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On behalf of Clear Creek ISD Athletics, we are pleased to present this outline for the Phase One plan to return our student-athletes to in-person on campus training. This will serve as our blueprint to return our athletes to summer strength and conditioning camp. The health and safety of our student-athletes is our number one priority and the following guidelines are based on what is currently known about COVID-19. Clear Creek ISD Athletics will continue to work closely with the UIL and modifications to this plan will be updated as additional information becomes available. The UIL Summer Strength & Conditioning Guidelines can be found [here](#).

As recommended by the [TDSHS](#):

The virus that causes COVID-19 can infect people of all ages. While the risk of serious illness or loss of life is greatest in those 65 years of age or older with pre-existing health conditions, persons in every age group can become infected with COVID-19 and some may become seriously ill or even die. Parents should monitor the health of their children and not send them to the program if they exhibit any symptom of COVID-19. They should seek COVID-19 testing promptly and report results to the program given the implications for other children, families, and staff. Individuals aged 65 or older are at a higher risk of COVID-19. Parents should protect any vulnerable persons who are members of the same household or come into frequent, close contact with infants, children and youth who attend childcare centers, schools, or youth camps.

Key Principles

- Face-to-face interaction and person-to-person contact will be limited according to social distancing standards.
- CCISD staff will always keep a 1:20 coach to student ratio to monitor and ensure appropriate social distancing, hygiene, and safety measures are implemented, per UIL guidelines.
- Once assigned to a group- groups will remain the same throughout the camp. (sport specific groups may be designated at start of SAC Camp to decrease group changes when sport-specific training begins)
- Infection-spreading mitigating measures will be emphasized before, during, and after team activities when practicable including hand washing and hand sanitizing.
- Athletes will follow social distancing rules outside as deemed by the UIL and will follow the indoor regulation of 25% capacity for facilities as well as the outside social distance rules.
- Routine and enhanced cleaning and sanitation measures will be implemented for all equipment and common areas.

- Facility entry and exit points will be coordinated at each campus to minimize personal interaction and facilitate social distancing. Students and staff are required to maintain social distancing of at least 6 feet during all entry, exit and check-in times.

OVERALL GUIDELINES AND RESPONSE

Disinfection and Sanitation

- Athletic facilities will be disinfected and sanitized per industry guidelines, before, during, and after all activities. Emphasis will be given to ensuring disinfecting high touch surfaces and surfaces that are used by multiple student-athletes between users.
- Weight room equipment will be sanitized after each use and before a different athlete uses it. Spray bottles with sanitizer and paper towels will be at each station.

Student Athlete Requirements

- Prior to arrival each day, every student must complete the screening questionnaire on their phone. If a student answers "YES" to any question or does not feel well, **they will stay at home and call their coach and let them know.** The coach will report incident as per CCISD COVID-19 protocol. (see return to camp criteria at the bottom of this document)
- Any student-athlete who appears to have symptoms or who becomes sick during the day will be immediately separated from the others and **will be sent home.** The coach will report the incident as per the CCISD COVID-19 protocol. (see return to camp criteria at the bottom of this document)
- Restroom use will be limited to "one in and one out" model. All student-athletes are encouraged to open the doors with paper towels with dry hands. Locker room use is not allowed.
- Water will not be provided for student athletes. Student-athletes will be required to bring their own individual labeled water bottles. They are prohibited from sharing water bottles.

CCISD Staff Requirements

- Staff will check in and complete the screening process each day from their phone before arriving. If a staff member answers "YES" to any screening questions or if they do not feel well, they will stay at home and call the campus coordinator and let them know.
- Return to work clearance will be determined per District COVID-19 Protocol.
- Staff will wash and sanitize their hands before, during, and after workouts.
- Staff will bring their own labeled water bottle.

GENERAL WORKOUT PROCEDURES

Indoor Regulations

- Groups will be limited to no more than **10** athletes. Groups must stay 10 feet away from other groups during workouts.
- Once assigned to a group- groups will remain the same throughout the camp (changes will be made to reflect amended UIL guidance, as available)

- Social distancing standards of at least 6 feet must always be maintained.
- Capacity is 25% of the indoor area (ex. 25% of weight room/gym).

Outdoor Regulations

- Groups limited to no more than **15** athletes. Groups must stay 10 feet away from other groups during workouts.
- Social distancing standards must always be maintained.

Entrance and Exit Procedure

- All staff members and student-athletes will enter and exit campus at designated locations as directed during orientation. Social distancing standards of at least 6 feet must always be maintained.
- All staff members and student-athletes will sanitize their hands upon entering and exiting.
- All parents are to remain in their cars during drop off and pick up times.

STRENGTH AND CONDITIONING WORKOUT PROCEDURES

- Both athletes and staff will wash and sanitize their hands before, during, and after workouts.
- There will be no high fives, back slaps, or any other physical encouragement.
- Social distancing standards when not actively exercising will be maintained at 6 feet.
- Social distancing standards when actively exercising will be maintained at 10 feet.
- Spotting is allowed but recommended that the spotter cover their mouth and nose with a cloth face covering.
- All equipment will be sprayed and wiped after every use.
- Strength and conditioning sessions shall include only strength and conditioning instruction and exercises. No specific sports skills shall be taught and no specific sports equipment, such as balls, dummies, sleds, contact equipment, etc., shall be used.
- Workout stations must be spaced to allow for at least ten feet of distance between them in all directions. Some exercises may require more than ten feet of distance.

PARENT/GUARDIAN COMMUNICATION PLAN

- Electronic communication with parents/guardians will be provided as needed, (to include educational session materials that will be reviewed with students).
- All student-athletes will be advised on procedures on day one of camp.

PREPARING STAFF & ATHLETES

- All CCISD staff members will meet with Campus Coordinators, to learn COVID-19 procedures and protocols.
- Student-athletes will be required to participate in a brief orientation on day one of camp outlining the safety procedures for each campus and all safety expectations.

PREPARING FACILITIES

Social Distancing, Rest Room, Hand Washing, and Check-In signs will be made and posted throughout the facilities.

WEEK 1 (High School Groups Only)

Weight Room & Skills Athlete Education

- Student-athletes will have educational session where they will walk-thru the daily check-in process.
- Student-athletes will have educational session by lift group where they will walk-thru the daily process for entry and exit of the facility.
- Student-athletes will have educational session about social distancing during workout and skills.
- Student-athletes will have educational session about symptoms and preventative measures, and what to do if sick.

June 10th: First full normal workout day

RETURNING TO CAMP

Positive Cases and Staff or Students Showing COVID-19 Symptoms

- If a positive case is identified among a participant in these summer activities, either staff or student, the group to which that staff or student was assigned and in contact with must be removed from the sessions while all members of the group self-isolate. If the confirmed individual regularly had close contact outside a single group, then all the students and staff with whom the confirmed individual had close contact shall be removed from workouts for two weeks. 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.
 - For example: If a student in one group tests positive for COVID-19, the student **and** that one group must isolate. If that student was part of several groups, then the student and all the groups they were a member of would have to isolate.
- Any staff member or student who experiences any of the symptoms of COVID-19 (listed below) should self-isolate until the below conditions have been met.

Return to Camp Criteria

- In the case of an individual who was diagnosed with COVID-19, the individual may visit when all three of the following criteria are met
 - At least three days (72 hours) have passed since recovery (resolution of fever without the use of fever-reducing medications)
 - The individual has improvement in respiratory symptoms (e.g., cough, shortness of breath)
 - At least ten days have passed since symptoms first appeared; or
- In the case of an individual who has symptoms that could be COVID-19 and does not get evaluated by a medical professional or tested for COVID-19, the

individual is assumed to have COVID-19, and the individual may not return to work until

- The individual has completed the same three-step criteria listed above; or
- If the individual has symptoms that could be COVID-19 and wants to return to work before completing the above self-isolation period, the individual must obtain a medical professional's note clearing the individual for return based on an alternative diagnosis.
- Any student or staff member living with someone who experiences any of the symptoms of COVID-19, whether they have a positive COVID-19 test or not, should self-isolate for two weeks. If they do not experience any COVID-19 symptoms during that period, they can return to summer workouts. If they experience symptoms, they must self-isolate until the conditions outlined above have been met.

COVID-19 Symptoms for Screening

- 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 equal to 100.0 degrees Fahrenheit
- Known close contact with a person who has a lab confirmed to have COVID-19