

**Return to Sports Plan
Clayton High School
Phase 2 (July 1st - July 12th)**



St. Louis Sports Medicine COVID-19 task force, a collaboration between medical experts at SSM Health, BJC HealthCare and Mercy has provided the following set of recommendations for return to youth and high school sports in the St. Louis Region.

The below information is specific to The School District of Clayton using resources provided by the St. Louis Sports Medicine COVID-19 task force.

<https://www.mercy.net/content/dam/mercy/en/pdf/return-to-sports-recommendations.pdf>

General Guidelines For All Teams

- All participation in Phase 2 return to sports activities is strictly voluntary/optional.
- Prior to participation in any Phase of the Return to Sports Plan, all participants must sign the [COVID-19 Waiver](#) and bring it the first day of participation.
- Prior to participation between July 1st and August 1st, all participants must sign the [Hold Harmless Waiver](#) and bring it the first day of participation.
- All athletes and coaches must undergo a healthcare screening (see below) prior to any activity (training, practice, scrimmage, game).
- Hand sanitizer stations will be provided on site at each venue.
- Sanitizing sprays and wipes will be provided to sanitize equipment.
- Any equipment used should be sanitized between each individual's use.
- We will not use the locker rooms as intended. Students must arrive in the proper apparel/footwear for that day's training/practice. Locker rooms can be used as a staging area to conduct health screenings, but only with adult supervision.
- No unnecessary individuals should be present (managers, extra coaches, non-participating athletes, other family of coaches or athletes)
- Participants must leave the premises immediately after the workout.
- No two teams will share the same space.
- If two teams use the same space on a calendar day, teams should allow plenty of time to clean the area between usage.
- No spectators are present during training/practice sessions.
- No use of water fountains
- No sharing of water bottles during practice and/or training sessions. Each individual must have their own water bottle that is labeled with their name.
- Refills of water: Indoor locations will have hands free refill stations. Outdoor locations will have hands free refill stations with the assistance of a coach.

- No team huddles.
- No handshakes or fist bumps
- Social distancing should apply as much as possible.
- Coaches will wear facemasks at all times when within 6ft of athletes or other coaches.
- Athletes will wear facemasks at all times during health screening. **It is optional during training.**
 - **Athletes will inform their coach in advance that they cannot supply their own mask**
- Coaches must ease athletes into conditioning and consider the current climate.
- No athletes or coaches will have access to the training room without one-on-one assistance from Kristin Saunders, Clayton High School Athletic Trainer.
- Only one coach can access the coach's office at a time.
- No athletes are permitted inside the coach's office.
- No athlete will have access to the Center of Clayton during a session.
- The St. Louis Sports Medicine Task Force has also provided a [Parent Guide](#).

Healthcare Screening

- Each team will have a dedicated area for the healthcare screening of their athletes.
- Each coach will also be screened by another trained coach or athletic trainer .
- Screening can be completed by a coach, athletic trainer, or administrator on athletes.
- Once the participant has cleared the health screening they will receive a marking (Sharpie) on the back of their hand.
- Meeting Area for Screening.
 - Cross Country: Shaw Park
 - Field Hockey: Adzick Field
 - Football: Gay Field
 - Boys/Girls Soccer: Gay Field and/or Upper Gay Field
 - Softball: Adzick Field
 - Baseball: Adzick Field and/or Stuber Hallway
 - Girls Tennis: Shaw Park Tennis Courts
 - Volleyball: Stuber Gym
 - Boys/Girls Basketball: Stuber Gym
- Within each location, athletes must be spaced a minimum of 6ft away from surrounding athletes.
- Each athlete must have a temperature less than 100.4.
- Screening Questions: Students will complete the questions within an online form monitored by the coaching staff and athletic trainer.
 - Do you have a new or worsening cough?
 - Do you have a shortness of breath or trouble breathing?
 - Do you have a sore throat, different from seasonal allergies?
 - Do you have a new loss of smell or taste?
 - Do you have diarrhea or vomiting?

- Do you have a household or close contact with someone who has been diagnosed with COVID-19 in the past 2 weeks?
- If the athlete's temperature continues to be above 100.4 degrees, or the answer "yes" to any other questions. A phone call will be made to the athletic trainer who will then conduct a follow up screener and contact the parents/guardians.
- The athlete should not be allowed back until they have documentation showing the SARS-CoV-2 test was negative or a note from their healthcare provider stating they don't need to be tested and their symptoms are not due to COVID-19.
- Positive Case of COVID-19
 - Teams should keep documentation of names and contact information of other participants for contact tracing purposes.
 - If an athlete or coach not wearing a mask is confirmed to have COVID-19, the following should occur:
 - All participants that have practiced or competed with this individual (up to 48 hours before they started showing symptoms) should be excluded from practice and play for 14 days. Or any individuals who were in close contact with the individual as defined by being within 6 feet of them for greater than 10 minutes or had direct exposure to secretions (i.e. being coughed on).
 - Exception could be made if all activities were done practicing appropriate social distancing
 - Exceptions could be made if a coach is positive and was wearing a mask or face covering, it is possible that none of their contacts will have to be excluded from play or practice. In some cases, a mask or face covering may not be considered protective depending on the type of exposure.
 - Coaches and staff who were in contact with the infected individual while properly wearing a mask may not need to be excluded from practice and play. In some cases, a mask may not be considered protective depending on the type of exposure.

Activity Phases

Phase 2 (July 1st - July 12th)

- Full team practices and training sessions may occur
 - Maximum of 30 students on half of Gay Field
 - Maximum of 30 students on Upper Gay Field
 - Maximum of 20 students on half of Stuber Gym
 - 20 on each side of barrier (middle curtain)
 - Maximum of 30 students on tennis courts
 - Maximum of 12 students in CHS weight room
 - Maximum of 8 students in Field House weight room
 - Maximum of 30 students on Adzick Field
- Athletes should wear minimal equipment
 - Football - Helmets only

- Player can be within 6ft of other players, but must be limited to one-on-one drills
- Majority of the session should follow social distancing guidelines
- All equipment must be sanitized between individual usage.
- Each team will have designated space.
 - If you are scheduled to be outside and there is inclement weather. The training session will then be cancelled. We do not have indoor locations.
 - Cross Country: Shaw Park
 - Field Hockey: Adzick Field
 - Baseball: Adzick Field
 - Football: Southside of Gay Field
 - Boys/Girls Soccer: Northside of Gay Field and Upper Gay Field
 - Softball: Adzick Field and/or Field #5
 - Girls Tennis: Shaw Park Tennis Courts
 - Volleyball/Basketball: Stuber Gym
- Field House and CHS weight rooms
 - Scheduled through AD or Assistant AD
 - Workouts need to be created under the following guidelines:
 - Athletes must train individually with no spotting
 - Equipment must be sanitized after each individual use
 - When a new group enters the weight room they should sanitize the equipment they plan to use
 - Hand sanitizer or hand washing must be complete prior to entering and after leaving the weight room.
- Gay Field Track
 - Must continue to follow social distancing and not combine groups
- All training sessions must be staggered by 15 minutes to allow for ample time for groups to leave prior to next session

Other Notes:

- Phase 3 Plan is forthcoming
- All regulations are subject to change as state and federal agencies modify recommendations and guidelines. Non-compliance with these regulations could result in the discontinuation of use and/of closure of these facilities for the remainder of the summer.