Summer 2020 Re-Entry Plan Athletics and Activities

To say we are in unprecedented times is an understatement. I am sure that all students and parents are ready for some normalcy and so are we. After months of no activity on campus, we now have camp dates set for July. **This year all of our camps will only be for those entering grades 7-12.**

**Before** any student can participate in a summer camp, parents must sign a waiver agreeing to screen their student for COVID-19 symptoms every day before coming to camp. That waiver can be found on our website and via google forms on the following link Parent Permission Waiver. That waiver must be completed **before** any student can participate in summer camp activities. Students must bring the signed waiver the first day they attend an activity at school. THE PARENTS are responsible for screening their child EACH MORNING before the student comes to school to participate.

The coaches will be in contact with the students to give specific direction on what will take place when starting back up. If the student does not have the waiver signed before coming to the first workout, they will not be allowed on campus and must leave immediately. Hard copies of the waiver will be available at the school, but a **parent must be present.**

Do not forget that physicals are good for 2 years now. All of the other paperwork in the athletic packet MUST be completed in order for the student to start fall practice (August 10th for the high school and August 24th for the middle school).

Please make sure that your student brings their own personal water bottle with their name printed on it. There will be no water fountains for them to refill their bottles, so please make sure to send enough water.

If you have any questions or concerns please contact me at 636-479-5200 ext. 4002 or jgillman@dunklin.k12.mo.us I will communicate more information with you as it becomes available.

Sincerely,

Jason Gillman
Activities Director
Herculaneum High School
Going back July 1st to sports will look like this in Phase 1:

### i. High-frequency of contact sports
These sports include: Baseball, Basketball, Cheerleading, Dance Team, Football, Softball, Volleyball, Wrestling.

#### 1. Phase 1 (Approx July 1-July 14)
   - i. During this phase, team workouts and practices are allowed to begin on-campus or facility, however, this should be done with minimal protective equipment (*i.e.* helmets only for football). Team drills can occur where players are less than 6 feet apart, but this should be minimized to brief one-on-one drills. Most of the practice should utilize social distancing.
   - ii. No two teams should be in the same location at one time. If the same field or gym will be used back to back, allow ample time between sessions to clean the area between teams. Half field use is permitted. Be sure that there is no interaction between teams.
   - iii. Any equipment used should be disinfected between individual/team uses (*i.e.* helmets, bat, etc.).
   - iv. Social distancing should apply as much as possible during these team workouts and practices.
   - v. Moving to phase 2 is contingent upon meeting the gating criteria above in the region your organization resides for the previous two weeks, and no outbreak within your school or organization.

#### 2. Phase 2 (Approx July 15 - July 28)
   - i. During this phase, team practices with full equipment and contact drills are permissible. Football should be sure to acclimatize with half shells first and then full equipment during this phase, as recommended by the Missouri State High School Activities Association (MSHSAA).
   - ii. Intra-squad Scrimmages are permitted during this phase. (*no scrimmages/games versus other schools*)
   - iii. Any equipment used should be disinfected between individual/team uses (*i.e.* helmets, sleds, etc.).
   - iv. Moving to phase 3 is contingent upon meeting the gating criteria above in the region your organization resides for the previous two weeks, and no outbreak of cases at your school or organization.

#### 3. Phase 3 (Approx July 29 - July 31)
   - i. During this phase, full team practices, scrimmages, and game competitions are permitted.
     - No scrimmages/games versus other schools
   - ii. Any equipment used should be disinfected between individual/team uses (*i.e.* bat, helmets, shoulder pads, sleds, etc.).
   - iii. This phase is recommended until the fall sports season resumes.
ii. **Low-frequency of contact sports**
These sports include: Band, Field Events (*high jump, pole vault, javelin, shot-put*), Golf, Weight lifting, Running, Tennis, Track.

1. **Phase 1** (Approx July 1-July 14)
   i. During this phase, team workouts and practices are allowed to begin on-campus or designated facilities.
   ii. Inter-squad scrimmages are permitted during this phase. Should allow for proper acclimatization before playing opponents.
   iii. Any equipment used should be disinfected between individual/team uses (*i.e. bat, helmets, sleds, etc.*).
   iv. If the same field or gym will be used back to back, allow ample time between sessions to clean the area between teams. Be sure that there is no interaction between teams.
   v. Any equipment used should be disinfected between individual/team uses (*i.e. ball, bat, etc.*).
   vii. Moving to phase 2 is contingent upon meeting the gating criteria above in the region your organization resides for the previous two weeks, and no outbreak of cases at your school or organization.

2. **Phase 2** (Approx July 15 - July 31)
   i. During this phase, full team practices, scrimmages, and game competitions are permitted.
      - No scrimmages/games versus other schools
   ii. Any equipment used should be disinfected between individual/team uses (*i.e. bat, helmets, sleds, etc.*).
   iii. This phase is recommended until the fall sports season resumes.

**Out of health and safety concerns for our students and coaches, it is respectfully requested that no spectators be present during the initial phases of re-opening.**
June 18, 2020

Dear Dunklin R-5 Parents, Staff and Community:

The risks of COVID-19 are real and ongoing. Participating in athletics and activities carries with it the risk to have contact with individuals who have been exposed to and/or have been diagnosed with an infectious disease.

While it is impossible to eliminate the risk that a student could be exposed to and/or become infected, Dunklin R-5 will attempt to mitigate those risks when possible.

Students and parents are reminded that participation in athletics and activities is voluntary. Additionally, off-season and summer workouts, practices, camps, etc. are voluntary on the part of the student and are not required, directly or indirectly, for membership on a school team. Therefore, it is understood that each family will decide for itself whether or not their student will participate in summer workouts, practices, camps, etc. and to what extent their student will participate.

Should families decide that their student will participate in summer workouts, practices, camps, etc., the following guidelines have been put in place:

**WAIVER**

Parents will be required to sign COVID-19 Waiver forms before their child can attend and/or participate in athletics or activities beginning July 1, 2020. A copy of that waiver is attached. Your child must bring a signed copy of this waiver to their first activity this summer to be able to attend and participate.

**SCREENING**

1. Parents must agree to screen their children daily for indicative symptoms of COVID-19 and agree they will not allow their child to participate any day that they are symptomatic. This is a crucial step in mitigating the spread of the virus. If the answer to any of the following questions is ‘yes’ he/she should be kept home:

   a. Do you have a temperature higher than 100.4 Fahrenheit?
   b. Do you have a household or close contact with someone who has been diagnosed with COVID-19 in the past two weeks?
   c. Do you have symptoms of lower respiratory illness such as a new or worsening cough, shortness of breath, or difficulty breathing?
   d. Have you experienced any chills or repeated shaking with chills?
   e. Have you experienced any muscle pain or headache (different than normal exercise-induced pain or your seasonal allergies or other diagnosed condition)?
   f. Have you experienced any sore throat (different than your seasonal allergies or other diagnosed condition)?
   g. Have you experienced any recent loss of taste or smell?
   h. Have you experienced any recent diarrhea or vomiting?
2. If a student has a positive finding on a daily screening, they cannot attend any activity that day. Students will not be allowed back until a subsequent day when they do have a negative screen, have documentation demonstrating the SARS-CoV-2 test was negative, or a note from their healthcare provider indicating they do not need to be tested and their symptoms are not due to COVID-19.

3. Students may also be screened periodically by the trainer or coaches. If the screening indicates COVID-19 symptoms the student will be isolated from other students and sent home as soon as possible. Parents must remember, however, that it is solely the parent/guardian’s responsibility to screen their children daily for indicative symptoms of COVID-19 and keep them home if they are not well.

**GENERAL SAFETY GUIDELINES**

General guidelines for students:

1. Athletes should utilize good general hygiene, including frequent, effective hand washing, no spitting, covering the mouth when coughing or sneezing, no sunflower seeds, and avoiding touching of the face.
2. Athletes should bring their own water bottle, clearly marked with their name, and it should not be shared with others. Shared drinking sources (water fountains) will not be used.
3. Athletes should refrain from pre-practice gatherings of players or celebratory contact (hugs, handshakes, high fives, fist bumps, etc.).
4. Athletes should arrive as close as possible to when the activity begins and leave as soon as the activity ends.
5. There will be no shared athletic equipment (towels, clothing, shoes, gloves, helmets, etc.).
6. Individual drills requiring the use of athletic equipment are permissible, but the equipment will be cleaned prior to use by the next individual or group.
7. Athletes should avoid touching gates, fences, benches, etc. when possible.
8. Athletes should arrive dressed and ready for practice, take all gear home, and clean gear daily. Locker rooms will not be available.
9. Athletes should observe social distancing as much as possible.
10. Athletes should notify their coach of any signs or symptoms of COVID-19 they detect during practice. The athlete will be isolated until they can be sent home and the family should contact their healthcare provider.
11. Athletes are allowed to wear Personal Protective Equipment (PPE) items if they choose, as long as the items do not compromise the safety of participants in the game or violate the rules of the game.
PARENT PERMISSION AND WAIVER OF LIABILITY FOR STUDENT PARTICIPATION AT Dunklin R-5

By signing below, I give permission for my child, _____________________________, to participate in activities starting on 07/1/2020-08/24/2020 at Dunklin R-5 School District: Dunklin R-5 Athletics and Activities.

_________ I acknowledge that federal and state government officials have declared that there currently exists a public health crisis in our country related to the Coronavirus Disease 2019 (“COVID-19”).
(initials)

_________ I confirm that I will not permit my child to participate in the program or activity if, at any time during the program or activity, my child is showing any symptoms of COVID-19 (including but not limited to fever, dry cough, fatigue, shortness of breath, chills, muscle pains). Additionally, I confirm that I will not permit my child to participate in the program or activity if, at any time during the program or activity, my child has been in contact with any individual diagnosed with COVID-19 or any individual currently waiting for test results confirming the possibility of a COVID-19 diagnosis. I agree that in such situations, my child will be unable to participate in the program or activity until: (i) 14 calendar days after the symptoms first appeared and my child is no longer showing any symptoms; or (ii) a healthcare provider has confirmed in writing that my child has tested negative for COVID-19 or that my child’s symptoms were not due to COVID-19.
(initials)

_________ I understand that the Dunklin R-5 School District cannot prevent the possible transmission or contraction of COVID-19 for my child.
(initials)

The undersigned agrees to release, discharge, hold harmless and indemnify the Dunklin R-5 School District, its agents, employees, officers, Board of Education members, insurers and others acting on the District’s behalf (the “Releases”), of and from any and all claims, demands, causes of action and/or legal liabilities for injuries to or death of my child occurring during, or resulting from, or participation in the above-mentioned program or activity and related in any way to COVID-19, even if the cause, damages or injuries are alleged to be the fault of or alleged to be caused by the negligence or carelessness of the Releases.

Signature: _________________________________________________
(Parent or Legal Guardian)

Signature: _________________________________________________
(Student)

Date: _____________________________________________________