



**Catholic Schools**  
**Diocese of Palm Beach**

**REENTRY PLAN FOR DIOCESE  
OF PALM BEACH  
HIGH SCHOOL ATHLETIC  
DEPARTMENTS**

## **Introduction**

The virus that causes COVID-19 can infect people of all ages. Research from the Centers for Disease Control, among others, has found that while children do get infected by COVID-19, relatively few children with COVID-19 are hospitalized. However, some severe outcomes have been reported in children, and a child with a mild or even asymptomatic case of COVID-19 can spread the infection to others who may be far more vulnerable. While it is not possible to eliminate all risk of furthering the spread of COVID-19, the current science suggests there are many steps schools can take to reduce the risks to students, coaches, and their families significantly.

The virus that causes COVID-19 can be spread to others by infected persons who have few or no symptoms. Even if an infected person is only mildly ill, the people they spread it to may become seriously ill or even die, especially if that person is 65 or older with pre-existing health conditions that place them at higher risk. Because of the hidden nature of this threat, everyone should rigorously follow the practices specified in these protocols, all of which facilitate a safe and measured reopening of Florida. The virus that causes COVID-19 is still circulating in our communities. We should continue to observe practices that protect everyone, including those who are most vulnerable.

**Utilizing this information given by these agencies and overserving the implementation of these guidelines by administration, coaches, and staff, we feel that an appropriate date for reentry of our athletic departments and athletic teams is Monday June 8<sup>th</sup>, 2020 or later based on individual school needs.**

**\*Please note that the “phases” referenced in this document are those outlined by the National Federation of High School Sports and not necessarily those outlined by the state of Florida. Each phase is a total of 14 days.\***

**The principal and athletic director will regularly review and comply with county and local guidance related to sports programs and COVID-19, as phases may vary from county to county within the diocese.”**

## **Pre-Workout Screenings**

### **Self-screen**

- Coaches and staff should self-screen for COVID-19 symptoms before coming onto campus.
- Students should self-screen before playing in an outdoor sport for any of the following, new or worsening signs or symptoms of possible COVID-19:
  - Cough
  - Shortness of breath or difficulty breathing
  - Chills
  - Repeated shaking with chills
  - Muscle pain
  - Headache
  - Sore throat
  - Loss of taste or smell
  - Diarrhea
  - Feeling feverish or a measured temperature greater than 100.3 degrees Fahrenheit
  - Known close contact with a person who is lab confirmed to have COVID-19
  - Underlying medical conditions that may increase the risk of severe illness from COVID-19 for individuals of any age.
    - People 65 years and older
    - People who live in a nursing home or long-term care facility
    - People of all ages with underlying medical conditions, particularly if not well controlled, including:
      - People with chronic lung disease or moderate to severe asthma
      - People who have serious heart conditions
      - People who are immunocompromised (Many conditions can cause a person to be immunocompromised, including cancer treatment, smoking, bone marrow or organ transplantation, immune deficiencies, poorly controlled HIV or AIDS, and prolonged use of corticosteroids and other immune weakening medications)
      - People with severe obesity (body mass index [BMI] of 40 or higher)
      - People with diabetes
      - People with chronic kidney disease undergoing dialysis
      - People with liver disease

### **Pre-Workout School Cleanings**

Adequate cleaning schedules have been created and implemented for all athletic facilities to mitigate any communicable diseases.

- 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, locker rooms, weight room equipment, bathrooms, athletic training room tables, etc.).
- Individuals should wash their hands for a minimum of 20 seconds with warm water and soap before touching any surfaces or participating in workouts.

- Hand sanitizer should be plentiful and available to individuals as they transfer from place to place.
- Weight equipment should be wiped down thoroughly before and after an individual's use of equipment.
- Appropriate clothing/shoes should be worn at all times in the weight room to minimize sweat from transmitting onto equipment/surfaces.
- Any equipment such as weight benches, athletic pads, etc. having holes with exposed foam should be covered.

## **Pre-Workout Screenings on School Grounds**

### Phase 1

- **All coaches and students** should be screened for signs/symptoms of COVID-19 prior to a workout.
- **Screening includes a temperature check.**
- Responses to screening questions for each person should be recorded and stored so that there is a record of everyone present in case a student develops COVID-19 (see attached document for paperwork).
- Any person with positive symptoms reported should not be allowed to take part in workouts and should contact his or her primary care provider or other appropriate health-care professional.
- Vulnerable individuals should not oversee or participate in any workouts during Phase 1.

### Phase 2

- **All coaches and students** should be screened for signs/symptoms of COVID-19 prior to a workout on Monday of that workout week.
- **Screening includes a temperature check.**
- Responses to screening questions for each person should be recorded and stored so that there is a record of everyone present in case a student develops COVID-19 (see attached document for paperwork).
- Any person with positive symptoms reported should not be allowed to take part in workouts and should contact his or her primary care provider or other appropriate health-care professional.
- Vulnerable individuals should not oversee or participate in any workouts during Phase 2.

### Phase 3

- Any person who has had a fever or cold symptoms in the previous 24 hours should not be allowed to take part in workouts and should contact his or her primary care provider or other appropriate health-care professional.
- A record should be kept of all individuals present.
- Vulnerable individuals can resume public interactions, but should practice physical distancing, minimizing exposure to social settings where distancing may not be practical, unless precautionary measures are observed.

## **Structure & Procedures for All Workouts**

Attendance is **OPTIONAL in all phases.**

### **Group Sizes Based on Phases**

#### Phase 1

- During workouts, schools must have at least one staff member per 10 students in attendance to ensure appropriate social distancing, hygiene, and safety measures are implemented.
- Individuals may engage in outdoor sports, provided that the sports do not include contact with other participants.
- No more than eleven individuals should be in an enclosed area together regularly, for example as a class group. This includes coaches, staff, and students.

#### Phase 2

- No gathering of more than 10 people at a time inside. Up to 50 individuals may gather outdoors for workouts.

#### Phase 3

- Gathering sizes of up to 50 individuals, indoors or outdoors.

### **Grouping & Movement**

- Schools should consider having students remain with a single group to minimize the number of students and staff that must isolate if a case is confirmed.
- Workouts should be conducted in “pods” of students with the same 10 students always working out together. This ensures more limited exposure if someone develops an infection.
- Whenever possible and developmentally appropriate, there should be no group or pairs work that would require students to regularly interact within six feet.
- Whenever possible, students, teachers, and staff should maintain consistent groupings of people, to minimize virus spread in the school.

### **Facilities**

#### **Hydration**

- 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.

#### **Distancing**

##### Phase 1

- There should be no shared athletic equipment (towels, clothing, shoes, or sports specific equipment) between students.

- Students should wear their own appropriate workout clothing (do not share clothing) individual clothing/towels should be washed and cleaned after every workout.
- Individual drills requiring the use of athletic equipment are permissible, but the equipment should be cleaned prior to use by the next individual.
- Resistance training should be emphasized as body weight, sub-maximal lifts and use of resistance bands.
- Free weight exercises that require a spotter cannot be conducted while honoring social distancing norms. Safety measures in all forms must be strictly enforced in the weight room.
- Students may not be given access to locker rooms or shower facilities.

#### Phase 2

- If meeting rooms are used, there must be a minimum distance of 6 feet between each individual at all times.
- Students may not be given access to locker rooms or shower facilities.
- There must be a minimum distance of 6 feet between each individual at all times. If this is not possible indoors, then the maximum number of individuals in the room must be decreased until proper social distancing can occur. Appropriate social distancing will need to be maintained on sidelines and benches during practices. Consider using tape or paint as a guide for students and coaches.

#### Phase 3

- When not directly participating in practices or contests, care should be taken to maintain a minimum distance of 3 to 6 feet between each individual. Consider using tape or paint as a guide for students and coaches.
- When feasible and appropriate, it is preferable for students to gather outside rather than inside, because of likely reduced risk of virus spread outdoors.
- If more than one group is using a shared space that is large enough to allow for students in all groups to be six feet apart, then multiple groups of individuals can be in the space together. However, each group must be separated from the other by an empty space of at least 30 feet.
- The groups should not combine for activities at any time.
- All surfaces in workout areas must be thoroughly disinfected throughout the day.

#### Phase 2 & Phase 3

- Maximum lifts should be limited and power cages should be used for squats and bench presses. Spotters should stand at each end of the bar.
- Students, coaches, and staff should also wash hands or use hand sanitizer after they have touched something another person recently touched.

Students should be instructed in good handwashing techniques and given frequent opportunities to wash their hands.

- Students should engage in supervised handwashing for at least 20 seconds at least two times each day, in addition to being encouraged to wash hands after using the restroom and before eating.
- Consistent with the actions taken by many organizations across the state, consider having all employees wear cloth face coverings (over the nose and mouth). If available, employees should consider wearing non-medical grade face masks.

### **Post Workout Procedures**

#### All Phases

- Students must be encouraged to shower and wash their workout clothing immediately upon returning to home.
- All surfaces in workout areas must be thoroughly disinfected at the end of each day.
- Implementation of janitorial checklists of certain cleaning duties.
- Campuses should institute more frequent cleaning practices, including additional cleaning by janitorial staff, as well as provide the opportunity for children to clean their own spaces before and after they are used, in ways that are safe and developmentally appropriate. Arrange for additional cleaning and disinfecting of surfaces that are touched in common throughout the day. Arrange for cleaning of classrooms between different class groups if the same room will be used by multiple class groups. This would include objects such as door handles, common tables/desks, and high touch devices such as shared laptops or tablets. The CDC has provided guidance on cleaning community buildings to prevent COVID-19 spread.