

2020-2021 DENISON ISD ATHLETICS

COVID-19 RISK MITIGATION PLAN

SANTIZATION

A. Disinfection and Sanitation

- Facilities Cleaning – athletic facilities (locker rooms, offices, practice spaces, bleachers, etc) will be disinfected and sanitized per industry guidelines, before, during, and after practices & games. Emphasis will be given to ensuring disinfecting high touch surfaces and surfaces that are used by multiple student-athletes, disinfecting between users.
- Equipment will be sanitized after each use and before a new athlete uses it. Spray bottles and paper towels will be at each practice so athletes and coaches can spray disinfectant between athletes. Any equipment kept in or on top of student lockers will be thoroughly disinfected each day.

B. Athletes and Staff

- Both athletes and staff will sanitize their hands before, during, and after workout. There will be multiple hand washing and sanitizing stations spread out in all athletic facilities. Athletes and staff will wash hands prior to and directly after practices or games.
- Coaches, staff, and students will be required to wear face coverings while inside locker rooms, meeting rooms, training rooms, and any other campus areas where students may congregate other than shower facilities.
- Coaches & staff will wear face coverings during practice.
- Athletes will wear face coverings during practice when not actively exercising.
- There will be no high fives, back slaps, or any other physical encouragement.
- 6-foot social distancing will be kept when possible

STUDENT ATHLETE REQUIREMENTS

- A.** Athletes self-screen each day before coming to school or athletics.
- B.** Athletes will stay home if they answered “YES” to any screening questions or if they do not feel well and report their symptoms to their coach, Athletic Trainer, and the DISD Frontline COVID tracking app.
- C.** Athletes will park or be dropped off at their groups predesignated areas.
- D. 6 Foot Rule** – Maintain 6 feet of space between each other. This includes lift groups, run groups, and common areas including restrooms.
- E. Physical Contact** – Limit physical contact with others. Do not shake hands,

hug, fist-bump or high five.

- F. Athletes will use hand sanitizer before entering the facility, during workouts, and when exiting skills.
- G. **Restrooms** – Student-athletes are required to wash hands and use proper hygiene methods while in the restroom. Students will spray disinfectant on everything they have touched in the restroom after use.
- H. **Hydration & Towels**—Student-athletes will be required to bring their own individual labeled water bottles. They are prohibited from sharing water bottles. Hydration stations will be provided to re-fill bottles as needed. Hydration stations will be disinfected daily and during use. Towels will be provided to an individual student for that individual's use only. Towels should never be shared.
- I. **Laundry**—Athletes are encouraged to wear their own practice clothes when possible. Disinfectant laundry detergent will be used when laundering items such as towels, practice clothes, and uniforms. Any items that soiled laundry touches will be disinfected daily. Clean laundered items will be placed on a disinfected surface and handed out to athletes on an individual basis.
- J. **Locker Rooms**—Social distancing will be practiced in the locker rooms to the greatest extent possible. Face coverings will be worn at all times other than shower facilities.

ATHLETIC STAFF REQUIREMENTS

- A. Staff will self-screen daily in accordance with DISD district policy.
- B. Staff will stay home if they answered “YES” to any screening questions or if they do not feel well. Staff will report symptoms to the Athletic Director, Athletic Trainer, and the DISD Frontline COVID tracking app.
- C. Staff will social distance when possible.
- D. Staff will wear a face covering at all times.
- E. Staff will use hand sanitizer before entering the facility, during workouts, and skills.
- F. Staff will bring their own labeled water bottle.
- G. Staff will monitor locker rooms and other student congregate areas to ensure effective use of COVID risk mitigation protocols are being used.

SCREENING PROCESS - DAILY

A. BEFORE Arriving to Facility – Every student will self-screen & take their own temperature. If a student answers “YES” on any question they will stay at home and call their coach to let them know. They will also report symptoms on the DISD Frontline COVID tracking app.

Screening questions/ symptom:

- Have you recently begun experiencing any of the following in a way that is not normal for you?
- New or worsening cough or shortness of breath/difficulty breathing

- Feeling feverish or a measured temperature greater than or equal to 100.0 degrees Fahrenheit
- Loss of taste or smell
- Fatigue
- Headache
- Chills
- Sore throat
- Congestion or runny nose
- Shaking or exaggerated shivering
- Significant muscle pain or ache
- Diarrhea
- Nausea or vomiting
- Have you had any close contact with a person who is/was positive for COVID-19
 - Close Contact is defined as:
 - being directly exposed to infectious secretions (e.g., being coughed on);
 - being within 6 feet for a total of approximately 15 minutes throughout the course of a day; however, additional factors like case/ contact masking (i.e., both the infectious individual and the potential close contact have been consistently and properly masked), ventilation, presence of dividers, and case symptomology may affect this determination.

COACHES, STAFF & STUDENTS CONFIRMED, SUSPECTED, OR IN “CLOSE CONTACT” WITH COVID-19

A. Any coach, staff, or student athlete who themselves either:

(a) are lab-confirmed to have COVID-19

(b) experience the symptoms of COVID-19 (listed above) must stay at home throughout the infection period, and cannot return to campus until the DISD athletic trainers screen the individual to determine any of the below conditions for campus re-entry have been met:

B. An individual who was diagnosed with COVID-19, the individual may return to athletics when all four of the following criteria are met:

- 1) at least one day (24 hours) has passed since recovery (resolution of fever without the use of fever-reducing medications);
- 2) the individual has improvement in symptoms (e.g., cough, shortness of breath)
- 3) at least ten days have passed since symptoms first appeared.
- 4) a physician clearance that it is safe for the student to return to athletic workouts

C. An individual who has symptoms that could be COVID-19 and who is not evaluated by a medical professional or tested for COVID-19, such individual is assumed to have COVID-19, and the individual may not return to athletics until the individual has completed the first three steps of criteria listed above.

D. If an individual has tested positive for COVID-19 but believes the result is a false positive, and wants to return to school before completing the stay at home period, they must either obtain a medical professional's note clearing them based on an alternative diagnosis, or obtain two PCR acute infection tests at least 24 hours apart that come back negative for COVID-19.

E. If the individual has symptoms that could be COVID-19 and wants to return to school before completing the above stay at home period, the individual must either

(a) obtain a medical professional's note clearing the individual for return based on an alternative diagnosis

(b) obtain an acute infection test (at a physician's office, approved testing location, or other site) that is negative for COVID-19

F. If coaches, staff, or student athletes have had close contact with an individual who is lab-confirmed with COVID-19, they must remain off campus and away from areas where DISD athletics are being conducted until the 14-day incubation period has passed.

IDENTIFYING POSSIBLE COVID-19 CASES IN ATHLETICS

- DISD athletics will immediately separate any student who shows COVID-19 symptoms while at practice or game until the student can be picked up by a parent or guardian.
- DISD will clean & disinfect the areas used by the individual who shows COVID-19 symptoms while at practice or game as soon as is feasible.
- Coaches, staff, or student athletes who report feeling feverish will be given an immediate temperature check to determine if they are symptomatic for COVID-19.

COACHES, STAFF, OR STUDENT ATHLETES WITH LAB-CONFIRMED COVID-19 CASES IN AREAS OF ATHLETICS

- If an individual who has been in areas where DISD athletics have been conducted is lab-confirmed to have COVID-19, the school will notify the local health department, in accordance with applicable federal, state and local laws and regulations, including confidentiality requirements of the Americans with Disabilities Act (ADA) and Family Educational Rights and Privacy Act (FERPA).
- DISD will close off areas that are heavily used by the individual with the lab-confirmed case until the non-porous surfaces in those areas can be disinfected, unless more than 7 days have already passed since that person was on campus.

- In association with DISD COVID-19 notification policy, Denison ISD Athletic Trainers will notify DISD head nurse that a lab-confirmed COVID-19 case has been identified. The DISD head nurse will proceed with the DISD COVID-19 public notification policy. The nurse will then submit a report to the Texas Department of State Health Services via an online form within three business days of the COVID-19 case information being received. This will be done via email or use of the DISD Frontline COVID tracking app. In addition, DISD will notify any other schools and sports/ contest officials within two days of the lab-confirmed case.

ENTRY PROCEDURES

A. All student-athletes are required to enter practice & game facilities via the entrance predetermined. Parking will be predetermined for each group to minimize interactions when student athletes are arriving and departing. This is **THE ONLY permissible entry** for employees/student-athletes. All other entry points will be inaccessible.

WORKOUT / SPORTS GROUPS

- A.** Each sports groups workouts will be coordinated by DISD staff to minimize exposure.
- B.** Students and staff will be required to wear face coverings in practices and games when not actively exercising.
- C.** Each sport will be responsible for disinfecting their equipment before, during, and after practices and games.

EXIT PROCEDURES

- A.** Student-athletes must exit the route predetermined and learned during orientation, while practicing social distancing, avoiding contact with other student-athletes and staff.
- B.** Students must sanitize their hands when they exit the facility
- C.** Parents **MUST** stay in their cars during pick up process

PARENT/GUARDIAN COMMUNICATION

- Information will be updated on the Athletics web page.
- Coaches will educate the athletes the first day of school of these plans.
- Updates posted on social media as feasible

Athletic Director:	Chad Rogers
Assistant Athletic Director:	Aaron Bach

UIL Compliance Coordinator:	Leigh Anne Winger
Licensed Athletic Trainer:	Kara Garrett
Licensed Athletic Trainer:	Christian Cabello
Team Doctor:	Dr. Gregory (Duke) Carlson M.D.
Team Doctor:	Joseph Lipscomb M.D.