**Return to Sport Plan**

**Dakota High School**

All policies and procedures will follow the guidelines provided by the MHSAA and Executive Orders presented by the Governor of Michigan. With those guidelines in mind, the following information is protocol for sports to return to Dakota High School.

* Outdoor practices allowed in groups of 100 or less (this number includes staff and spectators). Use of multiple fields and spaces should be allowed, with advanced scheduling to make sure enough time is made between sports/teams to leave the premise before another arrives. All practices should be closed to parents, alumni or any other unnecessary personnel.
* Only one Entrance/Exit will be utilized for each location to ensure athletes are checked-in and complete screening for the day before they proceed to their open space for practice.

**Examples of Entrances/Exit by Facility**:

* + Stadium: Enter through the tunnel and exit through the north gate.
  + Grass fields: Enter at the visitor concession stand and proceed to the sidewalk by the baseball outfield.
  + Tennis courts: Enter by the shed at the SE corner near the softball field.
  + Cross Country: Meet near the NE athletic doors.
* Upon reviewing these procedures, coaches must submit a sport-specific plan that meets the following criteria to the building athletic director for approval before communicating any starting dates and times with their athletes and parents. These plans must be thorough and meticulous documentation at all activities is essential to the health and safety of everyone in attendance.
* Athletic practices will not begin until plans have been approved for a specific sport and an adequate supply of contactless thermometers and PPE is available.
* A waiver must be signed by the family of every participant before they are allowed to participate. If a student is 18-years-old, they must also sign the form, in addition to the parent. **A student cannot participate until we have a waiver on file.**
* Only outdoor facilities are open at this time.
* A Health Questionnaire, via Google Form, must be completed by all participants (including coaches) **EVERY DAY** prior to attending an activity. Physical copies of the questionnaire must be available at check-in for those unable to complete the form online.
* Upon arrival, spaces should be marked at least 6 feet apart to maintain social distancing while the check-in begins. Communication must be clearly made to parents and students that temperatures should be taken at home before arriving to campus because students will be turned away if they have a temperature of 100 degrees or higher. Anyone with symptoms should remain home and not attend athletic activities, as well as all others living in that home.
* **DAILY** electronic records of student check-in questions, temperature, symptoms, and attendance must be collected and retained.
* Every sport/team must have a designated contact who will be responsible for meticulous record keeping and will be the “go-to” for any questions. This point person must be able to check records on any given day and be able to produce records for all participants, including which “groups” they worked in, or who they could have been in close contact with. The designee should be identified in the plan and should be someone who is responsible, with experience.
* Upon arrival to campus, symptoms will be checked along with temperature recording, following the questions required by the MHSAA and other governing bodies. This will be done by a member of the coaching staff or athletic trainer with a contactless thermometer. Any temperature at or above 100 degrees Fahrenheit will be sent home immediately. Any doubts or questions of clearance will be sent directly to the athletic trainer for further evaluation. Upon clearance for the day’s activities, the athlete will be marked accordingly. Logs will be turned in to the athletic trainer daily and kept for reference, as needed.
* Cloth face coverings should be worn by every coach and athletic trainer at all times. Athletes should wear cloth face coverings to and from practice or when not participating in high aerobic activity (instructional activity, walk through, learning, stretching, etc.) when proper distancing cannot take place. If they do not have one, they should be provided one upon arrival. Bandanas, handkerchiefs, and homemade cloth face coverings will be allowed. A cloth face covering should be something that can be washed after each practice and can easily be pulled up or down.
* Hand Sanitizing will take place upon arrival for the day and will be encouraged throughout the practice, as needed. Hand Sanitizing will also take place upon leaving for the day.
* Athletes will provide their own water/snacks, etc. as they feel the need. These items will be kept with or near them at all times to prevent “looking” and touching items belonging to others. No water fountains or water stations will be provided. Only water from the athletic trainer in the event of heat illness will be used/provided.
* The Athletic Training Room facility will only be utilized on an “as need” basis for evaluation or

necessary treatment. Athletes must be accompanied by the athletic trainer. (Should not be able to just walk in on their own). A portable treatment table can also be available outdoors. Cloth face coverings must be worn at all times. Social distancing of 6 feet must be maintained when not being treated. Marks will be made on the floor, and tables will be put 6 feet apart. Each surface will be cleaned between each patient. Gloves will be worn by the athletic trainer for evaluation or treatment purposes. Frequent cleaning of counters and door knobs will also take place. Hand washing/sanitizing will take place by the athlete and athletic trainer before and

after each treatment.

* No benches or chairs should be utilized at this time, unless proper cleaning can take place.
* Restrooms and Locker Rooms will be closed unless there is an emergency. Only one person should be allowed in at a time and the patron must wash his or her hands before returning to practice. If these facilities are used, coaches must have a plan to clean that facility after it has been used.
* Equipment used will be used by one person at a time and wiped down/sanitized appropriately between usage. Equipment such as soccer balls that involve no hand touching should be wiped down frequently throughout practice.
* Building athletic directors will create facility use schedules to monitor facility usage and population of students on school grounds at any given time. Facility usage will be spread out as much as possible amongst teams to ensure equity and limit, as much as possible, the number of students on campus at any given time.
* Following guidance from the CDC, people exposed to others with known symptoms of COVID-19 or confirmed cases of COVID-19 must stay at home until 14 days after the last known exposure.
* **Coaches are encouraged to walk through all of these procedures before implementing them with students present.**

**The following should be incorporated into each sport-specific plan that must be approved by building athletic directors.  Walk throughs may be requested to determine whether or not a plan is feasible.**

* Where will students park or be dropped off?
* Where and how will students enter and exit the facility?
* Who will be responsible to check symptoms and record temperatures? Who will record this information?  (*This person will be designated as the contact person, as explained above*)
* How will you handle the situation if a student records a temperature of 100 degrees or higher?
* How will you take attendance for each activity?
* What is the purpose of the gathering? What type of workouts or activities will the students engage in?
* How will you ensure social distancing is established throughout the gathering?
* How will you monitor students wearing cloth face coverings and if they don’t have one, will you provide one for them?
* What sanitizing measures will be implemented?
* How long will the activity last? Restrooms and lockers rooms will be closed and unavailable to students, so time frames of one hour or less are recommended.
* How many students will participate in each session? Smaller groups are recommended due to the possibility of a student becoming infected with COVID-19. If this were to happen, all students that were present during workouts with the ill student would need to self-quarantine for 14 days.
* Knowing there are no water stations available at this time, how will you monitor students’ hydration and what plan will you have in place if a student becomes dehydrated or runs out of water/Gatorade/Powerade/etc.?
* What plans do you have in place for excessive heat or storms?
* How will you share this information, procedures, and expectations with your program?