



Winter Off-Season Voluntary Workout Plan

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 October school board approval, Fall/Winter optional workouts for high school winter sports teams following this plan may begin on or after Wednesday, October 28. 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 winter sports is November 20, 2020, 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/directors 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.

Athletes/marching band students must wear masks or face coverings where and when appropriate, during non-activity times or when social distancing is challenging (sidelines, dugouts, athletic training room, etc.).

Pre-Workout Screening

Coaches/directors 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/directors and students will complete a "COVID- 19 Pre-Screening Form" **prior** to any workout or team meeting or activity that brings together the coach/director and students. The form will be submitted to the coach/director **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/directors 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/director bags, apparel, etc. should be at least 6 feet apart.

Coaches/directors 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 25 participants, including coaches/directors and students until otherwise authorized by the office of athletics and activities. Parents, community members and spectators will not be permitted to attend workouts.

Equipment Sanitizing

Prior to each workout, all equipment will be sanitized. Students may not share equipment with one another including athletic equipment, instruments, pinnies, etc. Any time equipment is used by one individual, it will be sanitized prior to the next person using that piece of equipment.

Students and coaches/directors 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 set 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/Director Who Contract COVID-19

If a student or coach/director 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. ***

Winter Sport-Specific Accommodations

Varsity winter sports and the MHS Marching Band may begin off-season indoor 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.

Basketball – Focus should be on conditioning and skill/drill work. Players should be stationed at individual baskets the vast majority of the time. Individual skill program with a personal basketball to work on dribbling, shooting, perimeter moves, post moves. 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. Offensive players pass an imaginary ball to teach defensive slides and positioning. . Players will remain 6 feet apart during skill/drill work. After the completion of week one, basketballs can be shared amongst players. Basketballs should be cleaned/sanitized after each use.

Wrestling – Groups will be separated into different pods in the wrestling room. Focus should be on conditioning and skill/drill work. All members of the team will work on speed/agility drills at a safe distance of 6 feet in all directions. Strength training will be done using body weight exercises in shifts with any equipment/mats sanitized in between uses. Shadow wrestling will be permitted. All wrestlers will remain 6 feet apart.

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

Swimming and Diving - Athletes will remain 6 feet apart at all times and wear masks when appropriate. Any equipment that is used should be sanitized after each use. Athletes should be placed in pods to be utilized in the different lanes within the swimming pool.

Marching Band – There will be no sharing of instruments during practices/rehearsals. The directors should pass along equipment to students at the beginning of each practice/rehearsal using gloves and a mask. Only one student would then touch the equipment for the remainder of the practice/rehearsal. Equipment should be sanitized after each use. Participating students must social distance when possible.

Adopted for October, 2020