

Frederick County Public Schools COVID-19 Return to Activities Plan

Purpose: The purpose of the Frederick County Public Schools Return to Activities Plan is to lead the safe reintegration of VHSL athletics and extracurricular activities amid the COVID-19 Pandemic. The athletics staff is collaborating with the high school and central office administrations to ensure that all policies and procedures meet state and Federal guidelines provided by the Centers for Disease Control and Prevention (CDC), National Federation of State High Schools Association (NFHS), National Athletic Trainers' Association (NATA), Virginia Department of Health (VDH), Virginia High School League (VHSL), and Virginia Department of Education (VDOE).

Rationale: On May 19, the NFHS released a statement and accompanying "Guidance for Opening Up High School Athletics and Activities" to all 51 state associations (NFHS, 2020). On June 11, the Virginia High School League, in alignment with "Virginia's Return to School Plan," announced that schools could resume off-season workouts effective June 15 with the stipulation that detailed plans formulated in compliance with CDC and VDH mitigation guidelines be submitted to the Department of Education for approval (VHSL, 2020). The VHSL released further guidance to member schools on June 19 (VHSL, 2020). It is important for Frederick County Public Schools to implement a safe return to activities to promote the physical, emotional, and psychological benefits of extracurricular participation, serve as a first step for full return-to-school plans, and to maintain our teams' competitive balance with opposing schools.

Disclaimer: Because the COVID-19 Pandemic is an ongoing and evolving global health crisis, information and guidance from state and federal entities can change rapidly. This document is fluid and modifications are anticipated. This document will be updated accordingly.

VHSL Pre-participation Physical Exams: The VHSL has not granted an extension of 2020-2021 VHSL Pre-Participation Physical Exams. All Frederick County high school student-athletes must submit a VHSL Physical Form dated after May 1, 2020 in order to be eligible to participate in interscholastic athletics.

COVID-19: COVID-19 is a respiratory disease caused by Severe Acute Respiratory Syndrome Coronavirus 2 (SARS-CoV-2). COVID-19 is a disease that *is not treatable by antibiotics*. Currently, there is no known vaccination for SARS-CoV-2 or cure for COVID-19. As this is a novel virus and resultant disease, very little empirical data has been collected by health experts. Preliminary research has found that patients exposed to SARS-CoV-2 may begin exhibiting signs and symptoms of infection 2-14 days following exposure. Monitoring student-athletes and staff for signs and symptoms of infection and possible exposure to the virus is of utmost importance during the reintegration of athletics and activities in Frederick County Public Schools.

Signs and Symptoms of COVID-19: Possible signs and symptoms of infection include, but are not limited to:

- Fever
- Chills
- Coughing
- Shortness of breath
- Difficulty breathing
- Fatigue
- Muscle or body aches
- Headache
- New loss of taste or smell
- Sore throat
- Congestion or runny nose
- Nausea or vomiting
- Diarrhea

It is important to note that the above list is not exhaustive and may be updated as additional information becomes available. Any individual exhibiting one or more of these signs or symptoms should stay home and not report to the respective school campus. These persons should follow up with an appropriate health care provider as soon as possible.

Assumption of Risk and Waiving of Liability: As with any sport or activity, there is inherent risk of injury or illness. COVID-19 is no exception. While high school staffs are taking additional precautions to mitigate the exposure and spread of SARS-CoV-2, there is no feasible way to ensure that any athlete, coach, parent, spectator, official etc. will not be exposed while on a school campus, including before, during, or after participation in an athletic practice or other sponsored event. It therefore shall be understood by all persons entering onto any school campus, or by all persons involved with a school-sponsored activity, that there is an inherent risk of injury and/or illness, including, but not limited to, COVID-19. All coaches, advisors, and participants shall be expected to sign an Assumption of Risk and Waiving of Liability document that will be provided by the respective school in conjunction with Frederick County Public Schools. All students shall have a parent or legal guardian sign this documentation, regardless of the student's age.

Pre-Screening: Prior to any participation, coaches, advisors, and student participants will be informed of and encouraged to self-monitor for signs and symptoms of COVID-19. All staff and participants are to be screened by the Athletic Trainer or designee prior to engagement in any school-sponsored event, including practices, conditioning, weight lifting, meetings, rehearsals, etc. Strict measures will be used to ensure that exact time of arrival and departure are noted, as well as tracking proximity to other individuals on the school campus. The Pre-Screening process will incorporate a temperature check and questionnaire to rule out possible exposure to, as well as the presence of signs and symptoms, of COVID-19. See Appendix A for the Pre-Screening Log. The screening process will proceed as follows:

1. Staggered screenings will be utilized to decrease the number of individuals waiting for screening.
2. Participants will remain in their vehicles until screening is completed by school personnel.
3. Complete the Pre-Activity Screening Log. Temperature readings will be taken using forehead infrared thermometers. Anyone with temperatures exceeding 100.3°F will not be permitted to participate and must leave campus immediately. Oral thermometers with disposable covers may also be used as a backup for questionable readings.
5. For athletics and outdoor activities, ensure that each participant has a full water bottle.
6. If able to meet all criteria above, the student will be permitted to participate. If the student is not able to meet all above criteria, screening staff will communicate with the parent/guardian and the student must immediately leave campus.
7. Time of departure is logged on Pre-Activity Screening Log.

All data collected during the pre-screening process will be considered medical documentation and is therefore privileged information protected under Federal and State HIPAA laws. Pre-Screening Logs will be kept in the Athletic Training Room and will only be accessible to designated FCPS staff.

Pre-Screening: Positive for Signs and/or Symptoms and/or Answers Affirmatively for Possible Exposure: Any student, staff member, visitor, etc. who reports for pre-screening with the Athletic Trainer or Designee and is determined to have signs and/or symptoms of, or answers affirmatively for possible exposure to, COVID-19 shall immediately be asked to leave the school campus. *That individual shall not be permitted to return to campus for participation in school-sanctioned events until such time written documentation is provided to the Athletic Trainer or Designee by an appropriate health care provider stating that they are cleared for safe return to participation.* The student's parents will be notified of the possible symptoms with a recommendation to see a physician.

Mandatory Coach/Advisor Training: All coaches and advisors shall attend a Training Session led by the Coordinators of Student Activities and Athletic Trainers prior to beginning workouts or meetings with students. Any coach/advisor who does not complete the training shall not be permitted to engage in any events. Training will consist of:

- Instruction on aiding with the Pre-Screening Process
- Instruction on the Three-Phase Plan

- Instruction of appropriate social distancing and PPE requirements
- Review of practice locations
- Instruction of appropriate activities
- Instruction on proper disinfection of equipment
- Other information as determined by the Coordinator of Student Activities or Athletic Trainer

Hydration: All coaches and athletes are required to provide their own pre-filled water bottle for athletic participation. During pre-season conditioning sessions, coolers will not be available to teams. Once fall sports officially begin, coolers will be provided to teams; however, team water bottles, water boys etc. will not be utilized. Participants are not permitted to share water bottles for any reason.

ImPACT Testing: Due to device limitations and spacing considerations, ImPACT Testing for athletes will be completed once rosters are finalized.

Phased Athletic Reintegration of Athletics/Activities: Frederick County Public Schools, in alignment with guidelines from the NFHS and VHSL, shall implement a phased re-integration of athletics and activities. This is a three phase re-integration plan and will be strictly adhered to. The three phases are as follows:

Phase 1

- No athletic or extracurricular activities are permitted per Virginia Department of Education guidelines

Phase 2

- **Gatherings:**
 - For at least the first week, outdoor workouts for fall sports only will be permitted, for a maximum of 70 minutes. Indoor workouts will be permitted in week two if no issues arise in week one. Winter and spring sports, along with band and other extracurricular activities, will be phased in as conditions permit.
 - Indoors: Total number of attendees cannot exceed the lesser of 30% occupancy load of the room or 50 persons. Physical distance of 10 feet must be maintained at all times.
 - Outdoors: Total number of attendees cannot exceed the lesser of 50% occupancy load of the venue or 50 persons. Physical distance of 10 feet must be maintained at all times.
 - Participants will be in groups/pods of no more than 10 people at any given time including athletes, coach, and support staff
 - The same group/pod of participants will work out together each time they are on campus.
 - No more than five workout groups/pods will be permitted per field or outdoor area.
 - Groups/pods will stay on their assigned section of the field.
 - Members of groups/pods, including coaching staff, will not change.
 - The same group/pod of students will work out together each time they are on campus.
 - This will limit exposures to multiple individuals and aid in contact tracing should a person develop signs and/or symptoms of COVID-19.
- **Infection Mitigation, Cleanliness, and Hygiene:**
 - No locker room access. Athletes should arrive dressed for outdoor activity. Clothing/towels should be washed following each workout. Athletes should shower and wash clothes immediately upon returning home.
 - Pre-Screening completed by a coach or the Athletic Trainer immediately upon arrival

- Athletes bring their own pre-filled water bottle. No sharing is permitted. No hydration stations are permitted.
- Participants should report directly to their assigned workout location immediately following pre-screening
- Proper social distancing shall be enforced with a minimum of 10 feet between all individuals at all times. The number of individuals in a room must be decreased until proper social distancing can occur.
- No shared towels, clothing, or shoes
- No shared equipment
- Equipment should be cleaned prior to use by the next individual, and before use by another athlete.
- Athletic equipment such as bats, batting helmets, and catchers gear should be cleaned between each use.
- Areas of frequent touching will be cleaned frequently throughout the duration of activity.
- Hard surfaces such as weight equipment, treatment tables, chairs, etc. will be sanitized prior to individuals/groups entering a facility and between use by different individuals.
- Individuals shall wash hands for a minimum of 20 seconds with warm water and soap prior to participating in workouts
- Soap/warm water and/or hand sanitizer will be available on site at workouts/practices
- Appropriate clothing shall be worn at all times
- Exposed foam on weight benches, athletic pads, etc. will be covered
- Athletes requiring evaluation by the Athletic Trainer for injury or illness shall be required to wear a mask or cloth face covering during the evaluation process.
- Any person entering the Athletic Training Room shall wear a mask or cloth face covering.
- All coaches and participants will wear a mask or cloth face covering when not actively participating in drills.
- **Phase-appropriate Activities:** Coaches/advisors and student participants shall only be permitted to engage in phase-appropriate activities. Permissible activities during this phase place an emphasis on individual skill development and workouts, maintenance of physical distancing, no contact with others, no grouping, and no sharing of equipment. See Appendix B for activity-specific limitations.

Phase 3

Information will be added to this section upon the release of guidance from the VHSL, DOE, etc.

- **Gatherings:**
 - Workout sessions not to exceed 90 minutes
- **Infection Mitigation, Cleanliness, and Hygiene:**
 - Continue stringent guidelines from Phase 2
- **Phase-appropriate Activities:** Coaches/advisors and participants shall only be permitted to engage in phase-appropriate activities. Activities such as band, along with other extracurricular activities, will have detailed protocols and restrictions added as further guidance is received from state entities.

COVID-19 Fall Athletic Training Room Expectations/Protocols

Cleanliness and Hygiene

The mitigation and prevention of COVID-19 is of utmost importance. Proper disinfecting and sanitation procedures must be strictly followed and enforced. Any equipment utilized or handled will be disinfected before and after each individual's use of equipment. Disinfecting/sanitizing agents will be vetted for use against SARS-CoV-2 using the EPA List N criteria which can be found at the following website:

<https://www.epa.gov/pesticide-registration/list-n-disinfectants-use-against-sars-cov-2-covid-19>.

The athletic trainer, athletic training student, or athletic training student aide shall wash his/her hands for a minimum of 20 seconds with soap/warm water or hand sanitizer prior to and immediately following the evaluation of or provision of treatment to a student-athlete. Treatment tables and equipment will be sanitized immediately following use by the athlete and prior to use by another individual.

Commonly touched surfaces (door knobs/handles, light switches, athletic equipment, etc) will be frequently disinfected.

No ultrasound, electrical stimulation, Game Ready, massage guns, or heat packs will be used as treatment.

Athletic Training Treatments/Tapings prior to practices/games

Due to the required minimum of 10 feet social distancing, treatments and rehabs will be limited in order to support the flow of traffic, efficient transitions, and allow all athletes an equal opportunity to seek care. The athletic trainer, athletic training student, and athletic training student aides are not exempt from inclusion in this limit. Some treatments may be relocated to open-air spaces such as the track, field, or parking lot. In the event of large numbers of athletes needing evaluation, treatment, or taping, the athletic trainer shall institute individual or team/sport-based scheduling.

Pre-practice/event taping will take place in the athletic training clinic when available. In the event that additional athletic training staff is available, additional tables may be set up outside in order to assist in timely treatment.

No cold whirlpools or ice buckets will be available except for emergency submersion of heat-related illness. In the event submersion is necessary for emergency treatment, the whirlpool will be sanitized immediately following this treatment.

Face coverings

In the absence of an emergency situation requiring the face to be uncovered, the athlete and athletic trainer must wear a face mask at all times during evaluation and treatments due to the likelihood that social distancing of 10 feet may not be possible at all times. This protects the health and safety of both the athlete and athletic trainer.

COVID-19 Preparedness Plan

Frederick County Public Schools is committed to providing a safe and healthy training environment for all student-athletes, extracurricular participants, and coaches/advisors. To ensure we have a safe and healthy training environment, we have developed the following COVID-19 Preparedness Plan in response to the COVID-19 pandemic. Coaches and advisors are all responsible for implementing this plan. Our goal is to mitigate the potential for transmission of COVID-19 in our schools, workplaces, and communities, and that requires full cooperation among our students and staff. Only through this cooperative effort can we establish and maintain the safety and health of our students, staff, and community and gradually return to full participation.

Coaches, advisors, and participants are responsible for implementing and complying with all aspects of this COVID-19 Preparedness Plan. Staff members have our full support in enforcing the provisions of this policy.

Our staff and students are our most important assets. We strive to support the safety and health of our school and local community. Our COVID-19 Preparedness Plan follows Centers for Disease Control and Prevention (CDC) and Virginia High School League (VHSL) guidelines related to COVID-19 and addresses:

- hygiene and respiratory etiquette
- engineering and administrative controls for social distancing
- cleaning, disinfecting, decontamination and ventilation
- prompt identification and isolation of sick persons
- communications and training provided to coaches and student-athletes
- management and supervision necessary to ensure effective implementation of the plan.

Hygiene:

- Wash your hands with soap and water for 20 seconds or use hand sanitizer, especially after touching frequently used items or surfaces.
- Avoid touching your face.
- Sneeze or cough into a tissue, or the inside of your elbow.
- Disinfect frequently used items and surfaces as much as possible.
- Strongly consider using face coverings while in public, and particularly when using mass transit.

Respiratory Etiquette: All staff shall wear masks. Although it is not required, it is highly encouraged that all staff and athletes wear masks when not engaged in activity. Coaches and student-athletes are being instructed to cover their mouth and nose with their sleeve when coughing or sneezing and to avoid touching their face, in particular their mouth, nose, and eyes.

Social Distancing: Social distancing of ten feet will be implemented and maintained between coaches and student-athletes during training sessions and workouts through the following engineering and administrative controls:

- Workout groups/pods will be limited to no more than 9 athletes and 1 coach.
- No more than five workout groups/pods will be permitted per field or outdoor area.
- Groups/pods will stay on their assigned quadrant of the field.
- Members of groups/pods, including coaching staff will not change.
- Starting time for sessions will be staggered in order to limit the number of individuals entering and leaving the training sessions at a given time.
- Each team will park in different areas of parking lots to prevent overlapping.
- Coaches will meet athletes at the athlete's vehicle to perform pre-screening.
- If permitted to participate, athletes will report directly to their training location. At the end of workouts, coaches will escort training groups back to the parking lot to leave.
- Athletes will be required to leave school grounds immediately after completing workouts.

Water & Hydration: Student-athletes should bring their own pre-filled water bottles. The sharing of water bottles will not be permitted. Water stations available to refill bottles will not be provided prior to Phase 3.

Locker Rooms: Access to locker rooms is not permitted. Athletes must arrive at campus appropriately dressed for participation. Athletes are strongly encouraged to shower at home as soon as possible following practice.

Bathrooms: Restrooms will be available at the fields, but their use should be minimized as much as possible. Student-athletes will not be allowed to enter the school buildings to use the bathrooms. Access to the locker rooms is not permitted.

Disinfection and Sanitation: The mitigation and prevention of COVID-19 is of utmost importance. Proper disinfecting and sanitation procedures must be strictly followed and enforced. Any equipment utilized or handled will be disinfected before and after each individual's use of equipment. Sanitizing agents will be vetted for use against

SARS-CoV-2 using the EPA List N criteria which can be found at the following website:

<https://www.epa.gov/pesticide-registration/list-n-disinfectants-use-against-sars-cov-2-covid-19>. Time between groups/pods will be at least 15 minutes to allow for proper sanitizing of equipment. Proper Disinfection and Sanitization Procedures will include, but are not limited to:

- Handwashing
 - Soap and warm-water for 20 seconds minimum
 - Hand Sanitizer when soap and water are not available
- All skin wounds shall be evaluated and dressed by the Athletic Trainer
- Disinfecting of Equipment
 - Materials and instruction will be provided to coaches on how to properly disinfect and sanitize any shared equipment for their sport
- Frequent cleaning of commonly touched surfaces
 - Door knobs/handles, light switches, athletic equipment
- Frequent cleaning of commonly used areas
 - Restrooms, locker rooms, etc.
- Other procedures and needs as determined by the Athletic Trainer, Athletic Administration, School or FCPS Administration, or by guidance from the CDC, VDH and/or the VHSL

Communications and Training: This COVID-19 Preparedness Plan will be communicated verbally and online to all coaches and to all student-athletes prior to participation. Required safety training may be provided and if necessary will be warranted prior to participation. Additional communication and training will be ongoing during the workout session when needed. Coaches are to monitor effectiveness and safety considerations throughout each session. Coaches and student-athletes are to work through these guidelines and program together and update the training as necessary to ensure safety. Suggestions and feedback is warranted, as we progress and evolve through this together. This COVID-19 Preparedness Plan will be updated as necessary. This plan will change as state, VHSL, and CDC change their guidelines, policies, and procedures.

Illness Reporting: In the event of a confirmed SARS-CoV-2 infection, the Coordinator of Student Activities will notify event participants, staff, and administration of a possible exposure. The athlete and those in the athlete's pod will be removed from any team activities for a period of two weeks. All parents of those athletes will be notified immediately.

Expectations of Athletes

- Arrive at the specified time.
- Be ready and dressed to perform.
- Maintain social distancing at all times.
- Coordinate your transportation needs effectively to ensure no loitering.
- Personal materials needed:
 - Phone
 - Water bottle/jug (labeled with athlete's name)
 - Face covering
 - One large personal towel
 - Necessary clothing, shoes, etc.

Failure to follow and adhere to guidelines/expectations puts others at risk and may result in the revocation of privileges.

Other Considerations

- Wide availability of hand sanitizer at contests and practices. Participants, coaches and officials should clean hands frequently.
- Wiping down the ball and equipment frequently

- No pre-game and post-game handshakes/high-fives/fist bumps
- Officials and sideline volunteers should be given the option to wear face coverings (may use artificial noisemaker in place of whistle).

References

National Federation of State High School Associations Sports Medicine Advisory Committee (2020,

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<https://www.governor.virginia.gov/media/governorvirginiagov/governor-of-virginia/pdf/Final-Phase-Guidance-for-Virginia-Schools-6.9.20.pdf>. Accessed: 6/12/2020.

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<https://www.vhsl.org/covid-19-news-release/>. Accessed: 6/19/2020.

Virginia High School League (2020, June 11). *VHSL Reinstates Out of Season Practice Activities.*

<https://www.vhsl.org/covid-19-news-release/>. Accessed: 6/19/2020.

Appendix B

Sport-Specific Activities Phased Progression

	Phase 1	Phase 2	Phase 3
Facilities Cleaning	No athletics/activities permitted.	<ul style="list-style-type: none"> ● Equipment will be disinfected after every use of shared equipment. ● High traffic objects and areas will be cleaned every 2 hours ● Hard surfaces will be wiped down and sanitized prior to an individual or group entering each facility. ● Weight equipment will be wiped down thoroughly before and after use by an individual. ● Individuals will wash hands with soap/warm water for 20 seconds or use hand sanitizer containing a minimum of 60% alcohol before touching any surface/object or participating in workouts. ● Hand sanitizer and/or soap and water will be available to individuals at entrances/exits and as they transfer from place to place. ● Appropriate clothing/shoes must be worn at all times to minimize the transfer of sweat onto equipment/surfaces. ● Any equipment with exposed foam must be covered and disinfected. If equipment cannot be thoroughly disinfected, it will not be used. ● Students are encouraged to shower and wash their workout clothing immediately upon returning home. 	To be determined
Entrance/Exit Strategies	No athletics/activities permitted.	<ul style="list-style-type: none"> ● Starting/ending times for workouts must be staggered and separate, assigned entrances/exits will be assigned in order to limit crossover and contact between individuals. ● CDC signage must be posted at entrances/exits. 	To be determined
Limitations on Gatherings	No athletics/activities permitted.	<ul style="list-style-type: none"> ● 10 feet of physical distance must be maintained by all persons at all times during all activities. ● No spectators are allowed during practices. ● Indoor activities are limited to the lesser of 30% occupancy load of the room in which the activity is held or 50 persons. This includes athletes, coaches, support staff, etc. ● Outdoor activities are limited to the lesser of 50% of the occupancy load of the venue or 50 persons. This includes athletes, coaches, support staff, etc. ● Workouts will be conducted in pods of students/coaches with the same 5-10 students/coaches working out together weekly to limit overall exposure. Smaller pods can be utilized for weight training. 	To be determined

	Phase 1	Phase 2	Phase 3
Pre-Workout Screening	No athletics/activities permitted.	<ul style="list-style-type: none"> • Staff and students will be screened daily. Protocol will be followed for any individual reporting positive symptoms. See Appendix A for Pre-Activity Screening Log. • Vulnerable individuals should not supervise or participate in workouts during Phase 2. 	To be determined
Face Coverings	No athletics/activities permitted.	<ul style="list-style-type: none"> • Cloth face coverings are considered acceptable. • All students should wear face coverings when physical distancing is not possible. • All coaches, officials, and other contest personnel should wear cloth face coverings at all times and are strongly encouraged to wear cloth face coverings whenever physical distancing is not possible. Individuals with an identified health condition may be exempt from the face covering policy. • Executive Order 63 allows an exemption for face coverings when individuals are exercising or using exercise equipment. • One piece plastic shields covering the entire face are not permitted during participation due to the risk of unintended injury to the person wearing the shield or others. • Face coverings should be laundered daily. • Hands should be cleaned after touching/adjusting face coverings. 	To be determined
Hygiene Practices	No athletics/activities permitted.	<ul style="list-style-type: none"> • Individuals should wash their hands for a minimum of 20 seconds with warm water and soap or use hand sanitizer containing at least 60% alcohol before touching any surfaces or participating in workouts. • Sneeze or cough into a tissue, or the inside of your elbow. Avoid touching your face. • Disinfect frequently used items and surfaces every two hours or after every use of any shared equipment. • Strongly consider using face coverings while in public, and particularly when using mass transit. • Students must be encouraged to shower and wash their workout clothing immediately upon returning home. 	To be determined
Hydration/Food	No athletics/activities permitted.	<ul style="list-style-type: none"> • All students must bring their own water bottles. • Water bottles must not be shared. Food should not be shared. • Hydration stations (water cows, water trough, water fountains, etc) should not be used. 	To be determined
Travel	No athletics/activities permitted.	<ul style="list-style-type: none"> • Keep it local and avoid cross county travel when possible. 	To be determined

	Phase 1	Phase 2	Phase 3
Locker Rooms & Athletic Training Facility	No athletics/activities permitted.	<ul style="list-style-type: none"> • A minimum of 10 feet between each individual at all times • Showers should not be used at schools. Encourage athletes to shower and change clothing immediately upon returning home. • Athletic training facility will be available and will adhere to applicable cleaning, occupancy limits, and physical distancing. 	To be determined
Weight Rooms	No athletics/activities permitted.	<ul style="list-style-type: none"> • Weight equipment should be wiped down thoroughly before and after an individual's use of equipment. • Maximum lifts should be limited and power cages should be used for squats and bench presses. • Exercises should be individual based. If a spotter is needed, they should stand at each end of the bar. • Equipment should be disinfected after each use. 	To be determined
Physical Activity & Athletic Equipment	No athletics/activities permitted.	<ul style="list-style-type: none"> • No sharing of athletic equipment (towels, clothing, shoes, or sports-specific equipment) between students. • Individual clothing/towels should be washed and cleaned after every workout. • Drills requiring the use of equipment are permitted, but equipment should be cleaned prior to use by another individual. All equipment should be further disinfected between pod/group usage. • Physical contact such as high-fives, fist bumps, and hugs should not be allowed. 	To be determined
General Activity Description		Individual skill development and workouts are stressed. Individuals are reminded to maintain physical distancing, not make contact with others, and not share equipment.	
Lower Infection Risk Activities	Activities that can be one with physical distancing or individually with no sharing of equipment or the ability to clean the equipment between use by competitors.		
Cross Country	No athletics/activities permitted.	<ul style="list-style-type: none"> • Runners should maintain at least 10 feet of distancing between individuals. • No grouping (i.e., starts and finishes) 	To be determined
Track & Field	No athletics/activities permitted.	<ul style="list-style-type: none"> • Runners should maintain at least 10 feet of distancing between individuals. • No grouping (i.e., starts and finishes) • No sharing of implements/equipment • Padded equipment must be cleaned after each use. 	To be determined
Swimming	No athletics/activities permitted.	<ul style="list-style-type: none"> • Relays must maintain physical distancing. 	To be determined
Golf	No athletics/activities permitted.	<ul style="list-style-type: none"> • Maintain physical distancing of 10 feet apart. 	To be determined

	Phase 1	Phase 2	Phase 3
Tennis	No athletics/activities permitted.	<ul style="list-style-type: none"> • Conditioning, individual drills, wall volleys, and serves are permitted. • No sharing of balls • Each player may use their own can of balls to serve and use their racket to pass other balls (singles only). • Ball machine use limited to individuals only. • Wipe down rackets, tennis balls, and equipment after each use. 	To be determined
General Activity Description		Individual skill development and workouts are stressed. Individuals are reminded to maintain physical distancing, not make contact with others, and not share equipment.	
Moderate Infection Risk Activities	<p>Activities that involve close, sustained contact, but with protective equipment in place that may reduce the likelihood of respiratory particle transmission between participants OR intermittent close contact OR group sports OR sports that use equipment that cannot be cleaned between participants.</p> <p>Note: Volleyball, baseball, softball, and gymnastics could potentially be considered "Lower Infection Risk" with appropriate cleaning of equipment and use of face coverings by participants.</p>		
Volleyball	No athletics/activities permitted.	<ul style="list-style-type: none"> • Conditioning and individual ball handling drills where each player has their own ball are permitted. • A player should not use a volleyball that others touch or hit in any manner. 	To be determined
Soccer	No athletics/activities permitted.	<ul style="list-style-type: none"> • Conditioning and individual ball skill drills where each player has their own ball are permitted • Feet use only (no heading or use of hands) • No contact. 	To be determined
Baseball	No athletics/activities permitted.	<ul style="list-style-type: none"> • Conditioning and tee work is permitted. • Single player hitting in cages and throwing batting practice with no catcher are permitted. • No sharing of gloves/bats/equipment • No throwing a baseball with another player • Balls should be collected and cleaned individually prior to use by another athlete 	To be determined
Softball	No athletics/activities permitted.	<ul style="list-style-type: none"> • Conditioning and tee work is permitted. • Single player hitting in cages and throwing batting practice with no catcher are permitted. • No sharing of gloves/bats/equipment • No throwing a baseball with another player • Balls should be collected and cleaned individually prior to use by another athlete 	To be determined
Basketball	No athletics/activities permitted.	<ul style="list-style-type: none"> • Conditioning and individual ball skill drills are permitted. • No contact or sharing of balls • A player may shoot with a ball(s), but no practice or passing a basketball among multiple players is permitted. 	To be determined

	Phase 1	Phase 2	Phase 3
General Activity Description		Individual skill development and workouts are stressed. Individuals are reminded to maintain physical distancing, not make contact with others, and not share equipment.	
Higher Infection Risk Activities	Activities that involve close, sustained contact between participants, lack of significant protective barriers, and high probability that respiratory particles will be transmitted between participants.		
Football	No athletics/activities permitted.	<ul style="list-style-type: none"> • Conditioning and individual drills are permitted. • Players may not hand off or pass a ball to other individuals. • No contact with other players • No sharing of tackling dummies/donuts/sleds. • Protective equipment is prohibited. • Must maintain a minimum of 10 feet of physical distancing between individuals. 	To be determined
Wrestling	No athletics/activities permitted.	<ul style="list-style-type: none"> • Conditioning, skill and drill, and mirror drilling is permitted if individuals do not make contact and are able to maintain a minimum of 10 feet between individuals. 	To be determined
Competition Cheerleading	No athletics/activities permitted.	<ul style="list-style-type: none"> • Conditioning, cheers, jumps, dance, tumbling without contact, individual technique/choreography work are permitted if individuals are able to maintain a minimum of 10 feet of physical distancing between individuals. 	To be determined
Event Considerations	No athletics/activities permitted.	<ul style="list-style-type: none"> • No spectators allowed • Events are allowable if at least 10 feet of physical distance can be maintained by all attendees (participants, coaches, etc). • Indoor events: The total number of attendees (participants, coaches, etc) cannot exceed the lesser of 30% occupancy load of the room in which the activity is being held or 50 individuals. • Outdoor events: The total number of attendees (participants, coaches, etc) cannot exceed the lesser of 50% occupancy load of the venue or 50 individuals. 	To be determined
Band/Chorus	No activities permitted	<ul style="list-style-type: none"> • No sharing of instruments or other equipment • Maximum of 50 individuals in a large or outdoor space, i.e. auditorium or gymnasium • Pods of no more than 10 participants. Pods should remain constant--no intermingling. • Number of students permitted indoors in classrooms TBA based on FCPS guidelines • 10 foot spacing between individuals • No physical contact 	To be determined

	Phase 1	Phase 2	Phase 3
Other extracurricular activities`	No activities permitted	<ul style="list-style-type: none"> • No sharing of supplies, equipment, etc. • Maximum of 50 individuals in a large or outdoor space, i.e. auditorium or gymnasium • Pods of no more than 10 participants. Pods should remain constant--no intermingling. • Number of students permitted indoors in classrooms TBA based on FCPS guidelines • 10 foot spacing between individuals • No physical contact 	