



# ACPS Reopening Sports/Activities Summer Guidance



<b>Objective</b>	This document is intended to provide guidance for schools to consider with their stakeholders in designing return-to-activity protocols in accordance with state and city restrictions. It allows for a coordinated reopening following the initial stay at home orders and may also be used if conditions dictate the need for increased restrictions in the future.
<b>Foundational Statements</b>	<p>Alexandria City Public Schools believes it is essential to the physical and mental well-being of students to return to physical activity, athletic competition, and extra-curricular activity.</p> <p>The VHSL recognizes that all Virginia students may be unable to return to and sustain athletic activity at the same time across the state. There will also likely be variation what sports and activities are allowed over the next 9 to 12 months.</p> <p>VHSL Sports Medicine Advisory Committee will create and provide guidelines to school division to assist local school boards with the development of their own reopening plans.</p> <p>Alexandria City Public Schools advocates for returning students to school-based athletics and activities and allowing youth sports organizations to operate in any and all situations where it can be done safely.</p> <p>Prior to allowing use of facilities, schools should review facility use agreements, especially in the areas of sanitation requirements and liability.</p>
<b>Points of Emphasis</b>	<p>Decreasing potential exposure to respiratory droplets is the guiding principle behind social distancing and the use of face coverings. The use of cloth face coverings is meant to decrease the spread of respiratory droplets.</p> <p>Administrators and coaches must emphasize the need for all coaches and participants who have signs or symptoms of illness to stay home when ill to decrease risk of viral transmission.</p> <p>"Vulnerable individuals" are defined by CDC <a href="https://www.cdc.gov/coronavirus/2019-ncov/need-extra-precautions/people-with-medical-conditions.html">https://www.cdc.gov/coronavirus/2019-ncov/need-extra-precautions/people-with-medical-conditions.html</a></p> <p>Current pre-season conditioning and acclimatization models assume that athletes have deconditioned during the stay at home orders. The current pandemic may result in students being deconditioned for several months. The intensity and duration of training should be moderated upon return. The NFHS is currently involved with several organizations in developing consensus guidelines for the resumption of workouts and practices. We will continue to follow guidance from NFHS, VHSL, and local health department(officials as new information is available) .</p> <p>Due to the near certainty of recurrent outbreaks in the coming months, our schools must be prepared for periodic school closures and the possibility of some teams having to isolate and/or quarantine for two or more weeks while in-season.</p> <p>Phases are in accordance with guidelines published by NFHS, VHSL, ACPS and local health officials and are subject to change. These criteria will be determined by the Governor's Task Force, VHSL and ACPS and should be strictly followed.</p> <p>All Coaches who want to participate in practices/conditioning days will have to attend a training seminar conducted by the Head Athletic Trainer and Director of Athletics to go over all of the required processes and procedures to host athletic practices/conditioning days safely.</p> <p>Each sport/coach will be required to schedule a tabletop exercise with Cheryl Farino at the Alexandria Health Department - at least 1-2 weeks before sport conditioning begins - so that AHD can walk through what ACPS will do and how AHD will help with that process.</p> <p>Fall Sports highlighted in <b>GREEN</b> will get first priority on scheduling and hosting conditioning days.</p>

	ACPS STEP 1	ACPS STEP 2	ACPS STEP 3
<b>Facilities Cleaning</b>	NO SPORTS IN THIS PHASE	<p>Heightened and frequent cleaning schedules will be created and implemented for all athletic facilities. EO 67 guidelines recommends every 60 minutes and disinfect after every use of any shared equipment.</p> <p>Athletic Training facilities may be utilized if adhering to the cleaning, occupancy limits, and physical distancing.(Commonwealth of Virginia) guidelines can be found <a href="#">here</a>.</p> <p>Prior to an individual or groups of individuals entering a facility, hard surfaces within that facility should be wiped down and sanitized (chairs, furniture in meeting rooms, weight room equipment, bathrooms, athletic training room tables, etc.). A list of EPA approved disinfectants can be found <a href="#">here</a>.</p> <p>ACPS prohibits the use of any equipment that cannot be thoroughly disinfected between uses (e.g., climbing rope, exercise bands, etc.)</p> <p>Weight equipment shall be wiped down with disinfectant thoroughly before and after an individual's use of equipment.</p> <p>Any equipment such as weight benches, athletic pads, etc. having holes with exposed foam shall be covered and not used. If equipment cannot be thoroughly disinfected it shall not be used.</p> <p>School Shower stalls shall be cleaned after each use.</p> <p>Schools facilities cleaning will follow division wide cleaning practices specified in reopening plan. (ie. Gym, office space, bathrooms)</p>	
<b>Entrance/Exit Strategies</b>	NO SPORTS IN THIS PHASE	<p>Strategies will be implemented to adhere to social distancing of a minimum of 10ft apart to prevent groups from gathering at entrances/exits to facilities, to limit crossover and contact including staggering starting/ending times. There will also be staggered drop off and pick up times for athletes in different outside areas of the school.</p>	
<b>Limitations on Gatherings</b>	No Workouts will be permitted .	<p>No gathering of more than 50 people inside of the T.C. Williams Gymnasium(King Street), which includes all athletes and coaches.</p> <p>No gatherings outdoors of more than 60 people outside on any ACPS fields, which includes all athletes and coaches.</p> <p>The lockers in the both the boys and girls locker rooms will be off limits for conditioning days at TC King Street and Minnie Howard locations. The bathrooms will be accessible to athletes and coaches to utilize in the locker rooms.</p> <p>Workouts shall be conducted in "pods" of students with the same 5-10 students always working out together. Smaller pods of 2-4 students shall be utilized for weight training. This ensures more limited exposure if someone develops an infection.</p> <p>Groups or pods shall be the same individuals (including coaches) for each session to limit risk of exposure. Students or coaches <b>CANNOT</b> change groups for the duration of this</p>	

		<p>guidance.</p> <p>There must be a minimum distance of 10 feet between each individual at all times. Appropriate social distancing will need to be maintained on sidelines and benches during practices. It will be recommend that the use of tape, cones or paint as a guide for students and coaches will be mandatory.</p> <p>Utilization of tape measures or 10-foot sticks (e.g. four yard sticks, overlapping and extending to 10 feet, and taped together) so coaches and student-athletes consistently achieve a 10-foot marking will be required</p> <p>No Parents or Spectators allowed at Conditioning Day practices.</p>	
<b>Pre-Workout Screening</b>	No Workouts will be permitted.	<p>All coaches and students shall be screened daily for signs/ symptoms of COVID-19 prior to participating, including a temperature check. Anyone with a temperature of greater than 100.0 degrees or with symptoms of Covid19 will not be allowed to participate and will be sent home.</p> <p>All athletes will be required to take their own temperature at home each day no more than 2 hours before the practice time begins. This information will be required to be recorded into our RankOne system which every athlete and coach has access to.</p> <p>Athletes and coaches will be required to answer screening questions each day in order to participate. This will be done using our RankOne System which will allow athletes/coaches the ability to record their answers. It is required that coaches use this tool to check to see who is cleared to participate each day.</p> <p>If athletes forget to take temperature at home or do not have a thermometer then coaches will take temperature for them when they arrive. When athletes arrive in their cars they will have to stay in vehicle until temperature is taken and screening questions are reviewed. Once this is completed satisfactory the athlete may exit vehicle and head to their assigned conditioning area. If athletes are walking to school there will be a (socially distancing) staging area for those athletes to wait and get their pre-workout screening.</p> <p>Any person with positive symptoms reported will not be allowed to participate, they will be told to self-isolate, and contact their primary care provider or other health-care professional. The person demonstrating positive symptoms will need clearance from his or her primary care provider or other appropriate health-care professional before returning. If the person test positive for COVID-19, a letter will be sent to all individuals within this individuals pod or team group, AHD and ACPS recommended staff(See Below)</p> <p>Vulnerable individuals shall not supervise or participate in any workouts during Phase 2.</p>	
<b>Pre-Screen Documentation and Responsibility</b>	No Workouts will be permitted.	<p>The athletic director/athletic trainer will train each coach participating on how to properly screen athlete, on how to pull reports in RankOne, and on how to properly social distance and run a practice for their sport.</p> <p>Each day all athletes will have to answer the pre-screening questions and submit online via RankOne.</p> <p>Each day all athletes will have to take their own temperature and record it into RankOne.</p>	

		All athletes will be required to have a physical form on file as well as complete the online registration process before participation in any conditioning day.	
<b>Notifying appropriate staff members when individuals report positive symptoms</b>	No Workouts will be permitted.	School Principal, Director of Athletics, School Nurse, Athletic Trainer, Coach, and Chief of Staff.	
<b>Face Coverings</b>	No Workouts will be permitted.	<p>State guidelines for cloth face coverings shall be strictly followed.</p> <p>Cloth face coverings should be considered acceptable. There is no need to require or recommend "medical grade" masks for physical activity.</p> <p>It will be recommended that all students wear mask and any student who prefers to wear a cloth face covering should be allowed to do so but they are not required too during conditioning activities as long as they are socially distancing 10 feet apart.</p> <p>Coaches who are coaching indoors must wear a face covering at all times.</p> <p>Coaches who are coaching outdoors are strongly encouraged to wear a face covering but are not required if they are socially distancing.</p> <p>Coaches and athletes are required to wear face coverings when conducting the pre-workout temperature check.</p> <p>Athletes/Coaches must wear face coverings at all times indoors while they are not actually practicing or doing conditioning work. If an athlete/coach leaves from outside to come inside to use the restroom they must wear their mask.</p> <p>Executive Order 63 allows an exemption for face coverings when individuals are exercising or using exercise equipment.</p> <p>One piece plastic shields covering the entire face will not be allowed during participation due to the risk of unintended injury to the person wearing the shield or others.</p> <p>Face coverings shall be laundered on a daily basis and hands shall be washed after touching/adjusting face coverings.</p>	
<b>Hygiene Practices</b>	No Workouts will be permitted.	<p>Wash your hands with soap and water for at least 20 seconds or use hand sanitizer containing a minimum of 60%+ alcohol especially after touching frequently used items or surfaces.</p> <p>All athletes/coaches will be required to wash their hands at the conclusion of practice.</p> <p>Sneeze or cough into a tissue, or the inside of your elbow. Avoid touching your face and wash or sanitize your hands afterwards.</p> <p>Disinfect frequently used items and surfaces as much as possible and between users.</p> <p>Strongly consider using face coverings while in public, and</p>	

		<p>particularly when using mass transit</p> <p>Students must be encouraged to shower and wash their workout clothing immediately upon returning home.</p>	
<b>Hydration/Food</b>	No Workouts will be permitted.	<p>All students and coaches must bring their own water bottle. Water bottles must not be shared. Athletes must have a minimum of 32 ounces to compete. Athletes will not be allowed to participate in workouts if they do not bring their own water. Food shall not be shared. Hydration stations (water cows, water trough, water fountains, etc.) will not be utilized.</p> <p>A water cooler will be provided in order to refill water bottles but there will be a designated person in charge of pressing the button to put water into the water bottles with gloves on and a mask (This person will wash hands before and after refilling water bottles). The athlete will come up with their water bottle and place it under the nozzle &amp; shall not touch the water nozzle. The designated person will press the button so the water comes out.</p>	
<b>Travel</b>	No team travel is permitted during Phase 1.	No Team travel is permitted during this phase.	
<b>Locker Rooms and Athletic Training Room Areas</b>	No Workouts will be permitted.	Locker rooms will not be utilized during ACPS Step 2. Students shall report to practice in appropriate attire and immediately return home to shower after participation. No students allowed in athletic training room unless Athletic Trainer is present and/or you have an appointment.	
<b>Weight Rooms</b>	No Workouts will be permitted.	<p>Anyone using weight equipment will be required to wipe it down thoroughly with disinfectant before and after use of equipment. Coaches will be responsible for making sure this happens with all athletes.</p> <p>Maximum lifts should be limited and power cages should be used for squats and bench presses. Allowable exercises should be individual based. If a spotter is needed then that exercise is not permissible to be done. All equipment should be disinfected after each use.</p> <p>A maximum of 10 people will be allowed in the weight room at a time including coaches. Mask will be required to be worn at all times in the weight room</p>	
<b>Other Restrictions must be adhered to throughout all out of season and in-season practices</b>	No Workouts will be permitted.	T.C. Williams Athletics Heat/Cold Weather Guidelines	
<b>Acclimation Period to Cardiovascular Fitness</b>	No Workouts will be permitted.	No more than a 2 hours practice session per day per individual. Each Coach must submit a practice plan on what they will be doing each conditioning day and how they will effectively follow this plan.	
<b>Physical Activity and Athletic Equipment</b>	No Workouts will be permitted.	<p>There shall be no shared athletic towels, clothing, equipment or shoes between students.</p> <p>Students shall wear their own appropriate workout clothing (do not share clothing), and individual clothing/towels shall be washed and cleaned after every workout.</p> <p>Individual drills requiring the use of athletic equipment are permissible, but the equipment must be cleaned prior to use by the next individual. Required disinfecting will occur for equipment between each group usage.</p>	

		Physical contact such as high-fives, fist bumps, and hugs shall not be allowed.	
<b>Examples (Including by limited to):</b>	No Workouts will be permitted.	<p>A football player shall not participate in team drills with a single ball that will be handed off or passed to other teammates. Contact with other players is not allowed, and there shall be no sharing of tackling dummies/donuts/sleds.</p> <p>A volleyball player shall not use a single ball that others touch or hit in any manner.</p> <p>Cheerleaders may not practice/perform partner stunts or building. ( jumps, dances without contact are permissible.) Chants are permissible but facemask must be worn and athletes must be a minimum of 12ft apart.</p> <p>Tennis players may do individual drills, wall volleys and serves.</p> <p>Runners shall maintain the recommended 10 feet of distancing between individuals</p>	
<b>General Activity Description</b>	<b>Individual Skill Development and Workouts Maintain Physical Distancing; No Contact with Others No Sharing of Equipment; No Grouping</b>	<b>Individual Skill Development and Workouts Maintain Physical Distancing; No Contact with Others No Sharing of Equipment; No Grouping</b>	WAITING FOR GUIDANCE FROM VHSL, NFHS AND LOCAL HEALTH DEPARTMENT
<b>Lower Infection Risk Activities</b>	Activities that can be done with physical distancing or individually with no sharing of equipment or the ability to clean the equipment between use by competitors. VHSL Athletics and Activities: cross country (with staggered starts), track and field*, swimming*, golf, tennis, speech; Other Examples: Sideline cheer Notes: In swimming, relays need to maintain social distance. In track and field, any field event with an implement needs to be cleaned after each use and masks to be worn by participants.		
<b>Cross Country</b>		Runners should maintain at least 10 feet of distancing between individuals, no grouping (i.e. starts and finishes).	
<b>Track &amp; Field</b>		Runners should maintain at least 10 feet of distancing between individuals, no grouping (i.e. starts and finishes). No sharing of implements / equipment. Padded equipment shall be cleaned between use.	
<b>Swimming</b>		Only Dry Land practices may be conducted. Swimmers must maintain at least 10 feet of social distancing. No sharing of equipment	
<b>Golf</b>		Maintain appropriate physical distancing 10 feet apart. No equipment may be shared.	
<b>Tennis</b>		Conditioning, no sharing of balls, each player may use own can of balls to serve and uses racket to pass other balls (singles only), ball machine use by individuals only. Players may do individual drills, wall volleys and serves. Wipe down rackets and tennis balls shall be assigned to specific student athletes. .	
<b>VHSL Activities</b>		Maintain appropriate physical distancing 10 feet apart.	Maintain appropriate physical distancing 10ft apart .
<b>Moderate Infection Risk Activities</b>	Activities 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 OR sports that can't be cleaned between participants. VHSL Athletics and Activities: volleyball*, soccer, baseball*, softball*, basketball; Other Examples: Field hockey, girls lacrosse, crew, 7-on-7 football, gymnastics* Notes: *Could potentially be considered "Lower Infection Risk" with appropriate cleaning of equipment and use of masks by participants.		
<b>Volleyball</b>		Conditioning, individual ball handling drills, each player has own ball. A player shall not use a single ball that others touch or hit in any manner.	
<b>Field Hockey</b>		Conditioning, individual ball handling, each player must use own sticks, no catcher, prior to athlete using the same balls they shall be collected and cleaned individually.	
<b>Soccer</b>		Conditioning, individual ball skill drills, each player has own ball, feet only (no heading/use of hands), no contact.	

<b>Baseball</b>		Conditioning and tee work. Players shall not share gloves or bats or throw a single ball that will be tossed among the team. A single player may hit in cages, throw batting practice (with netting as backstop, no catcher). Prior to another athlete using the same balls, they shall be collected and cleaned individually.	
<b>Softball</b>		Conditioning and tee work. Players shall not share gloves or bats or throw a single ball that will be tossed among the team. A single player may hit in cages, throw batting practice (with netting as backstop, no catcher). Prior to another athlete using the same balls, they shall be collected and cleaned individually.	
<b>Basketball</b>		Conditioning, individual ball skill drills, no contact or sharing of balls. A player may shoot with the same ball, but a team shall not practice/pass a single ball among the team where multiple players touch the same ball.	
<b>Higher Infection Risk Activities</b>			
	Activities that involve close, sustained contact between participants, lack of significant protective barriers, and high probability that respiratory particles will be transmitted between participants. VHSL Athletics and Activities: football, wrestling, competitive cheerleading, dance/drill, choir, band, orchestra; boys lacrosse, marching band, rugby		
<b>Football</b>		Conditioning and individual drills. A player shall not participate in drills with a single ball that will be handed off or passed to other teammates. Contact with other players is not allowed, and there shall be no sharing of tackling dummies / donuts / sleds. Protective equipment prohibited.	
<b>Wrestling</b>		Conditioning, mirror drills with 10ft of spacing, no contact. Wrestlers may skill and drill without touching a teammate (as long as 10ft of physical distancing is adhered to).	
<b>Cheerleading</b>		Conditioning and individual technique/choreography work. Students may not practice/perform partner or group stunts. Chants, jumps, dance, tumbling without contact are permissible as long as 10ft of physical distancing is adhered to.	
<b>Girls Lacrosse</b>		Conditioning, individual drills, each player has her own ball. A player should not use a lacrosse ball that others touch in any manner. Protective equipment prohibited.	
<b>Boys Lacrosse</b>		Conditioning, individual drills, each player has his own ball. A player should not use a lacrosse ball that others touch in any manner. Protective equipment prohibited.	
<b>Signage</b>	<a href="#">CDC Print Resources</a> <a href="https://www.alexandriava.gov/health/info/covidfiles.aspx?id=114991">https://www.alexandriava.gov/health/info/covidfiles.aspx?id=114991</a>		
<b>Video Resource for Infrared Thermometer</b>	<a href="#">How to use an Infrared Thermometer to Test Skin Temperature</a>		

Additional Resources / Links	<a href="#">White House Guidelines for Opening Up America Again   Spanish</a> <a href="#">VDOE Recover, Redesign, Restart 2020</a> <a href="#">Virginia Department of Health-K12 Resources</a> <a href="#">CDC Considerations for Youth Sports</a> <a href="#">CDC Recommendations Regarding the Use of Cloth Face Coverings</a> <a href="#">NFHS Guidance for Opening Up High School Athletic and Activities</a> <a href="#">NCAA Core Principles of Resocialization of Collegiate Sport</a> <a href="#">U.S. Olympics and Paralympics Committee: Return to Training Considerations</a> <a href="#">Swiss Rugby Union Protection Concept for Resumption of Sports Activities</a>
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## **COVID-19 Athlete/Coach Monitoring Form**

**T.C. will use google form: [Sample](#)**

Name		Time		Circle Yes/No below													
				Fever/Nause or vomiting/ diarrhea		Fatigue/ Muscle or bodyaches/ headache		Sore Throat/Cough/Runny nose		Shortness of Breath/ difficulty breathing/ congestion		Recent Loss of Taste or Smell		Close contact, or cared for someone with COVID-19		Temperature (if higher than 100.0 F)	
				Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No
				Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No
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