



ATHLETE RETURN TO CAMPUS PLAN for DeSoto ISD Athletics and Extracurricular Activities

Lawrence Davis- Athletic Director

June Villers- Assistant Athletic Director

Claude Mathis- Assistant Athletic Director

Athletic Trainers

Troi Ott- Head Athletic Trainer

Bao Duong

Brian Benitez

David Young

Last Updated: September 16, 2020

SUMMARY. On behalf of DeSoto ISD Athletics, we are pleased to present this outline for the plan to return our student-athletes to in-person on campus training. This is our blueprint to return our athletes to their respective sports on our campuses. The health and safety of our student-athletes is our number one priority and the following guidance is based on what is currently known about the coronavirus disease (COVID-19). DeSoto ISD Athletics designed this guidance to help prevent workplace exposures to COVID-19 for all student-athletes, coaches, and staff and will be updated as additional information becomes available.

The following guidelines were compiled with the assistance of DeSoto ISD athletic administration, our Licensed Athletic Trainers, Dallas County Health and Human Services and the guidelines of the University of Interscholastic League. With social distancing requirements, it will take many more HOURS and AREAS to provide our student-athletes a quality athletic experience.

Athletics will continue to work closely with the UIL, campus administration, and Dallas County health officials so timely and accurate information can guide appropriate responses. Local conditions will influence the decisions that public health officials make regarding community-level strategies.

We will expect staff and athletes to conduct themselves as if they are contagious. The policies in our plan are designed to minimize risk for athletes and staff. It is vital to the health and safety of everyone that our athletes and staff are fully conscious of this at all times and take responsibility for following these guidelines seriously. **Please note: All policies and procedures are subject to change as the pandemic situation evolves.**

Key Principles:

- Limiting personal interaction – face-to-face interaction and person-to-person contact will be limited to essential activities that cannot be performed in an alternative (virtual or remote) fashion. When such activities are required, social distancing and other infection-spreading mitigating measures will be emphasized.
- Hygiene – hand washing will be emphasized before, during, and after team activities when practicable.
- Cleaning and sanitization – routine and enhanced cleaning and sanitization measures will be implemented.
- Screening Procedures for Student-Athletes – Daily symptom and temperature screening assessment will be required of student-athletes.
- Staff will continue to self- screen daily

OVERALL GUIDELINES AND RESPONSE STRATEGIES

STUDENT ATHLETE REQUIREMENTS

A. Athletes will be required to have the following on file with DeISD before participating.

DeISD FORMS

1. Physical (will transfer from 2019-2020 school year)
2. Rank One Forms: www.desotoisd.rankonesport.com
 - a. Medical History **NOW ELECTRONIC**
 - b. Emergency Form (must complete a new one)
 - c. Athletic Participation (must complete a new one)
3. Completed Daily Screening Questionnaire

B. Athletes will check in and complete the screening process each day from their phone before arriving for athletics practices.

C. Athletes will stay home if they answered “YES” to any screening questions or if they do not feel well.

D. 6 Foot Rule – Maintain 6 feet of space between each other. This includes lifting groups, running 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 workouts.

G. Restrooms – Student-athletes are required to wash hands and make every effort to minimize athletes in the restroom at any one time.

H. Hydration – Student-athletes are required to bring their own individual labeled water bottle(s). They are prohibited from sharing water bottles. In the event that they arrive without their own water bottle, they will be sent home. Gallon sized water jugs are highly recommended.

I. Masks or Face Coverings- Student-athletes are required to bring their own face mask. In the event that they arrive without a face mask, they will be sent home.

DeISD STAFF REQUIREMENTS

A. Staff will stay home if they answered “YES” to any screening questions or if they do not feel well.

B. Staff will check their temperature daily .

C. Staff will use hand sanitizer before entering the facility, during workouts, and skills.

- D. Staff will bring their own labeled water bottle.
- E. Staff will social distance when possible.
- F. **Masks are mandatory.**

DAILY SCREENING PROCESS

A. BEFORE Arriving to Facility – Every student will have filled out the screening questionnaire via the **Rank One Public App** on their phone. If a student answers “YES” on any question they will stay at home and call their coach to let them know.

All student-athletes are required to complete the online screening questionnaire for symptoms prior to leaving home, including checking your temperature if you can. Screening questions:

- Fever 100.0* or higher
- Muscle aches
- Loss of taste/smell
- Chills, shaking, or exaggerated shivering
- Shortness of Breath or difficulty breathing
- Cough/Sore Throat
- In the last 14 days, have you had close contact with someone who has tested positive for COVID-19, or come in contact with fluids from the nose or mouth of an individual who has tested positive for COVID-19?

B. A temperature check is required upon first entry into the screening checkpoint. The temperature check station will be staffed by DeISD coaches and/or Licensed AT's wearing appropriate PPE. They will confirm receipt of student-athlete COVID-19 screening questionnaire answers and will make sure questions have been answered and temperature has been taken prior to entry. If a student-athlete has an elevated temperature, they will be directed to the LAT or Campus Nurse for further assessment.

C. A hand sanitizing station will be set up outside the indoor facilities screening checkpoint where all student-athletes must sanitize their hands prior to entry/re-entry into the indoor facility.

ENTRY/EXIT PROCEDURES

Entry and Exit Strategy

- All athletes will follow strict guidelines to enter and exit workout areas each day.
- Workouts are closed to the public and any person dropping off or picking up a student-athlete must remain in their car.
- Single file line outside with 6' markers for temp check prior to entry
- Once on field/court, follow social distancing guidelines.

- Under no circumstances are athletes to congregate in groups prior to or after workouts.
(Staff will be assigned to monitor parking lot during exit and entrance times of groups)
- No visitors will be allowed at practice

Eagle Stadium

Entrance- Bus Gate

Exit- Weight Room Gate

Single file line outside with 6' markers for temp check prior to entry

Once on field follow social distancing guidelines.

Chris Dyer Gymnasium

Entrance- Far right glass door

Exit- Far left glass door

Single file line with 6' markers for temp check prior to entry.

Bleachers have been marked every 6' for personal belongings

Multi-Purpose Center

Entrance- SW Door (all the way to the left)

Exit- SE Door (all the way to the right)

Once on field follow social distancing guidelines.

Gym 1

Entrance- East Door

Exit- West Door

Once inside follow social distancing guidelines

Baseball-Softball COMPLEX

As designated by Head Coaches

EXPECTATIONS FOR PARENTS

- Parents must ensure they do not send a student to participate in UIL activities if the student has COVID-19 symptoms or is lab-confirmed with COVID-19 until the conditions defined in the next section are met.
- Transportation will not be provided to and from athletic practices.
- Parents must ensure that their child is picked up no more than 30 minutes after the scheduled practice end time, end of a home game, or upon arrival back to the school from an away game.

INDIVIDUALS CONFIRMED OR SUSPECTED OF HAVING COVID-19:

Any individuals who themselves either: **(a) are lab-confirmed to have COVID-19; or (b) experience the symptoms of COVID-19 must stay at home throughout the infection period,** and cannot return to campus until DeSoto ISD screens the individual to ensure re-entry conditions has been met:

A. In the case of an individual who was diagnosed with COVID-19, **the individual may return when ALL four of the following criteria are met:**

- **72 hours have passed since recovery without fever reducing medication,**
- **improvement of symptoms**
- **a COVID-19 swab/test with a negative result,**
- **At least 14 days (10 business days) have passed since symptoms first appeared.**

B. In the case of 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 the campus until the individual has completed the same four-step set of criteria listed above.

TRANSPORTATION

- Students involved in virtual learning will be expected to provide their own transportation to and from all athletic periods and practices, before, during and after school.
- Coaches will communicate in advance the expectations for travel to and from games.
- Masks will be worn during bus transportation.

LOCKER ROOMS and LAUNDRY

- Every effort will be made to alternate smaller groups through the locker room to minimize exposure with other athletes. Coaches will devise plans based on the number of athletes and the space available.
- Athletes are expected to wear masks in the locker room
- Social Distance measures will be in effect throughout all locker rooms
- Athletes entering the locker room will be monitored to ensure that minimal athletes are in the locker room at one time.
- Any equipment kept in student lockers should be cleaned out weekly by the athlete to allow for proper cleaning.
- No laundry services will be provided on campus.

- No showering will be allowed on campus. Athletes must return home immediately following practice/game and are encouraged to shower promptly.
- No towels will be provided. Students are encouraged to bring their own towel if necessary. Towel sharing will not be permitted.

ATHLETIC TRAINING ROOMS

- Masks must be worn by staff and athletes at all times.
- There will be no more than 8 people allowed in the stadium training room at one time including staff members; no more than 4 people allowed in the gym training room at one time including staff members.
- Athletes are only allowed in the athletic training room for acute injury evaluation and scheduled rehab appointments at this time.
- All preventative and/or recovery treatments will be limited and by appointment only.
- All tables and rehab equipment will be disinfected between each use.

WEIGHT ROOMS

- All equipment will be disinfected by players and coaches between each group
- All equipment will be disinfected by custodians daily
- Players will wear masks whenever they are not actively participating; Staff will wear masks at all times
- Social distance will be maintained whenever it is feasible

PRACTICES/GAMES

- Every athlete is expected to attend all practices and games
- Transportation will not be provided to and from athletic practices.
- If an athlete misses practice time or games due to COVID-19, there will not be disciplinary consequences.
- Masks will be worn during games while sitting on the bench. Masks will be worn during practices when athletes are NOT actively exercising. Coaches will be required to wear masks, unless they are able to maintain at least 10 feet of social distancing.
- Coaches will develop plans specific to their sport to mitigate risk of spreading CoVid-19, including plans for locker rooms, bus travel, equipment, etc
- All athletes, staff, parents etc. should be prepared for the temporary shut down of extracurricular activities or individual sports as a result of confirmed COVID-19 cases or exposures amongst individuals on a specific sports team, in our district, community or surrounding communities.

GAME ATTENDANCE

- Fan & Spectator areas will follow UIL guidelines.

- All fans are expected to wear a mask during UIL competitions.
- Spectators will be allowed to attend games with a 50% capacity limitation, providing appropriate spacing between spectators is maintained.
- Groups should maintain six feet of distance from other groups, and a group is defined as no more than 10 people including members of the household and those persons who traveled together to the facility.
- Visible signs will be posted stating any individuals who are confirmed to have, suspected of having, are experiencing symptoms of, or have been in close contact with an individual who has been confirmed to have COVID-19 should not enter the facility.
- There will be no concession stands or sale of food or drink.

PARENT COMMUNICATION PLAN

- Return to Athletics Plan will be posted on the DeISD Athletics website.
- An email will be sent to all parents/guardians outlining return to campus plan & safety measures
- Coaches will organize Zoom meetings for all parents/guardians.
- Coaches will educate the athletes via Zoom meetings before the first practice they are to attend.
- Constant & detailed communication via email with parents/guardians
- Athletic practices and contests will be conducted following all safety protocols provided by guidance from UIL and DeISD. This will include COVID screening, sharing & sanitizing of equipment, locker room usage, laundry, etc.
- Hand sanitizing stations will be in athletic areas and hand washing will be emphasized before, during, and after activities. Equipment will be sanitized on a regular basis.
- Cleaning and sanitization of all athletic facilities will happen routinely.
- All locker room space will be utilized according to the guidelines.
- Bus travel, if available, will follow transportation guidelines provided by the TEA, UIL, and DeISD.
- Spectator attendance at games and contests is currently limited to 50% and will follow all UIL guidelines.
- All aspects of all athletic events will continually be evaluated to minimize the risk of exposure for both athletes that are participating and spectators that are observing.
- If athletes choose virtual learning, they are required to attend every practice to be recorded present and receive credit. **Transportation will not be provided to and from athletic practices.**

SANITIZATION

Disinfection and Sanitization

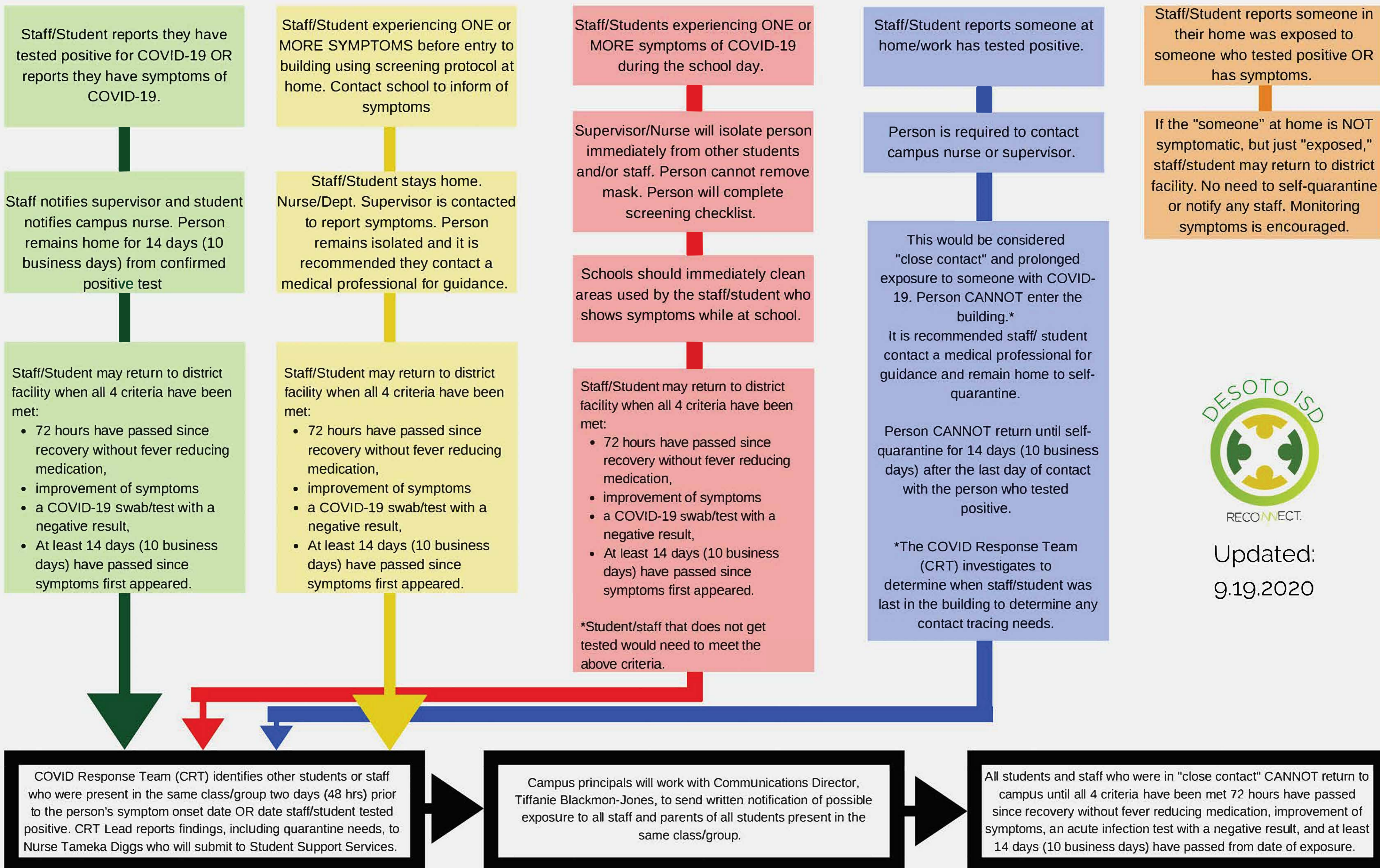
- SSC custodians will be present and maintaining sanitization during athletic practices and events.
- Facilities Cleaning – athletic facilities will be disinfected and sanitized per industry guidelines, continuously before, during, and after DeISD practices and events. Emphasis will be given to disinfecting high touch surfaces and surfaces that are used by multiple student-athletes, disinfecting between users. (Checklist for Custodial and staff)
- Cleaning – specific athletic facilities in which an individual with a confirmed COVID-19 positive has been identified will undergo enhanced disinfection per CDC and industry guidelines.
- Sanitizing all balls after practice sessions.

Athletes and Staff

- Both athletes and staff will sanitize their hands before, during, and after workout. There will be multiple hand sanitizing stations spread throughout all athletic areas
- There will be no high fives, back slaps, or any other physical encouragement.
- 6 foot social distancing will be kept when not actively exercising.
- Masks are required at all times except when actively exercising or socially distanced.



DeSoto Independent School District COVID-19 RESPONSE FLOW CHART



Updated:
9.19.2020