

# Lutheran High School Athletic Department

## Extra-Curricular Re-Entry Plan

### All Phases (Beginning on July 6<sup>th</sup>)

- All Summer activities are voluntary
  - If a parent does not feel comfortable sending their student they are not required to do so.
  - Coaches will not punish student-athletes if they do not attend summer workouts.
- All Indiana state and local guidelines for group limitations must be followed and social distancing is highly encouraged.
- All students and staff should be screened prior to workouts/practices (health questions, documented by coaches, etc.).
- Pre-Participation Requirements
  - Returning student athletes must have their previous 2019-20 IHSAA physical form on file with the Saints athletic office. They must also have a completed **New Health History Update Questionnaire along with a new completed concussion/sudden cardiac arrest form on file in the Saints athletic office.**
  - First time student athletes and incoming freshman student athletes must have the same three forms mentioned above on file in the Saints athletic office. A new IHSAA physical will be required for these student athletes if they do not have one on file in the Saints athletic office.
- Students are allowed to wear face coverings if it does not pose a health risk.
  - Students that are not involved in vigorous activity should wear a face covering
  - Consideration for vulnerable individuals – should seek medical guidance to their level of participation.
- Gathering sizes will be reduced as much as possible for both indoor and outdoor workouts/practices.
  - Scheduling of summer workouts/practices will be altered to adapt to guidelines on reduced gathering sizes
  - Nor more than 50% capacity for each indoor facility
- Social distancing will be followed during practices/workouts and sidelines during later phases.
- Students, coaches, and staff, will be required to wash their hands or use hand sanitizer thoroughly prior to entering or leaving any facility.
- Shared hydration stations or water bottles/coolers will not be allowed.
  - Students, coaches and staff will be asked to bring their own water bottles. There will be no sharing of water bottles or cups, etc.

- Shared equipment (balls, pads, dummies, etc.) must be cleaned before and after each workout/practice session.
- Appropriate clothing/shoes must be worn at all times.
- Cleaning schedules for all facilities will be created and implemented.
- Hand sanitizer will be readily available for all teams and facilities.
- Foam equipment with tears or holes cannot be used.

## **Phase 1 (July 6<sup>th</sup>-July 19<sup>th</sup>)**

- Students are limited to 15 hours/week, on campus
  - Each sport is limited to 2 activity days per calendar week.
    - No more than 3 hours/day
    - No more than 6 hours/week
    - Each sport cannot hold activities on consecutive calendar days for each sport.
  - Conditioning sessions are limited to 4 days per calendar week
    - Conditioning may be held multiple times each day, with each session limited to only 2 hours.
    - Student athletes may only attend 1 conditioning session per day.
- Only essential student athletes, coaches, administrators or staff are allowed to attend workouts/practices.
- Locker rooms should NOT be utilized
  - Student athletes should report to workouts/practices in proper gear and are encouraged to immediately return home to shower afterwards.
- Restrooms are allowed to be used but social distancing is encouraged.
- No physical contact is allowed.
- Weight room usage in Phase 1 may be limited or excluded.
  - No free weights that involve a spotter are allowed in the weight room.
- No external competition (7 on 7, off-campus camps, scrimmages with other schools, etc.)
- No formal competition is allowed.

## **Phase 2 (July 20<sup>th</sup>-August 14<sup>th</sup>)**

- Only essential student athletes, coaches, administrators or staff are allowed to attend workouts/practices.
- Locker Rooms and meeting rooms are allowed (50% capacity)
- Students are encouraged to shower at home or at school immediately following workouts/practice.

- Students are required to clean practice attire and gear immediately following workouts/practice. If a student does not have laundered gear, he/she may not be allowed to participate in workouts/practice.
- No celebratory acts involving contact between student athletes.
- No external competition (7 on 7, off-campus camps, scrimmages with other schools, etc.)

### **Phase 3 starts August 15<sup>th</sup>**

- Formal competition may begin.
- Spectators, media and vendors can be present but should implement social distancing and follow established mass gathering guidelines.
- Modified celebratory acts between student athletes are allowed.
- Concessions can be sold with pre-packaged foods only.
  - Vendors may be used (Chic-fil-a, food trucks, etc.) as long as they serve packaged products
  - Concession workers must use PPE