

# LaPorte High School Athletic COVID Start-Up Plan



7.22.2020

The following plan is an extension of the LPHS COVID Conditioning and Training Plan implemented under the guidance of the the Indiana Department of Education IN-CLASS Health and Safety COVID 19 Re-Entry Guidance, Phases 1, 2.

## **Prevention Measures and Precautions**

On August 15<sup>th</sup> spectators will be allowed in athletic venues per Indiana Department of Education IN-CLASS Health and Safety COVID 19 Re-Entry Guidance, Phase 3.

- Boys and girls cross country, boys and girls soccer, tennis and golf will be conducted as has been done in the past with no changes.
- Volleyball---in addition to the downstairs bleachers being open, the west side of the upstairs bleachers will also be open to encourage social distancing
- Football---Scrimmage has been moved from August 14<sup>th</sup> to the 15<sup>th</sup> at Plymouth. For home games at Kiwanis Field, all elementary and middle school students will need to be accompanied by an adult and will need to sit with that adult during the game. High school students will be asked to enter through a predetermined gate and will need to present a school ID in order to enter.

\*Concession stand will close at halftime to discourage the congregation of fans.

\*A decision about bands participation at football games will be determined at a later date.

If limitations on the number of spectators at athletic events is instituted, then the following interventions have been identified:

- Boys and girls cross country and girls golf will be conducted as has been done in the past.
- The following are the seating capacities of the various athletic venues at LPHS that will be used in the fall. A plan will be instituted that tracks the number of spectators entering for an athletic event and attendance will be monitored based on what percentage of spectators are allowed. Priority will be given to parents and family members of the athletes. The band will not be at varsity football

games. Soccer 720; Kiwanis 3500 home side, 1500 visitors;  
Tennis 400; Slicer gym: Bottom east 649, bottom west 649, upper west 1003

#### Possible Contingency Plans Depending on State and Local Mandates

- Limit attendance at home athletic events in volleyball, boys and girls soccer, tennis and football to parents and family members only. Logistics would need to be worked out with visiting teams.
- Conduct all athletic activities with no spectators.

#### **Social Distancing, Personal Protection Equipment, and Cleaning/Disinfecting**

Hand sanitation stations will be available at all athletic venues. Facilities, including but not limited to restrooms and locker rooms will be cleaned before the next use. Whether or not to require masks will be determined prior to each game based on city and county orders. If no order is in place, masks will be recommended.

- Facilities will be cleaned by trained staff after each use.
- Staff will use approved Covid cleaning supplies to disinfect.
- Wellness Center equipment will be wiped down between uses.
- Gym floors will be scrubbed on a regular basis.
- Balls and other loose equipment handled by athletes will be disinfected after each session.

#### Ticket Sales:

FOOTBALL Slicer Passes will be honored at varsity football games.  
All other tickets will be pre-sale and need to be purchased in the athletic office the week of the game. Preference will be given to parents and family members of players. Tickets may be purchased by players for their families Monday, Tuesday &

Wednesday each week of a home game for \$6.00 per ticket. Students may purchase tickets on Thursday and Friday and the general public on Friday. There will be no tickets sold at the gate. Visiting teams will pre-sell their tickets as well with no tickets available at the gate. DAC passes will be honored.

If a limit of 50% capacity is instituted the following ticket restrictions will apply:

- A maximum of 1700 tickets will be sold for the home side and 750 for the visitors side for varsity football games.
- Adjustments will be made if the percentage of spectators allowed changes.

#### **SOCCER & VOLLEYBALL**

- Slicer Passes will be honored at soccer and volleyball contests. Tickets will be available at the gate at a 50% capacity level as the venues at both locations are large enough to accommodate normal attendance at these venues. Adjustments will be made if the percentage of spectators allowed changes.
- Concessions will close between the JV & varsity match and at halftime of soccer to avoid the congregation of fans.
- Concessions will close between the JV & varsity match of volleyball contests to avoid congregation of fans.

TENNIS: Forego charging admission for tennis this fall.

#### **COVID-19 Screening**


- Coaches will fill out a personal daily COVID Screening Survey prior to each conditioning session. The survey will include logging of temperature and if they have had exposure to others who tested positive for COVID or if they were exposed to someone with or being tested for COVID

- Athletes will be asked to not report if they have had a temperature at or above 100.4 or have been exposed to someone with or thought to have COVID.
- Parents/guardians will be expected to report to the coach and athletic director if their child tested positive for Covid-19. Coaching staff will be expected to report to their immediate supervisor if they tested positive for Covid-19.
- Symptoms Impacting Consideration for Exclusion from Athletics
  - Students and employees will be educated to recognize the following Covid-19 related symptoms:
    - A fever of 100.4 ° F or greater
    - Cough
    - Shortness of breath or difficulty breathing
    - Chills
    - Repeated shaking with chills
    - Muscle pain
    - Headache
    - Sore throat
    - New loss of taste or smell
- Students and staff will be formally excluded where applicable

### **Professional Development**

- Staff will be trained on how to self-screen for Coronavirus exposure and symptoms.
- Staff will be trained on how to educate students on personal protective hygiene practices.
- Staff will be trained on how to report their own exposure.
- Staff will be trained on teaching students how to self-screen for Coronavirus symptoms and exposure.

## 2020-21 PHASED ATHLETIC RETURN TO PLAY PLAN

	Phase I	Phase II - July 20th - August 14th		Phase III
	July 6th - July 19th	July 20th - August 2nd	August 3rd - August 14th	August 15th
		(Normal Summer)		
School Facilities	Open to Essential Personnel and Participants Only	Open to Essential Personnel and Participants Only	Open to Essential Personnel and Participants Only	OPEN
Individual Athlete Participation	<b>15 Total Hours on Campus/Week</b>	Normal Summer Rules and Guidelines	FALL SPORTS PRACTICES BEGIN. NORMAL IHSAA RULES AND REGULATIONS	FALL SPORTS COMPETITIONS BEGIN
	4 Conditioning Sessions/Week - Athlete can attend 1 Two-Hour Session/Day			
	2 Activity Days/Week per sport - Three Hours per session - Same Sport may NOT occur on consecutive calendar days.	Girls Golf Starts Official Practice on July 31st		
	All Summer Activities are Voluntary	All Summer Activities are Voluntary		
Social Distancing	Encouraged	Encouraged	Encouraged	Encouraged
Face Coverings	Allowed, if doing so is not a health risk.	Allowed, if doing so is not a health risk.	Allowed, if doing so is not a health risk.	Allowed, if doing so is not a health risk.
People allowed to be in attendance	Essential Personnel ONLY - No Parents, Spectators, Etc...	Essential Personnel ONLY - No Parents, Spectators, Etc...	Essential Personnel ONLY - No Parents, Spectators, Etc...	Spectators, media, and vendors can be present but should implement social distancing.
Alternate Command Structure	Command Structure for Coaching Staff should be established in case of illness.	Command Structure for Coaching Staff should be established in case of illness.	Command Structure for Coaching Staff should be established in case of illness.	Command Structure for Coaching Staff should be established in case of illness.
2020-21 Athletic Physical Status	All athletes must have a valid 2020-21 IHSAA Physical on file or a valid 2019-20 IHSAA Physical and the IHSAA Health History Update Questionnaire and Consent/ Release Certificate on file.	All athletes must have a valid 2020-21 IHSAA Physical on file or a valid 2019-20 IHSAA Physical and the IHSAA Health History Update Questionnaire and Consent/ Release Certificate on file.	All athletes must have a valid 2020-21 IHSAA Physical on file or a valid 2019-20 IHSAA Physical and the IHSAA Health History Update Questionnaire and Consent/ Release Certificate on file.	All athletes must have a valid 2020-21 IHSAA Physical on file or a valid 2019-20 IHSAA Physical and the IHSAA Health History Update Questionnaire and Consent/ Release Certificate on file.

Adapted from the Spreadsheet Developed by Brian Lewis from Jasper High School



	Phase I	Phase II - July 20th - August 14th		Phase III
	July 6th - July 19th	July 20th - August 2nd (Normal Summer)	August 3rd - August 14th	August 15th
<b>Attendance</b>	COVID-19 Attendance must be taken.	COVID-19 Attendance must be taken.	COVID-19 Attendance must be taken.	COVID-19 Attendance must be taken.
<b>COVID-19 SYMPTOMS</b>	Any person with symptoms is referred to his or her primary care provider and not allowed to participate.	Any person with symptoms is referred to his or her primary care provider and not allowed to participate.	Any person with symptoms is referred to his or her primary care provider and not allowed to participate.	Any person with symptoms is referred to his or her primary care provider and not allowed to participate.
<b>Locker Rooms</b>	NO LOCKER ROOM USE - athletes should report in proper gear and return home to shower at the conclusion.	Locker Rooms are OPEN - Practice Social Distancing when possible. If locker rooms or meeting rooms are used, 50 percent capacity is recommended.	Locker Rooms are OPEN - Practice Social Distancing when possible. If locker rooms or meeting rooms are used, 50 percent capacity is recommended.	Locker Rooms are OPEN - Practice Social Distancing when possible. If locker rooms or meeting rooms are used, 50 percent capacity is recommended. *If the restriction to 50 percent capacity at competitive events creates a hardship and impacts the hygiene or safety of students, a 50 percent or greater capacity is allowed.
<b>Gathering Sizes</b>	Decreased as much as possible to reduce risk - 50% Capacity in large areas (weight rooms, wrestling rooms, etc...	Decreased as much as possible to reduce risk - 50% Capacity in large areas (weight rooms, wrestling rooms, etc...	Decreased as much as possible to reduce risk - 50% Capacity in large areas (weight rooms, wrestling rooms, etc...	Decreased as much as possible to reduce risk - Larger than 50% Capacity in large areas is allowed if you must.
<b>Equipment</b>	If equipment must be shared, this equipment should be cleaned prior to use and immediately following usage.	If equipment must be shared, this equipment should be cleaned prior to use and immediately following usage.	If equipment must be shared, this equipment should be cleaned prior to use and immediately following usage.	If equipment must be shared, this equipment should be cleaned prior to use and immediately following usage.
<b>Student-Athlete Responsibility</b>	Students are expected to shower at home, wash workout clothing immediately after, wash hands for a minimum of 20 seconds.	Students are expected to shower at home, wash workout clothing immediately after, wash hands for a minimum of 20 seconds.	Students are expected to shower at school or home, wash workout clothing immediately after, wash hands for a minimum of 20 seconds.	Students are expected to shower at school or home, wash workout clothing immediately after, wash hands for a minimum of 20 seconds.
<b>Weightlifting</b>	No Excercises requiring a spotter can be conducted.	Free weight excersises requiring a spotter CAN be conducted.	Free weight excersises requiring a spotter CAN be conducted.	Free weight excersises requiring a spotter CAN be conducted.

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	Phase I	Phase II - July 20th - August 14th		Phase III
	July 6th - July 19th	July 20th - August 2nd (Normal Summer)	August 3rd - August 14th	August 15th
Contact Sports	NO CONTACT	CONTACT IS ALLOWED - As defined by Indiana High School Athletic Association		CONTACT IS ALLOWED - As defined by Indiana High School Athletic Association
Hydration Stations	No use of shared Hydration Stations - Personal Water Bottles only!	No use of shared Hydration Stations - Personal Water Bottles only!	No use of shared Hydration Stations - Personal Water Bottles only!	No use of shared Hydration Stations - Personal Water Bottles only!
Competition	NO COMPETITION WITH OTHER SCHOOLS	NO FORMAL COMPETITION (Formal Competition is considered an in-season contest.)	NO FORMAL COMPETITION - Exception Girls Golf. (Formal Competition is considered an in-season contest.)	FORMAL COMPETITION BEGINS
Facility Maintenance	Cleaning Schedules should be created and implemented for all Facilities and Equipment. Coaches will need to help maintain sanitation.	Cleaning Schedules should be created and implemented for all Facilities and Equipment. Coaches will need to help maintain sanitation.	Cleaning Schedules should be created and implemented for all Facilities and Equipment. Coaches will need to help maintain sanitation.	Cleaning Schedules should be created and implemented for all Facilities and Equipment. Coaches will need to help maintain sanitation.
Individual Athlete Gear and Equipment	NO SHARING OF CLOTHING, SHOES, TOWELS, WATER BOTTLES, ETC...	NO SHARING OF CLOTHING, SHOES, TOWELS, WATER BOTTLES, ETC...	NO SHARING OF CLOTHING, SHOES, TOWELS, WATER BOTTLES, ETC...	NO SHARING OF CLOTHING, SHOES, TOWELS, WATER BOTTLES, ETC...
Appropriate Clothing	All Athletes should wear appropriate clothing, shoes, etc... at all times! Shirts are required at ALL times.	All Athletes should wear appropriate clothing, shoes, etc... at all times! Shirts are required at ALL times.	All Athletes should wear appropriate clothing, shoes, etc... at all times! Shirts are required at ALL times.	All Athletes should wear appropriate clothing, shoes, etc... at all times! Shirts are required at ALL times.
Celebratory and Sportsmanship Acts involving Contact	PROHIBITED	PROHIBITED	PROHIBITED	MODIFIED SPORTSMANSHIP PRACTICES SHOULD BE OBSERVED
Transportation	NO TRANSPORTATION	CLEANING REGARDING TEAM OR GROUP TRANSPORTATION MUST BE FOLLOWED		

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# 2020 SLICER SPORTS

The official start for fall sports is August 3<sup>rd</sup> with the exception of girl's golf which begins on July 31st. The following rules and regulations will be in place as we begin the 2020-21 athletic season. Please note that these are subject to change.

## PRACTICE RULES AND REGULATIONS

1. Athletic physicals and ALL forms on Final Forms must be complete prior to student participation. The IHSAA is allowing physicals from 19-20 to be used in 20-21, however, there is a waiver form that must be signed in Final Forms by a parent or guardian. Athletes may still choose to have a new physical for 20-21 and those may be picked up in the athletic office or on the Slicer athletic department website at Goslicers.com.
2. Practice may be conducted as has been done in previous years.
3. Prior to every practice coaches will record and log answers to the following:
  - a. What is your temperature?
  - b. Have you had exposure to others who tested positive to COVID 19?
  - c. Were you exposed to someone with or being tested for COVID 19?
4. All athletes will be required to bring their own water bottle, towel, etc.. Athletes name must be clearly written on the water bottle.
5. Locker rooms will be available, however, coaches are asked to rotate use by athletes so that 50% capacity is not exceeded.
6. Restrooms will be available at each facility.
7. Coaches will work with athletes in small groups and contact will be limited.
8. Soccer balls, footballs, volleyballs and any other equipment shared by athletes will be cleaned at the end of each session.
9. Restrooms will be sanitized each day.
10. Masks should be worn by all coaches and athletes when not engaging in strenuous physical activity.
11. Social distancing will be practiced as much as possible during practice.

## ATHLETE EXPECTATIONS DURING PRACTICE

1. Do not attend workouts if you are not feeling well, have a fever or have recently been exposed to the COVID 19 virus.
2. Do not attend workouts if you have been exposed to COVID 19 until you have gone through the proper quarantine which is 14 days from the time of exposure.
3. Wash workout clothes after each day's session.
4. When not working out, keep a reasonable distance from teammates when possible.
5. Wash hands after using the restroom.
6. Do not share water bottles, gloves or other workout items.
7. Make sure your ride, if necessary is here when the workout is finished. Students should not be congregating while waiting for their ride home.
8. No parents will be allowed during practice sessions. Only individuals essential to practice will be allowed.
9. We will not be monitoring student's transportation to and from practice. If an athlete is riding to and from practice with another athlete, all parents should be aware and grant permission.

**\*\*NOTE: THE ATHLETIC DEPARTMENT HAS ORDERED 200 ORANGE GAITERS WITH THE SLICER LOGO ON THEM. ATHLETES MAY PURCHASE THEM FOR \$10**