

## Arlington ISD Athletic Department Athletic Practice Plan

The below requirements will mirror the UIL plan for Strength & Conditioning as well as practice plans for all sports returning according to the UIL stated times. During virtual learning this will be the process for student athletes working out on campus.

### Student Athlete Requirements

- Students must complete a daily symptom screening prior to being allowed to workout.
- Any positive symptom will require the athlete to stay at home.
- Athletes must respect the social distancing guidelines from arrival time to departure time. Practices and work out will be designed for in-season to minimize the face to face activity when possible. Out of season sports will maintain the 10 foot distance while working out.
- Mask must be worn unless you are participating in physical activity.
- Limit physical contact – no high fives, hugs, fist bumps etc.
- Respect the process each day to ensure the safest environment for all of those participating.

### Sanitation and Hygiene

- Student Hygiene is very important during this process. It is important that they are washing their hands and maintaining proper hygiene prior to arrival.
- Hand sanitizing stations will be provided upon arrival and upon entering and exiting indoor workout areas.
- Facility cleaning will occur before, during, and after workouts. All equipment including high touch areas such as weight equipment and balls will be cleaned throughout the workouts each day.
- If there is a confirmed case of Covid-19 we will have an enhanced cleaning of the all areas affected.
- Locker rooms will be used as necessary with social distancing and limited occupancy. When possible, we will have athletes come to practiced dressed and ready to limit the locker room use. These facilities will be cleaned on a daily basis.

### Daily Screening

- All Student and Staff participating will be screened daily.
- Any positive symptom or possible exposure will require the student or staff member to remain at home. They will need to notify the campus coordinator/head coach and athletic trainer.

## Positive Test or Positive Symptoms

- Any staff member or student who experiences any of the symptoms of COVID (listed below) should self-isolate until the below conditions have been met. In the case of an individual who diagnosed with COVID-19, the individual may return when all three of the following criteria are met:
  1. At least three days (24 hours) have passed since recovery (resolution of fever without the use of fever-reducing medications)
  2. The individual has improvement in respiratory symptoms (e.g., cough, shortness of breath)
  3. At least ten days have passed since symptoms first appeared.
- 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.
- All positive cases will be reported to the athletic staff, athletic trainer, and the Director of Health Service

## Daily Routine

The information in this section will be somewhat specific to each campus and will be communicated by the coaches to your student prior to the first workout. Coaches will be surveying their teams to determine how many students will be participating and setting a plan to communicate.

- A daily drop-off and pick-up area will be designated. If the student is driving to the school their will also be a designated practice area. Social distancing will be required throughout this time. Parents must stay in their car during pick up and drop off.
- Upon arrival the student will have a designated check in area for screening. Daily attendance records will be kept for safety.
- Students in off season will be grouped in groups no larger than 15 for all off season activities. The goal is to keep these groups the same on daily basis. The ideas of consistent groups are to limit exposure by mixing groups if there were any positive symptoms. In-season workouts will be strategically planned to minimize face to face contact.
- Indoor facilities will be operated at 50 percent capacity.

- We will not allow public use of the track or any facilities during our workouts to maintain the safety of students and staff.
- If students arrive more than 20 minutes after the start time they will not be allowed to participate.

Our goal in Arlington ISD is to provide a clean and safe place for the students and staff to workout and begin to prepare of the upcoming school year. We will continue to communicate throughout this process with students, parents, and staff as we gain more information of make any changes to our plan.

Thank you,

Eric White

Director of Athletics