

PLANO ISD
SAFETY PROTOCOLS/ PROCEDURES
RETURN TO SCHOOL
FOR
HIGH SCHOOL ATHLETICS

EFFECTIVE SEPTEMBER 9, 2020



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I. Overview of Protocols

The Plano ISD athletic department, campus athletic coordinators and licensed athletic trainers have put together the following Safety Protocols for our Plano ISD Return to School, in accordance with University Interscholastic League (UIL) guidelines. The purpose of this document is to provide safe instructions and protocols for all athletic activities during the school day as well as before and after school. The health and safety of our student

athletes is our number one priority, and the following guidance is based on what is currently known about the coronavirus disease (COVID-19).

Athletics will continue to work closely with the UIL, campus administration, the State of Texas, Collin County and the City of Plano 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 to yourself and others. 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.

Contact Information

Jeff Smith, Director of Athletics
Ralph Hinds, Assistant Athletics Director
Karen Kalhoefer, Assistant Athletics Director

Senior High Campus Athletic Coordinators

Plano Senior High – Todd Ford
Plano East Senior High – Joey McCullough
Plano West Senior High – Tyler Soukup

High School Campus Athletic Coordinators

| | |
|---------------------------------------|---------------------------------------|
| Williams High School--Solis | Vines High School--Trevor Dean |
| McMillen High School--Demarcus Mathes | Jasper High School--Richard Zastoupil |
| Clark High School--Tom Kailey | Shepton High School--Bruce Strong |

Licensed Athletic Trainers

| | |
|----------------|-----------------|
| Chris Reynolds | Jonathan Rueter |
| Jackie Foley | Brianne Lopez |
| Chris Foley | Katie Loveday |
| Sara Solis | Chris Marrs |
| Allen Tutton | Sarah Wunnicke |
| Courtney Goree | Amy Lyles |

II. KEY PRINCIPLES

- a) 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.
- b) Hygiene – hand washing will be emphasized before, during and after team activities when practicable.

- c) Cleaning and sanitation routine and enhanced cleaning and sanitation measures will be implemented.
- d) Safe access to facilities – facility entry and exit points will be coordinated to minimize personal interaction and facilitate social distancing.
- e) Screening procedures for student athletes – daily symptom screening and assessment will be required of student athletes. Temperature checks will be done as needed.

OVERALL GUIDELINES AND RESPONSE STRATEGIES

III. SANITIZATION

- 1) Disinfecting and sanitizing
 - a) Facilities cleaning – athletic facilities will be disinfected and sanitized before, during and after athletic periods and practice sessions. Emphasis will be given to ensuring disinfecting high touch surfaces and surfaces that are used by multiple student athletes, disinfecting between users. Disinfectant cleaner will be put on a surface for 1 minute and then wiped.
 - b) Equipment like will be sanitized after each use and before a new athlete uses it. Spray bottles and paper towels will be at each designated location, so that athletes or coaches can spray and wipe after they use the equipment. Disinfectant wipes will also be utilized as well.
 - c) Enhanced 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.
 - d) Sanitizing all athletic balls after use and during all practices.
 - e) In addition, the custodial provider will perform nightly cleaning duties.
- 2) Athletes and staff
 - a) Both athletes and staff will sanitize their hands before, during and after workout. There will be multiple hand sanitizing stations spread out at all conditioning and skills areas.
 - b) There will be no high fives, back slaps or any other physical encouragement.
 - c) 6-foot social distancing will be kept when not actively exercising.
 - d) **Face coverings are required at all times except when actively exercising or socially distancing** (see Executive Order GA-29).

FACE COVERINGS-EXECUTIVE ORDER GA-29

Executive Order GA-29--regarding face coverings, applies to all UIL activities effective July 3, 2020. This includes the 2020-2021 school year. As the public health situation changes, and/or if subsequent Executive Orders are issued by Governor Greg Abbott, these guidelines may be further modified.

- 1) For the purposes of this document, face coverings include non-medical grade disposable face masks, cloth face coverings (over the nose and mouth), or full-face shields to protect eyes, nose and mouth. Face shields may be superior to cloth face

coverings in many circumstances, given improved ability to see mouth movements and improved air circulation.

- 2) All employees, parents, visitors and students ten years of age or older must wear face coverings or face shields upon entry to an area where UIL activities are being conducted and when not actively practicing or playing in the contest, unless an exception listed below applies.
- 3) The face coverings requirements do not apply to a school in a county that meets the requirements of paragraph 11 of Executive Order GA-29, unless the local school system chooses to implement these requirements locally. Even in these circumstances, the wearing of face coverings or face shields is strongly encouraged.

Exceptions to wearing of face coverings or face shields include:

- Any person with a medical condition or disability that prevents wearing a face covering.
- While a person is consuming food or drink.
- While the person is in a swimming pool, lake or similar body of water.
- When a congregating group of persons maintains at least 6 feet of social distancing or
- Any other reason or circumstance indicated under Executive Order GA-29.

IV. STUDENT ATHLETE REQUIREMENTS (9th-12th only)

- 1) Athletes will be required to have the following on file with Plano ISD before participating
 - a) Plano ISD Forms
 - i) Plano ISD physical
 - ii) Rank One online forms completed
- 2) Athletes will self screen each day, including a temperature check, if possible, prior to arriving at any Plano ISD campus.
- 3) Athletes will stay home if they answered “YES” to any screening questions or if they do not feel well.
- 4) **6-foot rule** – maintain 6 feet of space between each other. This includes lift groups, run groups and common areas including restrooms.
- 5) **Physical Contact** – limit physical contact with others. Do not shake hands, hug, fist-bump or high five.
- 6) Athletes will use hand sanitizer before entering the facility, during workouts and when exiting skills (hand sanitizer will be provided).
- 7) **Restrooms** – student athletes and coaches will be required to wear masks in restrooms; student athletes are required to wash hands; sanitize hands after exiting; trash cans will be placed near the doors to encourage student athletes to open the door with the paper towel used to dry hands.
- 8) **Hydration** – water will not be provided for student athletes. Student athletes will be required to bring their own individual labeled water bottles. However, we will provide a water source for athletes to refill their water container as needed. **They are prohibited from sharing water bottles.**

V. STUDENT ATHLETE EQUIPMENT CHECKLIST

- 1) Students will provide:
 - a) Cloth mask.
 - b) Water bottle (clearly mark students name on bottle/jug).

VI. STAFF REQUIREMENTS

- 1) Staff will check in and complete the screening process each day from their phone before arriving .
- 2) Staff will stay home if they answered “YES” to any screening questions or if they do not feel well.
- 3) Staff will be responsible for checking their own temperature.
- 4) Staff will adhere to social distancing guidelines when possible.
- 5) Staff will use hand sanitizer before entering the facility, during workouts and skills.
- 6) Staff will bring their own labeled water bottle.
- 7) **Face coverings are mandatory.**

VII. SCREENING PROCESS – DAILY

- 1) **BEFORE arriving at the athletic facility, every student will have filled out the screening questionnaire on their phone. If a student answers “YES” on any question, they will stay at home and call their coach to let them know.**
- 2) All student athletes are required to complete the [online COVID-19 Daily Questionnaires](#) for symptoms prior to leaving home, including checking your temperature if you can.
 - a) **Screening questions:**
 - i) In the past 14 days, have you had known contact with any person with a lab confirmed case of COVID-19?
 - ii) New or worsening cough or shortness of breath/difficulty breathing?
 - iii) At least two of the following symptoms:
 - (1) Chills?
 - (2) Cough?
 - (3) Muscle pain?
 - (4) Headache?
 - (5) Sore throat?
 - (6) Diarrhea?
 - (7) Fatigue?
 - (8) Congestion or runny nose?
 - (9) Nausea or vomiting?
 - (10) Do you have any loss of taste or smell?
 - (11) Shaking or exaggerated shivering?
 - (12) Do you feel feverish or have a measured temperature greater than or equal to 100?
- 3) **Temperature checks:** All staff and student athletes will be responsible for checking their own temperature each and every day. Athletic Trainers will also have the ability to check temperatures with all staff and students as needed.
- 4) A hand sanitizing station will be set outside the indoor facilities screening checkpoint where all student athletes and staff must sanitize their hands prior to entry/re-entry into the indoor facility.

VIII. COVID-19 SYMPTOMS, TESTING & MANAGEMENT

- 1) COVID-19 symptoms or positive test.

- a) Confirmed COVID-19 positives will be managed by the Collin County Health Department, per current public health guidelines. Management will include testing, isolation and symptom management as well as return-to-sport clearance.
- b) 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 Plano ISD licensed athletic trainers 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.**
- c) Student athletes who are presumed or confirmed COVID-19 positive cannot report to campus until cleared to do so by the Plano ISD campus coordinator and the campus licensed athletic trainers by meeting the criteria listed below.
 - i) At least 1 day (24 hours) have passed since recovery (resolution of fever without the use of fever-reducing medications) AND improvement in respiratory symptoms (e.g. cough, shortness of breath) AND at least 10 days have passed since symptoms first appeared.
- d) If the individual has symptoms that could be COVID-19 and wants to return to school before completing the above stay at home period, the individual must:
 - i) Obtain an acute infection test at an approved testing location (<https://tdem.texas.gov/covid-19>) that comes back negative for COVID-19.
 - ii) The student athlete obtains a medical professional's note clearing them for return based on an alternative diagnosis.
- e) 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.
- f) **Positive test confirmed** – If a student athlete tests positive for COVID-19, they are to self-isolate until 10 days from onset of symptoms AND 24 hours of being symptom free without medications.
- g) If a student athlete has been in **close contact with someone who has tested positive for COVID-19** or has a family member that lives with them that has tested positive for COVID-19:
 - i) Student athletes should inform the campus athletic coordinator and the campus licensed athletic trainer and quarantine for 14 days.
 - ii) Plano ISD licensed athletic trainers will notify appropriate health officials.
 - iii) Plano ISD licensed athletic trainers will notify student athletes who may have been exposed to COVID-19 and provide guidance. Fellow student athletes may be sent home to self-quarantine for at least 14 days or until a confirmed negative test result is received. Contact tracing will be overseen by the campus athletic coordinator and the campus licensed athletic trainer.
 - iv) **“Close Contact”** is determined by an appropriate health agency. For clarity, close contact is defined as:
 - (1) Being directly exposed to infectious secretions (e.g., being coughed on).
 - (2) Being within 6 feet for a cumulative duration of 15 minutes, however, additional factors like case/contact masking (i.e., both the infectious individual and potential close contact have been consistently and properly masked), ventilation, presence of dividers, and case symptomatology may affect this determination.

either (1) or (2) defines close contact if it occurred during the infectious period of the case, defined as two days prior to symptom onset to 10 days after symptom onset. In the case of asymptomatic individuals who are lab-confirmed with COVID-19, the infectious period is defined as two days prior to the confirming lab test and continuing for 10 days following the confirming lab test.

IX. ENTRY PROCEDURES

- 1) All student athletes are required to enter the athletic facility via the entrance designated for your school. This is **THE ONLY permissible entry** for employees/student athletes. All other entry points will be inaccessible. Student athletes will have the ability to fill out the screening questionnaire if they were unable to do so before arriving.

X. LOCKER ROOM REGULATIONS

- 1) Locker rooms will not be open and available prior to school unless it's for practice purposes.
- 2) Non athletic classes will not utilize the athletic locker rooms.
- 3) Any equipment kept in student lockers should be cleaned out nightly by the athlete to allow for proper cleaning and sanitization. Helmets and shoulder pads are allowed to stay overnight.
- 4) Staff and students must wear face coverings while inside locker rooms, meeting rooms, and training rooms.
- 5) 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. Entrances will be monitored by coaches.
- 6) Student athletes are to dress rapidly as possible to minimize time in the locker room.
- 7) Social Distancing measures will be in effect throughout all locker rooms.
- 8) Coaches and athletes will be required to wear a mask.
 - a) Athletes will not be required to wear a mask in the shower area.
- 9) Athletes will leave the locker once cleaned and changed--no congregating.

XI. UNIFORMS & PRACTICE GEAR

- 1) Uniforms will be laundered by the coaching staff.
- 2) Practice cloth gear will be laundered by the family of the athlete or the coaching staff daily.
- 3) Coaches will wear the proper PPE when collecting and cleaning the laundry.
 - a) Mask and gloves will be worn at all times.

XII. WEIGHT ROOM PROCEDURES/POLICIES

- 1) Both athletes and staff will sanitize their hands before, during and after workout. There will be multiple hand sanitizing stations spread out at all conditioning and skills areas.
- 2) There will be no high fives, back slaps or any other physical encouragement.
- 3) 6-foot social distancing will be kept when not actively exercising.
- 4) Spotting is allowed but the spotter will wear a cloth mask/covering.
- 5) Bars and other equipment will be sprayed and wiped after every use.

- 6) Any equipment should be regularly disinfected during sessions.
- 7) Each campus will have a weight room schedule to ensure proper group sizes, proper communication and equity for all teams.

XIII. EXIT PROCEDURES

- 1) Student athletes must use the designated exit route identified during orientation, while practicing social distancing, avoiding contact with other student athletes and staff.
- 2) Students must sanitize their hands when they exit the facility.
- 3) Parents must stay in their cars during pick-up process.

XIV. PARENT/GUARDIAN COMMUNICATION PLAN

- 1) Return to athletics plan will be posted on the Plano ISD Athletic website as well as the district website.
- 2) Frequent emails will be sent to all parents/guardians outlining return to campus plans and safety measures.
- 3) Coaches will educate the athletes via Zoom meetings and google classroom before they show up day one.
- 4) Constant and detailed communication via email with parents/guardians.

XV. Plano ISD

- 1) Athletic practices and contests will be conducted following all safety protocols provided by guidance from UIL and Plano ISD. This will include self screening by all participants, sanitizing of equipment, locker room usage, laundry, etc.
- 2) If in-season athletes choose PISD School@Home, they are required to attend practices during the athletic period, as well as before or after school practices to be recorded present, receive credit, and qualify for playing time.
 - a) *Transportation will not be provided to and from athletic practices for students who choose virtual learning, it will be the responsibility of the student.*
 - b) *The coaching staff will be flexible with student athlete ride issues as they come up to practice daily.*
- 3) **HYBRID MODEL:** All student athletes will be expected to attend the athletic period daily and participate in before or after school practice or strength/conditioning training.
 - a) Virtual students will travel to the campus for their athletic period and any related activities before or after school *required for in-season sports
 - b) Face-to-Face students will attend the athletic period as part of their normal school day on campus as well as any before or after school activities
- 4) 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.
- 5) Cleaning and sanitization of all athletic facilities will happen routinely.
- 6) All locker room space will be utilized according to the guidelines.
- 7) Bus travel will follow transportation guidelines by the TEA, UIL and Plano ISD.
- 8) Spectator attendance at games and contests will be limited to 50% capacity and will follow all UIL guidelines.
- 9) 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.

XVI. PREPARING FACILITIES

- 1) Sanitation supplies delivered, installed and placed in predetermined places.
- 2) Trash cans delivered and placed strategically for paper towels used at racks.
- 3) Social distancing signs and hand washing signs will be displayed.
- 4) Hand sanitizing stations will be set up throughout the facility for use.
 - a) Hallways, coaches offices, team rooms, weight rooms and indoor facilities.

XVII. TRANSPORTATION

- 1) 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.
- 2) Coaches will communicate in advance the expectations for travel to and from games.
- 3) Face coverings will be worn during bus transportation.
- 4) Seating charts on buses will be created by the coaching staff.
- 5) Students are encouraged to ride home with parents following all games.
 - a) Proper paperwork will need to be provided from the family to ride home with parents.

XVIII. PRACTICE/GAMES

- 1) Every athlete is expected to attend all practices and games.
- 2) If an athlete misses practices time or games due to COVID-19, there will not be disciplinary consequences.
- 3) Parents will not be permitted to attend practices at indoor or outdoor venues.
- 4) Face coverings will be worn during games while sitting on the bench or standing on the sidelines. Face coverings will be worn during practices when athletes are NOT actively exercising. Coaches will be required to wear face coverings, unless they are able to maintain at least 10 feet of social distancing.
- 5) Coaches will space players out on sidelines and bench area while the game is in progress.

| Conference 5A-6A | | | | |
|------------------|-----------------------|-----------------------------------|---------------------------------|----------------------|
| Activity | 1st Day for Practices | 1st Day for Games/ Matches/ Meets | District Certification Deadline | State Championships |
| Team Tennis | ** | September 7, 2020 | October 24, 2020 | November 11-12, 2020 |
| Cross Country | ** | September 7, 2020 | November 14, 2020 | December 5, 2020 |
| Volleyball | September 7, 2020 | September 14, 2020 | November 17, 2020 | December 11-12, 2020 |
| Football | September 7, 2020 | September 24, 2020 | December 5, 2020 | January 2021--TBD |

XX. WATER BREAKS

- 1) All water breaks should be scheduled into practices.
- 2) Student athletes and coaches should have their own water bottle.
- 3) Individual cups can be provided for a one time use only.
- 4) Refill stations will be provided for student athletes to refill their water bottles.

XXI. PLANO ISD ATHLETIC TRAINING

Athletic Training room (ATR) guidelines for the 2020-2021 school year.

Athletic training rooms typically are shared environments with multiple individuals and groups of athletes all seeking the attention of the athletic trainer or other member of the Sports Medicine Team during a short consolidated period of time as the athletes prepare for practice or a game. This close contact environment in a shared space may act as a source for the spread of infection. It is therefore critical that infection control standards be adopted to attempt to mitigate this risk.

It is imperative that access to the athletic training room be limited and well documented. Athletes can no longer be allowed to come and go as they please, in mass or without purpose. The athletic training room must be treated as a health care facility and visits not directly related to athlete health and safety should be eliminated. It will also be necessary to tightly control the number of athletes, staff and students in the facility at any one time. Standard safety precautions such as social distancing, wearing masks and hand washing must be followed.

- 1) ATR hours may be limited and will be posted at each campus.
- 2) Temperature checks may be done upon entry into the ATR.
- 3) Amount of athletes allowed in ATR will be limited (10; this will vary by campus).
- 4) Masks will be required at all times in ATR (except in some emergency situations).
- 5) Athletes are responsible for bringing their own mask.
- 6) Athletes will be required to wash hands or use hand sanitizer upon entering ATR.
- 7) Only athletes receiving an evaluation, treatment or rehab may enter.
- 8) Whirlpool/ice baths will only be used in heat illness emergency.
 - a) Cold towels will be limited to single use.
- 9) Moist heat packs will be used at ATs discretion (cloth covering will be single use).
- 10) Ice bags will be given but NO flex-wrap will be allowed.
- 11) Therapeutic modalities and rehab equipment may be limited.
- 12) At home rehab may be sent out (athletes responsibility to complete).
- 13) Taping will be only as medically necessary (and at the ATs discretion).
 - a) Athletes will be encouraged to wear a brace first before taping is an option .
- 14) First aid carts will be placed outside the ATR for bandaids and basic self serving first aid.

| SPORT | 1st PRACTICE DATE | 1st GAME |
|---------------|--------------------------|-----------------|
| Volleyball | September 7th | September 14th |
| Cross Country | ** | September 7th |
| Football | September 7th | September 24th |

| | | |
|---|--|-------------------------|
| Team Tennis | ** | September 7th |
| Golf | ** | September 7th |
| Girls Basketball | October 21st | November 6th |
| Boys Basketball | October 28th | November 13th |
| Soccer | November 30th (Tentative) | January 2nd (Tentative) |
| Softball | TBD | TBD |
| Baseball | TBD | TBD |
| Swim & Dive | ** | September 7th |
| Wrestling | TBD | TBD |
| Track & Field | TBD | TBD |
| **Indicates sport that allows year round practice | | |
| | | |
| August 12-Sept 4 Plano ISD--Full Virtual | All sports get 1 hour of strength/conditioning before/after school (Mon-Fri) | |
| | All sports get 1 hour of sport specific skill work before/after school (Mon-Fri) | |
| | Virtual athletic period is mandatory w/ lessons provided | |
| | Football, Volleyball, Cross Country, Tennis, Golf, Swim/Dive can utilize the athletic period. All offseason sports can only attend before or after school sport specific skills or strength conditioning | |