



# **Spring/Fall Off-Season Voluntary Workouts**

## **Athletics and Activities Department**

### **Methacton School District**

#### **Overview**

The COVID-19 pandemic has presented student athletics and student activities with a myriad of challenges. Recognizing that it is not possible to eliminate all risks of contracting COVID-19, the Methacton School District has considered the advice from health experts as well as the CDC, NFHS and PIAA and is following similar plans to other Pioneer Athletic Conference schools Districts. This plan outlines actions that we will take to reduce the risks to students, coaches, and their families during out of season practices. **Where and when appropriate, this plan may be modified and updated for the safety of those involved.**

**Pending January school board approval, *spring optional workouts for high school spring and fall sports teams following this plan may begin after Wednesday, January 26.*** A schedule for voluntary workouts and site locations will be developed by the varsity head coaches and directors in conjunction with the Athletics and Activities office.

**The current official start date for PIAA spring sports is March 8, 2021, at which time full contact and sharing of equipment would begin per PIAA, local, and state guidance.**

Return to Activity Following Inactivity: A thoughtful approach to exercise gives students a chance to acclimatize to the intensity/duration of practices. This slow ramp up of exercise can decrease the risk of injury and illness. Since practices and competitions have been halted, many athletes are deconditioned, putting the athlete at much higher risk for injury if pushed too quickly with high volumes and high intensity. Overtraining, defined as prolonged or excessive repetitive activity or workouts in efforts to “catch up,” does not allow the body to adjust and recover, which can lead to decreased performance and/or increased risk of injury.

#### **High Risk Groups**

The Center for Disease Control and Prevention (CDC) guidelines advise individuals with any of the following underlying health conditions to not participate in summer voluntary workouts.

Some of the higher risk categories are:

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|---|---|
| People at higher risk for severe illness        | Individuals who are pregnant or breastfeeding |
| People who are immunocompromised                | Individuals with diabetes                     |
| Adults 65 or older                              | Individuals with chronic kidney disease       |
| Individuals with asthma or chronic lung disease | Individuals with severe obesity (BMI 40+)     |
| Individuals with HIV                            | Individuals with liver disease                |

#### **Point of Contact**

The primary points of contact for this plan will be the Director of Athletics and Activities and the Athletic Trainers.

#### **PPE Requirements**

All Coaches directly interacting with students must wear face coverings at all times. Any exceptions to this – for medical reasons – must be approved by the Director of Athletics and Activities.

#### **Pre-Workout Screening**

Coaches and students are **ALL required** to wash their hands for a minimum of 20 seconds (or use hand sanitizer if a handwashing station is not available).

Coaches and students will complete a “COVID- 19 Pre-Screening Form” **prior** to any workout or team meeting or activity that brings together the Coach and students. The form will be submitted to the Coach **prior** to the start of each workout or team meeting, to be submitted no more than two hours prior to the start time. No exceptions! Form completion is required to

participate. Responses to screening questions for each person should be recorded and stored so that there is a record of everyone present.

### **Social Distancing**

Coaches and students should remain 6 feet apart at all times and all activities must be non-contact. Workout and training activities must be organized to allow for this required spacing. This includes students actively engaged in activity, as well as students who are waiting for participation. Student and Coach bags, apparel, etc. should be at least 6 feet apart.

Coaches will group students in small pods as appropriate.

Students should not enter or leave the practice facility together or within 6 feet of each other.

Parents picking up students should remain in their vehicles.

Indoor facilities including, but not limited to gyms, weight rooms, pool, meeting rooms and the athletic training room must adhere to all occupancy guidelines and be approved for use by the Director of Athletics and Activities, with a specific purpose.

### **Number of Participants**

Each indoor activity area will be limited to the current approved number of participants within that facility, including Coaches and students. Parents, community members and spectators will not be permitted to attend workouts.

### **Equipment Sanitizing**

Prior to each workout, all equipment will be sanitized as appropriate. Students may not share personal equipment or clothing with one another including sticks, gloves, pinnies, etc.

Students and Coaches will be encouraged to wash their hands or use hand sanitizer frequently during training sessions.

### **Bathrooms**

Depending on the size of the bathroom facility, a maximum of 2 individuals may be allowed access at any given time. These spaces will be cleaned on a regular basis.

### **Hydration**

All students must provide their own water bottles and hydration which should be labeled with the individuals' name. Students will not be permitted to participate without water. Water bottles must not be shared. Students are encouraged to bring more water than they think they will need. Bottles can only be filled utilizing touchless fountains.

### **Hygiene**

At the conclusion of a workout/activity, students must wash their hands or use hand sanitizer. Students will be encouraged to shower as soon as they get home from their workout. Students are encouraged to wash all garments and equipment after each workout.

### **Ventilation**

The HVAC systems within the District pool and gym areas are designed to bring in outside air and expel the air at seven times per hour (air exchange). To maintain the air balancing in these areas, the doors should not be propped open to the lobby, hallways, or outdoors. This will impact the temperatures and humidity in those spaces and overtax the systems operating within those areas. The systems have been set so that they are bringing in additional outdoor air when possible and running the systems before and after the space has been occupied as recommended by the CDC.

### **Facility Cleaning**

All facilities utilized during summer workouts will be cleaned and sanitized on a regular basis. The Director of Facilities will establish a schedule for cleaning.

### **Participating Students or Coach Who Contract COVID-19**

If a student or Coach contracts the COVID-19 virus, the individual must be immediately removed from participating and is required to follow the recommendations of their healthcare provider for quarantining processes and other required processes found medically appropriate by their physician. Written documentation of clearance from a health care provider (MD, DO, NP, PA) is required in order to return.

### **Classification of Sports**

**High Risk** - Sports that involve close, sustained contact between participants, lack of significant protective barriers, and high probability that respiratory particles will be transmitted between participants.

EX – Football, Wrestling, Cheerleading (stunting)

**Moderate Risk** - Sports that involve close, sustained contact, but with protective equipment in place that may reduce the likelihood of respiratory particle transmission between participants OR intermittent close contact OR group sports that use equipment that can't be cleaned between participants.

EX – Basketball, Baseball, Field Hockey, Girls Lacrosse, Softball, Soccer, Tennis, Track Jumping Events

**Low Risk** - Sports that can be conducted with social distancing or individually with no sharing of equipment or the ability to clean the equipment between uses by competitors

EX – Cross-Country, Track Running and Throwing Events, Swimming, Golf, Sideline Cheerleading

\*\*\* High & Moderate Risk Sports may move to Low Risk category with non-contact modifications approved by the Athletic & Activities Director. Team activities should be limited to individual skill development drills that maintain social distancing. \*\*\*

### **Spring/Fall Sport-Specific Accommodations**

Varsity spring and fall sports may begin off-season workouts under the below conditions.

Low Risk sports and activities can practice as they typically would, assuming the recommendations listed in this document are followed. Moderate Risk sports and activities can practice with the below modifications.

Teams should follow this guide to get their summer workouts started:

- Week 1 (or sessions 1-4)
  - o Training session not to exceed 90 minutes
  - o Water breaks at least every 15 minutes
  - o Introductory Conditioning
  - o Sport specific drills and skill development without the sharing of equipment
  
- Week 2 (or sessions 5-8)
  - o Training session not to exceed 120 minutes
  - o Water breaks every at least every 20 minutes
  - o Moderate Conditioning
  - o Sport Specific drills, skill development, agility and plyometric work
  - o Sharing of equipment is now acceptable with proper sanitization before and after workouts

**Cheerleading** –When practicing, students must wear a face covering when appropriate. Students are to remain 6 feet apart when possible. When stunting, student-athletes must wear face coverings when possible and safe. If stunting occurs, masks can be used. Face shields are not permitted while stunting.

During contests, cheerleaders should stand 6 feet from each other. They must wear face coverings if they are less than 6 feet apart.

Poms should be assigned to each individual and labeled in some way. Cheerleaders should not touch anyone else's poms.

**Lacrosse** – Focus should be on conditioning and skill/drill work. Players should be stationed at individual areas the vast majority of the time. Individual skill program with personal equipment to work on skill development (shooting, passing, etc.) should be the focus. There may also be walk-throughs of teaching concepts while maintaining social distancing. EX – offensive players can't move from their spot. Defense must maintain 6' of distance. Players will remain 6 feet apart during skill/drill work.

**Baseball/Softball** – Focus should be on conditioning and skill/drill work. Players should be stationed at individual areas the vast majority of the time. Individual skill program with personal equipment to work on skill development (fielding, hitting, baserunning, etc.) should be the focus. There may also be walk-throughs of teaching concepts while maintaining social distancing. Players will remain 6 feet apart during skill/drill work.

**Track and Field**– Athletes will remain 6 feet apart at all times and wear masks at all times.

**Cross-Country** – Athletes will remain 6 feet apart at all times and wear masks at all times.

**Field Hockey** – Focus should be on conditioning and stick work. Players will be assigned their own individual field hockey balls. Players will remain 6 feet apart and masked at all times.

**Football** – Players must remain 6 feet apart and masked at all times. Groups will be separated into different pods on the field. Ball carriers/runners will work on agility and ball security using their own individual football. Offensive linemen will remain 6 feet apart and will work on stances and steps. Defensive linemen will work on stances, starts and redirection skills individually. Linebackers and secondary will work on pass drops and redirection skills. All members of the team will work on speed drills at a safe distance of 6 feet in all directions. Strength training will be done using body weight exercises in shifts with equipment sanitized in between uses.

**Golf** – Players will remain 6 feet apart and masked at all times. Each player will have their own golf balls. Clubs and balls should be sanitized frequently. Gloves should be cleaned as appropriate.

**Soccer** - Workouts should focus on conditioning and non-contact activities. Student should be assigned their own individual soccer ball. Balls should be sanitized after each use. Players must remain 6 feet apart and masked at all times.

**Tennis** – Each pod hitting around will have their own tennis balls. Balls will be picked up using hoppers or rackets. Players must remain 6 feet apart and masked at all times.

**Volleyball** - Each player participating will have their own volleyball (identified through being labeled, different colors, etc.). Balls should be sanitized after each use. Players must remain 6 feet apart and masked at all times.

***Adopted for January, 2021***