

# **SAN ANTONIO ISD COVID-19**

## **Summer Strength and Conditioning Safety Protocols**

*Date: 06/01/2020*

*Presenter: Todd Howey and Barbara Wise*



# SUMMER STRENGTH AND CONDITIONING/SPORT SPECIFIC

**When:** June 1<sup>st</sup> -June 8<sup>th</sup>: Virtual Training – No sport Specific  
June 8<sup>th</sup>-July 30<sup>th</sup>: On Campus Training

**Period of No Activity:** June 29<sup>th</sup>-July 3<sup>rd</sup> (This may change)  
July 7<sup>th</sup>- July 8<sup>th</sup>  
July 20<sup>th</sup>-July 21<sup>st</sup>

**High School:** Monday-Friday

**Middle School:** Monday -Thursday

**Where:** High School and Middle School Campuses

**\*MUST HAVE PHYSICAL ON FILE and MUST BE REGISTERED FOR SCHOOL.**



# COORDINATOR, COACH, AND TRAINER INFO

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- All UIL COVID-19 guidelines will be followed. See the entire document on the UIL Webpage. <https://www.uiltexas.org/athletics/summer-strength-conditioning>
- Daily self- screening before reporting to work is required.
- Upon arrival, everyone should wash their hands for a minimum of 20 seconds with warm water and soap before touching any surfaces or participating in workouts.
- All coaches and athletic trainers will wear masks during sessions indoors or areas where you social distancing is not possible.
- Coordinators will create and submit cohorts or groups of students who will work in the same sessions each day.
- Coordinators will create and submit staggered schedules to ensure that the correct social distancing can be enforced.

# COORDINATOR, COACH, & ATHLETIC TRAINER INFO

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**Mandatory COVID training for all coaches prior to their return to the workplace include:**

- Coronavirus Awareness
- Coronavirus Cleaning and Disinfecting Your Workplace
  - How and What to Clean
  - Sanitation Protocols
- A PowerPoint Training for coaches, trainers, and students will be provided prior to the live sessions.
- Review Student Physicals and Medical history in Rank One
- Identify students with higher risk underlying conditions.
- Attendance records are required for any necessary tracking.
- Designated coach will conduct sign in and take temperatures of athletes.

# STUDENTS

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- Students will be given the SS&C plan during the week of June 1st -5th, 2020.
- They will need to understand the required wellness screening that will need to be completed daily prior to attending SS&C.
- Orientation or training will be done the week of June 1st-5th via Zoom or Google Classroom.
- All students will be pre-screened during the week of June 1st-5th for COVID-19 symptoms that they, or others living in their house may experience.
- Students must self-screen every day for COVID-19 symptoms via a Google self-check document in a Campus Specific Google Athletics Classroom.
- Students will have their temperature taken each day at the start of the conditioning session.
- Students will bring their own water bottle, towel and workout clothes.

# STUDENTS

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## **Following the UIL Guidelines for capacity – 25% of full capacity**

- **Outdoors** – Groups no larger than 15 total students
- **Indoors** – Groups no larger than 10 total students
- The important factor is the social distancing – not the number of groups per facility.
- Groups will stay the same for the month of June. We will revisit in July.

## **For the first two weeks, June 8<sup>th</sup>-12<sup>th</sup> and June 15<sup>th</sup> -19<sup>th</sup>, there will not be any spotters permitted for weightlifting. We will update and revisit this at the end of the two week period.**

- Appropriate clothing/shoes **MUST** be worn at all times to minimize sweat from transmitting onto equipment/surfaces.
- There should be no shared athletic equipment (towels, clothing, shoes) between students.
- Individual clothing/towels should be washed and cleaned after every workout at home by the student athletes. Athletes should be told to shower when they return home.
- All students shall bring their own water bottle. Water bottles must not be shared. Hydration stations (water cows, water trough, water fountains, etc.) should not be utilized.
- Individual lunches will be provided by the district. No shared food between athletes
- Limit physical contact with others. Do not shake hands, hug, fist bump or high five.

# FACILITIES

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- Identify single point of entry AND a single point of exit (if multiple groups arriving at different times).
- Identify traffic flow and social distancing plan so students do not gather prior to or after their SS&C session.
- Coordinators will create and submit a diagram of traffic flow and share with athletes/post on walls.
- Place workout equipment to provide for at least 10 feet separation
  - Limit the use of equipment being used to further reduce the risk of the spread of the virus for the first two weeks.
  - Limit the use of indoor facilities as much as possible.
- Hand sanitizer should be available to everyone as they transfer from place to place.

# FACILITIES CONT.

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- Any equipment such as weight benches, athletic pads, etc. having holes with exposed foam should be covered.
- Students are not permitted to use the Locker Room or Showers.
- Restrooms should be designated for use following social distancing guidelines of 6 feet separation.
- The campus custodian should have the workout schedules and should sanitize all used facilities prior to the next day of workouts.



# FACILITIES GUIDELINES

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Coordinators will create a flowchart if athletes are moving from one location to another during the day.

**Grass Fields-** Athletes should be spaced out 5 yds by 5 yds

- Fields should be lined for football to keep social distancing markings.

**Weight Rooms-** Athletes will not enter WR until the previous group has sanitized and exited the room.

- Doors will be propped open when possible to reduce door contact and enhance air flow.
- Athletes are not permitted to leave the area during the session.
- Each athlete should be assigned his/her own platform and rack for entire workout, if possible.
- Each platform/rack should be set up with necessary equipment to minimize athletes moving around the room. (bars, boxes, bench, weights, bumper plates, etc)
- The WR will be sanitized after each athlete has finished the workout and prior to the next group's arrival.

**Gyms –** Athletes should be spaced out with a 10 ft radius

- All Equipment used in the gym must be sanitized prior to the next group's arrival.
- Athletes need to maintain their social distancing during all drills.
- Athletes must stay in their designated area during the session.

**Other outdoors areas –** Athletes will be assigned to a specific location, spaced 10 ft apart, where they will conduct their exercises.

- Each area will have the necessary equipment to complete the exercise to minimize athletes moving around (dumbbells, medicine balls, plates, resistance bands, jump ropes, etc).
- The entire area will be sanitized prior to the next group arriving.

# CLEANING

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- Lysol or use disinfectant wipes at the start of the work day and at the end.
- Any equipment must be thoroughly disinfected before and after each use. If a student uses a piece of weight equipment, that equipment must be thoroughly disinfected before another student uses it.
- All athletic equipment, including balls, should be cleaned after each workout session and prior to the next group workout. This equipment should not be shared between groups unless it has been disinfected. See UIL FAQ for further clarification.
- Regularly and frequently clean and disinfect any regularly touched surfaces, such as doorknobs, tables, chairs, and restrooms.
- Each campus will keep a daily sanitation checklist on file (see sample).
- Protective supplies furnished by the District for all employees that will include
  - Face masks
  - Employees are expected to wear face masks when in common areas and whenever maintaining six (6) feet of social distancing is difficult or not obtainable.
  - Hand sanitizer, wipes and thermometers.

# ARRIVAL TO CAMPUS

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- Students will go to designated Entry area (should be near restroom to wash hands).
- Entry area must be marked for 6 ft social distancing.
- Designated coach will take temperature and attendance. If a coach or student has a temperature 100F or greater, he/she will be sent home. See handout for return guidelines.
- Everyone must sign in and attest to at home self-screening in Google Classroom.
- Everyone should wash their hands for a minimum of 20 seconds with warm water and soap before touching any surfaces or participating in any way.
- Students will go directly to their assigned Group/Cohort and maintain social distancing. Although there may be other workouts throughout the day, athletes may only report to their designated time slot.

# POST WORKOUT PROCEDURES

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- When students are leaving their sessions, they must maintain social distancing and wait for pick up six feet apart at the designated exit location.
- Students should shower and wash their workout clothing immediately upon returning to home.
- If students cannot wash their clothes for the next day, they must wear a different set of clothes (be flexible with requiring specific clothing).
- Parents must remain in their cars during the pick up process.
- Facilities will be deep cleaned and sanitized after workouts.

# SOCIAL DISTANCING GUIDELINES

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- Tape “x”s or spray dots to show appropriate social distancing for lines to enter, for workout stations, etc.
- Masks for Spotters/Coaches are recommended (after the first two weeks).
- Purchase swim noodles, pvc piping, etc to visually show the students what 6’ and 10’ looks like.
- No more than groups of 15 students outdoor/10 students indoor per group (multiple groups are permitted in the facility/field as long as the required social distancing is maintained).
- Equipment may be shared within each group and disinfected prior to next usage.
- At least 1 coach per 20 participants.
- One coach dedicated to social distance monitoring.
- 6 ft. of social distancing among participants during inactivity.
- 10 ft. of social distancing among participants during activity.
- No Open Gyms, no scrimmaging, no team drills are permitted (See UIL FAQ).
- No access to locker rooms/school areas other than outdoor facilities/weight rooms/athletic area restrooms/gyms.
- Only athletes and coaches within the facilities after initial registration - NO PARENTS or MEDIA.

# SELF-SCREEN PROTOCOL

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**Self-screen at home** before coming to the facility for any of the following new or worsening signs or symptoms of possible COVID-19:

- Excessive chronic cough
- Shortness of breath or difficulty breathing while at rest
- Repeated shaking with chills
- Loss of taste or smell
- A measured temperature greater than or equal to 100F
- Known close contact with a person who is a lab confirmed COVID positive

# SELF-SCREEN PROTOCOL CONT.

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**Do not attend if you are experiencing symptoms consistent with this. Seek medical advice as soon as possible.**

If you answer YES to any of the following questions, **DO NOT ATTEND! Seek medical advice as soon as possible.**

1. Do you now or have you, in the past 14 days had a fever or reason to believe you may have had a fever?
2. In the past 14 days, have you been in contact with any individual with a confirmed or suspected case of COVID-19?
3. Have you traveled internationally in the past 14 days?
4. Do you now or have you had in the past 14 days had any of the following symptoms - cough or shortness of breath?

**Do not attend and seek medical advice if you are experiencing symptoms as listed above or have answered yes to any of the four questions above.**

# RESPONSE IF SOMEONE TESTS POSITIVE

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Reference the 'Covid-19 Positive Cases and Staff or Student Showing COVID 19 Symptoms' Protocol from the UIL and adhere to all SAISD District Protocol.

- If someone has symptoms, is being tested, or tests positive, be it student or staff member, that the current SAISD protocols for reporting must be implemented.
- Lorena Rios in Employee Benefits would be notified for a staff member at (210) 554-8660 or at [Lrios5@saisd.net](mailto:Lrios5@saisd.net), and Maria Torres would be notified for a student at (210) 601-7262 (my mobile #) or at [mtorres@saisd.net](mailto:mtorres@saisd.net).
  - If a positive case is identified among a participant, either staff or student, the group to which that staff or student was assigned and in contact with must be removed from the sessions while all members of the group self-isolate.
  - If the confirmed individual regularly had close contact outside a single group, then all of the students and staff with whom the confirmed individual had close contact shall be removed from workouts for two weeks.
  - In the case of an individual who was diagnosed with COVID-19, the individual may visit when all three of the following criteria are met:
    - At least three days (72 hours) have passed since recovery (resolution of fever without the use of fever-reducing medication)
    - The individual has improvement in respiratory symptoms (cough, shortness of breath, etc)
    - At least 10 days have passed since symptoms first appeared
  - If the individual has symptoms that could be COVID-19 and wants to return to work before completing the above self isolation period, the individual must obtain a medical professionals' note clearing the individual for return based on an alternative diagnosis.




# STOP THE SPREAD OF GERMS

**Stop the Spread of Germs**

Help prevent the spread of respiratory diseases like COVID-19.

- Stay at least 6 feet (about 2 arms' length) from other people.** (Illustration shows two people with a 6 ft distance marker between them.)
- Cover your cough or sneeze with a tissue, then throw the tissue in the trash and wash your hands.** (Illustration shows a person sneezing into a tissue.)
- When in public, wear a cloth face covering over your nose and mouth.** (Illustration shows three people wearing face coverings.)
- Do not touch your eyes, nose, and mouth.** (Illustration shows a hand with a red 'no' symbol over the face.)
- Clean and disinfect frequently touched objects and surfaces.** (Illustration shows hands cleaning a surface with a spray.)
- Stay home when you are sick, except to get medical care.** (Illustration shows a person in bed with a house icon.)
- Wash your hands often with soap and water for at least 20 seconds.** (Illustration shows hands being washed with soap suds.)

 [cdc.gov/coronavirus](https://www.cdc.gov/coronavirus)

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# ADDITIONAL UIL GUIDELINES/RECOMMENDATIONS/FAQs

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- <https://www.uiltexas.org/athletics/summer-strength-conditioning>
- [https://gov.texas.gov/uploads/files/organization/opentexas/TEA-Summer-Program-Operational-Considerations\\_5-18-2020.pdf](https://gov.texas.gov/uploads/files/organization/opentexas/TEA-Summer-Program-Operational-Considerations_5-18-2020.pdf)
- <http://www.ncaa.org/sport-science-institute/coronavirus-covid-19>

# Thank you

*Date: 06/01/2020*

*Presenter: Todd Howey and Brian Clancy*

