Covid-19
Return to Play – Youth Camps / Gatherings
Summer Protocols and Guidance
Summer 2020

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Introduction

Starting June 15, 2020, Pueblo County District 70 will allow D70 staff members and students to engage in summer camps/programming. Many of our camps will resemble a practice. The outlined protocols and guidance information were developed using multiple resources which can be found in the appendix/reference section of this document. Starting June 15, all camps will start in Phase One.

Pueblo County School District 70’s goal is to safely allow students to return to participating in structured and safe school activities. This is not only beneficial physically for our students, but also emotionally.

Through collaboration with students, parents, and staff members, we will provide a safe and healthy environment for students.

Students must:
- be honest when exhibiting symptoms and feeling ill.
- stay home when exhibiting symptoms and feeling ill to protect all parties.
- adhere to the policies in the document and follow all coaches’ directions without exception.

Camps are completely voluntary and students will not be penalized if they choose not to participate in summer camps and summer programming.

Families will communicate openly and honestly with coaches/sponsors regarding concerns and symptoms their child may have.

All staff members that are working with students have gone through an extensive training regarding camps/gatherings during the COVID-19 crisis.

All students are required to have a “Return to Play Waiver” on file with their school before they will be allowed to participate in camps and activities.
Pre-workout / Gathering Guidelines

- Coaches/sponsors will assign students to groups and those groups will stay together for each cycle of workouts/gatherings. Workout groups will be assigned on or around the 15th and 30th of June and again in July. Once assigned a group, students will not be allowed to change/switch groups. Coaches will have full discretion to assign groups. Starting June 15th, groups will be no larger than 25 including coaches. The number of students in a group will be evaluated weekly and based on CDC, PCHD, and the governor’s office guidelines can be adjusted by the district.
- Students will arrive at the designated time and will not enter the facility early.
- Facilities will have a separate entry point as well as a separate exit point per sport camp, group, etc.
- Students must provide and wear masks/face coverings that cover both mouth and nose at all times unless directed by a coach/sponsor that it is okay to remove the mask/face covering. (see Appendix for statement from the NFHS (National Federation of State High School Associations) regarding masks/face coverings)
- All participants, including coaches/sponsors will go through a temperature screening before entering the facility.
  - If an individual’s temperature is 100.4 or above they will be sent home. Any person with positive symptoms reported will not be allowed to take part in the workout. Individuals will not be allowed to return to participate until they are symptom free for seventy-two hours and ten days have passed since their first symptom unless they have a clear diagnosis from a medical provider.
- All participants, including coaches/sponsors will go through a pre-screening questionnaire before entering the facility. (Attached in Appendix)
  - If a student affirms to a combination of two of any of the following symptoms a. Dry Cough, b. Shortness of Breath, 3. Sore Throat, the student will be sent home. Any person with positive symptoms reported will not be allowed to take part in the workouts. Students will not be allowed to return to participate until they are symptom free for seventy-two hours and ten days have passed since their first symptom unless they have a clear diagnosis from a medical provider.

- **Locker rooms/dugouts and restrooms will not be available during Phase One.**
- Restrooms will be available during Phase II only if there is time and the ability to disinfect between groups
- Participants will report in proper gear and immediately return home to shower at the end of the camp/activity.
- Social distancing, a minimum distance of six feet apart, will be practiced at all times. Failure to practice social distancing can and will disqualify students from participating in activities.
- Participants must bring their own water and water bottles. Drinking fountains and water fountains will not be turned on. Water bottles should not be shared.
- Hand sanitizer will be plentiful at all camps/gatherings.
- Individuals should wash their hands for a minimum of 20 seconds with warm water and soap before touching any surfaces or participating in workouts/gatherings.
- Any equipment having holes with exposed foam will be covered.
- Appropriate clothing/shoes will be worn at all times in all facilities to minimize sweat from transmitting onto equipment/surfaces. Cut off shirts, shirts with large arm holes, and tank tops will not be allowed.
Workout / Gathering Guidelines

Phase One: Acclimation and Conditioning: June 15th start for high school, June 22nd start for middle schools.

- **All activities will be conducted outdoors during Phase One.** The District will use the state guidelines for youth sports. 25 individuals will be allowed on a field at a time. The coach will conduct 1 hour of conditioning drills with their group of students emphasizing conditioning.
- Social distancing, a minimum distance of six feet apart, will be practiced at all times. Failure to practice social distancing can and will disqualify students from participating.
- No athletic equipment (balls, gloves, racquet or sports specific equipment, to include band equipment) will be allowed.
- No sharing of personnel equipment (towels, clothing, shoes, masks).
- Students will wear appropriate clothing for the camp/activity. Pennies and reversible shared jerseys are not permitted. Going shirtless is NOT allowed. Participants must wear shirts.
- Resistance training should be emphasized as body weight, and use of resistance bands. (Bands are not to be shared)
- Cardio workouts will be the emphasis in Phase One. (running, cone work, stairs, wind sprints, and other activities to get the athletes acclimated to exercising again.)

Examples – Including BUT NOT LIMITED TO:

- Cheerleaders may not practice/perform partner stunts or building. Chants, jumps, dances without contact are permissible.
- Runners should maintain the recommended six feet of distancing between individuals.
- Weight rooms and gyms will not be opened during phase one.
Phase II: June 22nd start for high schools, June 29th start for middle schools.

- Social distancing, a minimum distance of six feet apart, will be practiced at all times. Failure to practice social distancing can and will disqualify students from participating.
- It is highly recommended masks be worn at all times. If heavy workouts do not permit a mask to be worn, it is suggested further distance between athletes be adhered to. If gathering in a group in between workouts or at breaks, masks need to be worn.
- Moderate practices may begin for moderate risk sports.
- Limiting physical contact between athletes is recommended during Phase II
- Weightlifting equipment will be disinfected immediately after each athlete has finished their lifts on each piece of equipment.
- Spotters in weightlifting need to be on the sides of the bar, NOT directly over the top of the lifter to avoid airborne particles from the spotter floating down onto the lifter.
- The workouts should be limited to 1½-2 hours in length.
- No shared athletic towels, clothing, water bottles, or shoes between students.
- Students will wear appropriate clothing for the camp/activity. Pennies and reversible shared jerseys are not permitted. Going shirtless is NOT allowed. Participants must wear shirts.
- All athletic equipment, including balls, will be cleaned intermittently during practices. All equipment will be cleaned between the arrival of a new group of athletes and coaches.
- A total of 10 people may gather in a gym, weight room or pool at a time, or if the indoor space is large enough to allow for social distancing (6 feet between each athlete and minimum of 36 square feet per athlete), more than one stable group could be in an indoor space at the same time as long as there is adequate space between groups and safe egress is not compromised. No equipment will be shared between groups until it is disinfected. The pool is allowed 10 only during Phase II.
- It is strongly encouraged to limit pool activity to lap swim.
- A total of 25 people may gather on an outdoor field at a time to work out.
- Locker rooms and dugouts are off limits during Phase II.
- Restrooms will be open for use, but must be disinfected between the arrival of a new group of athletes and coaches.
- Cheerleading try-outs can be run at this time following all guidelines set forth for PHASE II. No stunting (throwing and catching of flyers by bases) Limit the amount of cheerleaders on the floor trying out at a time to fall within the 10 person guidelines (including judges, workers, and administrators) for indoor activities as well as the guidelines for temperature checks, symptom screenings, face covering usage, and social distancing. If mats are used and tumbling occurs on those mats, they must be cleaned in between each participant. While waiting to try out, the other cheerleaders must maintain social distancing of a minimum of 6 feet.
Post-workout / Gathering Guidelines

- Students will immediately exit the facility and immediately leave the property without congregating.
- Individuals should wash their hands for a minimum of 20 seconds with warm water and soap before and after touching any surfaces or participating in workouts. If there is no water available athletes will need to use hand sanitizer before and after workouts.
- Students are encouraged to shower and wash their workout clothing immediately upon returning home.
- Prior to an individual or groups of individuals entering a facility, hard surfaces within that facility should be sanitized.
- Appropriate clothing/shoes will be worn at all times in all facilities to minimize sweat from transmitting onto equipment/surfaces.
- Adequate cleaning schedules will be created and implemented for all athletic facilities to mitigate any communicable diseases.
Pueblo County School District 70
Summer Clearance Information

Parent or Guardian: This form must be thoroughly completed and signed before you will be allowed to participate in summer activities starting June of 2020.

Students Name ___________________________ Date of Birth ___/___/___ (cannot be 19 prior to Aug. 1)
(Please Print)

School____________________________ Grade____

Insurance Acknowledgment

Pueblo County School District 70 DOES NOT carry any form of accident or medical insurance to pay medical costs should your child be injured or become ill due to COVID-19 exposure. In order for a student to participate in District 70 Athletics, parents/guardians must carry adequate health insurance or be enrolled in an independently offered insurance program for their child. Information on available insurance options can be found at kandkinsurance.com.

1. I maintain adequate personal health and accident insurance for my child.

2. I have enrolled my child in an accident insurance program through K & K Insurance (kandkinsurance.com) or a similar insurance program. If my child participates in football, I have purchased this option.

Insurance Company ____________________
(Please Print)

(If I have insurance policy changes, it is my responsibility to notify the school’s athletic office.)

Parent or Guardian Acknowledgment

WARNING: Participation in interscholastic athletics includes a risk of injury, which may range in severity from minor to long-term catastrophic. Athletes must obey all safety rules, report all physical problems to their coaches, follow a proper conditioning program, and inspect and clean their equipment daily. In addition, because of the frequent close proximity of players and coaches involved in athletics, there is a risk that an athlete may become sick with COVID-19 (Coronavirus) or other communicable diseases. Athletes must obey all COVID-19 related rules and guidelines as posted. By signing this permission form, I acknowledge reading and understand this warning and the risks my athlete will assume. I hereby acknowledge that I know the risks of voluntarily participating during the COVID crisis and agree that my athlete will abide by all national, state and district policies as it pertains to COVID-19 and any summer activities sponsored by Pueblo County School District 70.

I have read all the information on this page and have provided accurate information. I understand my athlete using any District 70 facilities is strictly voluntary and done so at their own risk. I further understand that the district cannot warrant any location, equipment, etc. to be free of ANY virus. I understand that my athlete will need to take personal responsibility to include but is not limited to following CDC guidelines pertaining to wearing masks, social distancing and refraining from entering facilities or using equipment if feeling ill or having a temperature above CDC stated limits. I also authorize my child’s coach and/or sponsor to secure emergency medical treatment in the event of an injury or accident. District 70 coaches and/or sponsors will attempt to contact parents or guardians as to the injury and/or accident.

Parent/Guardian Parent ___________________________ Phone Number ______________________________
(Print)

Parent/Guardian ___________________________ Date __________________
(Signature)
Appendix/Resources

Information contained in this was pulled from multiple sources in no particular order:

- National Federation of State High School Associations.
  - Sports Medicine Advisory Committee.
- The Aspen Institute. Webinar included representatives from:
  - Center for Disease Control and Prevention (CDC)
  - John Hopkins University
  - The United States Olympic Committee
  - UCLA Law School
- Pueblo County Health Department
- NCAA Sports Science Institute – Core Principles Of Resocialization
- Aspen Institute – Return To Play COVID 19 Risk Assessment Tool
- Colorado High School Activities Association

1. Statement from NFHS (National Federation of State High School Associations) regarding masks/face coverings.

   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. As state and local COVID-19 prevalence decreases, the need for strict social distancing and the use of face coverings will lessen.

   a. The Centers for Disease Control and Prevention (CDC) is additionally advising the use of simple cloth face coverings to slow the spread of the virus and help people who may have the virus and do not know it from transmitting it to others.