout sessions. No camps, leagues, clubs may use school facilities. Open gyms, open weight rooms, open fields are not allowed.
- All coaches working SAC/SSI/Individual Sports are required to participate in online training prior to conducting sessions.
- Each athlete is required to participate in an online training scheduled by the Campus Athletic Coordinator prior to participating in SAC/SSI/Individual Sport sessions.
- Each athlete must receive an orientation conducted by coaches on his or her first day of attendance. They may actively participate in sessions on their second day of attendance.

Required Procedures

- Each coach is required to use his/her Katy ISD issued badge each time when entering a facility.
- Coaches and athletes are to self-screen each day per campus instructions regardless of whether they are attending that day or not. Any coach or athlete that is symptomatic requires notification of the Campus Athletic Coordinator and execution of the prescribed reporting protocol (see final page of this document for reporting procedure).
- Athletes are required to use a designated entry upon arrival and a designated exit upon leaving following social distancing protocols.
- Temperatures of each coach and athlete are to be taken upon arrival at facility. Each campus should have a plan in place to ensure effective procedures are in place. Temperature checks are required to be taken one time a day.
- Individual sport coaches who intend on conducting workout sessions off-campus must coordinate the on-campus temperature check procedures with the CAC.
- At conclusion of sessions, athletes are to exit using the designated exit point based on the specific campus plan.

Required Protocols

- Social distancing guidelines are to be followed consistently unless there are safety considerations, i.e. spotting, trainers tending to injuries, etc.
- During indoor activity, any equipment that has been contacted by an athlete during exercise must be disinfected using provided wipes before next athlete uses equipment.
- During outside activity, any equipment that is used by a group (i.e. balls or other sport specific equipment), must be disinfected before used by another group.
- Students are not to have access to locker rooms or shower facilities and should arrive dressed in proper gear and must leave immediately upon conclusion of sessions.
- Hand sanitizer or hand washing stations should be available and used often.
- Surfaces should be disinfected throughout the day and when all sessions are completed at the end of the day.
- Clothing or towels are not be shared or laundered on-site.
- Water and food is not to be shared.
- Per KISD guidelines, staff must wear a mask while conducting indoor sessions. Not necessary during outdoor sessions.
- Spotters should wear a mask while spotting athletes during indoor exercises.
- Athletes must bring their own masks.
- During indoor sessions, groups may consist of 1 coach working with no more than 10 athletes and the total number of athletes (coaches and staff not included) cannot exceed 25% of capacity of the facility.

- During outdoor sessions, groups may consist of 1 coach working with no more than 15 athletes (there is no total number capacity restriction on outside facilities, however, numbers must allow for adherence to social distancing protocols).
- There is NO requirement that you MUST assign a coach with each working group of athletes.
- You ARE required to have at least 1 staff member per 20 athletes in attendance ensuring group restrictions, social distancing and other required protocols are being followed.
- Athletes and coaches are to maintain at least 6 feet of distance from each other when there is no physical activity.
- Athletes and coaches are to maintain at least 10 feet of distance from each other when there is physical activity.
- Groups should maintain a distance of at least 10 feet from each other.
- Athletic Trainers will manage injuries and other health-related issues following appropriate mitigation and hygiene guidelines.

Considerations and Expectations

- It is highly recommended that your plan keeps assigned groups working together throughout indoor and outdoor workout sessions and avoid/minimize moving kids/coaches to other groups. This would minimize impact if an athlete or coach were symptomatic.
- If athletes do not bring water (or less than what will be needed) consider not allowing them to participate that day. Keep in mind that hydration is a SAFETY CONSIDERATION and a campus plan for addressing hydration issues while adhering to COVID-related protocols should be in place.
- Be sure all staff members are clear on reporting protocols presented during June 3/June 4 staff trainings if an athlete or coach is symptomatic.
- Facilities are off-limits to parents and other community members who wish to watch sessions.
- Off-campus workouts (Individual Sports) must adhere to the same UIL and KISD procedures and protocols.
- **Staff members conducting SAC/SSI/Individual Sport workout sessions are expected to be familiar with all procedures and protocols outlined in this manual as well as those outlined in the Katy ISD Student Activity Training PowerPoint presented at the June 3 and June 4 staff trainings.**
- **All coaches should review the UIL SAC/SSI and Individual Sport manuals located on the UIL website for FAQ's and guidelines related to Summer programs.**
 - [https://www.uiltexas.org/files/athletics/Summer_2020_SC-Sport_Specific_Document_FINAL_\(10\).docx](https://www.uiltexas.org/files/athletics/Summer_2020_SC-Sport_Specific_Document_FINAL_(10).docx)
 - [https://www.uiltexas.org/files/athletics/COVID-19_Individual_Sport_Specific_Document_FINAL_\(2\)_\(1\).docx](https://www.uiltexas.org/files/athletics/COVID-19_Individual_Sport_Specific_Document_FINAL_(2)_(1).docx)

Summary of Screening and Reporting



EVALUATING STUDENT HEALTH- PRE-SCREENING

- EACH DAY, STUDENTS MUST COMPLETE A PERSONAL HEALTH PRE-SCREENING PRIOR TO THEIR PARTICIPATION IN A CAMPUS ACTIVITY.
 - IT IS PREFERRED THAT THIS PRE-SCREENING IS COMPLETED ELECTRONICALLY TO MINIMIZE THE AMOUNT OF PAPER/ITEMS BEING TRANSFERRED BY HAND.
 - EACH DAY, STUDENTS SHOULD PRE-SCREEN FOR THE COVID-19 SYMPTOMS LISTED ON THE PREVIOUS SLIDE.
 - STUDENTS SHOULD ALSO DISCLOSE COVID-19 SYMPTOMS AND POSITIVE COVID-19 CONFIRMATIONS FOR ANYONE LIVING IN THEIR HOME, OR ANYONE WHO THEY HAVE BEEN IN RECENT CONTACT WITH.
 - STUDENTS WHO DISCLOSE PERSONAL SYMPTOMS OR CONTACT WITH THOSE WHO ARE SYMPTOMATIC WILL NOT PARTICIPATE IN THE DAILY ACTIVITY, AND IT IS RECOMMENDED THAT THEY BE TESTED FOR COVID-19.
 - **WHAT ABOUT THE NEXT DAY???????**



HANDLING STUDENTS WHO ARE SYMPTOMATIC

- ANYONE WHO EXPERIENCES ANY OF THE SYMPTOMS OF COVID-19, PLACE A MASK ON INDIVIDUAL, ISOLATE INDIVIDUAL AND ARRANGEMENTS WILL NEED TO BE MADE FOR INDIVIDUAL TO BE PICKED UP, INDIVIDUAL SHOULD CONTACT THEIR MEDICAL PROVIDER
- REPORT FINDINGS TO DIRECT SUPERVISOR
- **INDIVIDUAL IS TESTED.** THE INDIVIDUAL REPORTS LAB-CONFIRMED COVID-19, THE INDIVIDUAL MAY RETURN WHEN ALL THREE OF THE FOLLOWING CRITERIA ARE MET:
 - 72 HOURS OF RECOVERY (NO FEVER/NO FEVER REDUCING MEDICATION) AND
 - INDIVIDUAL HAS IMPROVEMENT IN SYMPTOMS AND
 - 10 DAYS HAVE PASSED SINCE SYMPTOMS FIRST APPEARED OR
- **INDIVIDUAL DOES NOT GET TESTED.** BUT HAS SYMPTOMS THAT COULD BE COVID-19, IT IS ASSUMED THAT THE INDIVIDUAL HAS COVID-19, THE INDIVIDUAL MAY NOT RETURN UNTIL THE THREE-STEP CRITERIA LISTED ABOVE HAS BEEN MET OR
 - THE INDIVIDUAL WANTS TO RETURN BEFORE COMPLETING THE ABOVE SELF-ISOLATION PERIOD, THE INDIVIDUAL MUST OBTAIN A MEDICAL PROFESSIONAL'S NOTE CLEARING THE INDIVIDUAL FOR RETURN BASED ON AN ALTERNATIVE DIAGNOSIS
- ANYONE LIVING WITH SOMEONE WHO EXPERIENCES ANY OF THE SYMPTOMS OF COVID-19, WHETHER THEY HAVE A POSITIVE TEST OR NOT OF COVID-19, SHOULD SELF-ISOLATE FOR TWO WEEKS.
 - IF THEY DO NOT HAVE ANY SYMPTOMS DURING THAT PERIOD, THEY CAN RETURN
 - IF THEY DO DEVELOP SYMPTOMS, THEY MUST SELF-ISOLATE UNTIL THE CRITERIA LISTED ABOVE HAVE BEEN MET



REPORTING COVID-19 AND SYMPTOMS (STUDENTS)

- STUDENTS WHO HAVE A CONFIRMED CASE OF COVID-19:
 - INFORMATION SHOULD BE REPORTED BY THE STUDENT TO HIS/HER EVENT STAFF SPONSOR
 - EVENT STAFF SHOULD IMMEDIATELY REPORT TO HIS/HER SUPERVISOR, CAMPUS ATHLETIC COORDINATOR, PRINCIPAL, ETC.
 - SUPERVISOR SHOULD REPORT TO HIS/HER DESIGNATED EXECUTIVE DIRECTOR/ASSISTANT SUPERINTENDENT
 - DISTRICT PROTOCOL WILL BE THEN BE FOLLOWED TO DETERMINE NOTIFICATION OF EXPOSED STUDENTS AND STAFF, AS WELL AS CONSIDERATIONS FOR BUILDING SANITIZATION AND/OR CLOSURE/PARTIAL CLOSURE.



REPORTING COVID-19 AND SYMPTOMS (STAFF)

- STAFF WHO HAVE A CONFIRMED CASE OF COVID-19:
 - INFORMATION SHOULD BE REPORTED BY THE STUDENT TO HIS/HER EVENT STAFF SPONSOR
 - EVENT STAFF SHOULD IMMEDIATELY REPORT TO HIS/HER SUPERVISOR, CAMPUS ATHLETIC COORDINATOR, PRINCIPAL, ETC.
 - SUPERVISOR SHOULD REPORT TO HIS/HER DESIGNATED EXECUTIVE DIRECTOR/ASSISTANT SUPERINTENDENT
 - DISTRICT PROTOCOL WILL BE THEN BE FOLLOWED TO DETERMINE NOTIFICATION OF EXPOSED STUDENTS AND STAFF, AS WELL AS CONSIDERATIONS FOR BUILDING SANITIZATION AND/OR CLOSURE/PARTIAL CLOSURE.