

**Rockbridge County High School**  
**Return to Athletics**  
**Action Plan Fall 2020**



## **RATIONALE FOR DOCUMENT**

Clearly identify what procedures will be in place by the staff / school to mitigate the transmission of COVID-19 and safely return to work out and conditioning activities.

## **PLAN OUTLINE:**

The parts are as follows:

- Processes Upon Arrival at the School
- Processes When Leaving the School
- Outdoor Conditioning/Individual Drills/Training
- Indoor/Gym/Weight Room
- General Notes and Reminders
  
- Marching Band

## ***Procedure #1***

### **Entrance Procedures Upon Arrival at the School.**

- Students must have an up to date VHSL Physical form on file. The forms can be obtained on-line at the Rockbridge County High School Athletic website. [www.rockbridgeathletics.com](http://www.rockbridgeathletics.com) Current physicals are good until June 30<sup>th</sup>. New VHSL Physician Physical Forms must be dated on or after May 1, 2020.
- Students are to remain a minimum of 6 feet apart at all times. 10 feet apart when standing in a line.
- Masks must be worn inside and outside upon arrival. Once inside and the coach gives permission, masks can be removed if a 10-foot distance can be maintained. Hand sanitizer will be available to athletes as they transfer from place to place.
- Students will be pre-screened before arriving at the workouts (temperature check, Screening questions). Students must be cleared through the screening process to participate, if not they are to return home.
- RCHS will record attendance of all team athletes that participate in activities daily. RCHS will record the body temperature of each student daily.
  
- Any student determined to have a fever or symptoms and will be isolated from other players until they can secure transportation to leave RCHS. Identified students may not return to conditioning/workouts until they are fever free for a **minimum of 3 days (72 Hours)** without the use of medication. A Student Symptom Checker or QR Code (the player would be able to complete at home before arrival) will also be administered and recorded daily.

- Scheduled times only for students. Students must arrive at their scheduled time and are not permitted to trade off times with other students without approval from the head coach. Staying in designated time slots will help maintain proper social distancing.
- It is required that students leave one space between vehicles when parking and parking should be in the Senior / Main Parking Lot. Stadium lot is off limits
- Proper work out clothing should be worn when the players arrive for workouts.
- Parents dropping students off must remain in vehicles.

## ***Procedure #2***

### **Processes When Leaving the School**

- Students must wear masks when leaving the building.
- Hand sanitizer will be available to students leaving the building.
- No showering or use of the locker room will be permitted.
- Students will wait inside cars until the previous group has exited. Students must arrive on time (5-10 minutes early). The coach will come to the parking lot to let you know when you may exit the car.
- Once your workout is over, students must leave the campus immediately after their workout session.

## ***Procedure #3***

### **Outdoor Conditioning/Individual Drills/Training**

- Will be conditioning based / Heat acclimatizing.
- Will be cone / line drill work – No players will physically touch each other, NO intentional contact.
- 10 feet distancing will be maintained at all times when standing in a line. Example: use the 5-yard line markers on the field to keep players separated.
- There will be no contact between players at all. Definitely no skin to skin contact (Social distancing).
- Proper work out clothing should be worn and shirts must stay on.
- All activities / conditioning will be done as individual work. I repeat, there will be no physical contact (even incidental). Players will not be put in a situation for it to occur.
- All athletic equipment will be sanitized after every workout. Individual equipment for workouts will be designated for each group (s) and sanitized.
- Players must wear gloves to eliminate physical contact with the athletic equipment from the start of workout until the workout is completed.

- Maximum number of players per outdoor activity is 50 people (this includes coaches). We will maintain the idea of smaller groups of 10 – 20 per field.
- Runners will maintain the proper distancing (10 feet) during the pre-training, training and post-training.
- Golf will maintain the social distance and club rules set by the Lexington Golf & Country Club.

## ***PROCEDURE #4***

### **INDOOR / GYM or WEIGHT ROOM**

- No more than 8 players in the weight room at one time (one person per 1 rack.)
- No spotting / or physical contact between players. Be safe!
- Hand sanitizers will be at gym / weight room entrance.
- All equipment will be sanitized after each individual use.
- Players will exit the weight room one rack at a time to the conditioning field, gym or designated area. There will be no physical contact between players. Social Distancing will be maintained at all times.
- Proper work out clothing should be worn and shirts must stay on.
- The capacity allowed in the gym will maintain a capacity range of 15-25 persons, this includes the coaches.
- The entrance and exit of the gym will be maintained according to proper distancing.
- Spacing in the gym will be determined prior to the offseason workouts and approved by the Athletic Director.

## ***PROCEDURE #5***

### **GENERAL NOTES / REMINDERS**

- Please bring your gloves, so you limit physical contact with ANYTHING.
- Social Distancing will be done at all times (6 feet minimum while working out, and 10 feet when standing in a line.)
- Frequently wash your hands!
- No congregating in the parking lot. Stay in your cars until you see a coach at the athletic wing doors, you will be checked in one at a time. Social distancing will be enforced.
- Temperature check and questionnaire will be done before any physical activity.
- ALL VHSL Physicals must be updated. If you have an old physical, it is good until June 30, 2020. YOU MUST HAVE YOUR PHYSICAL FORM COMPLETED AND FILED IN THE ATHLETIC OFFICE IN ORDER TO PARTICIPATE.
- Proper work out clothing is required to be worn at all times. Shirts must stay on.

- You must bring your own Water / Gatorade. School water fountains are not an option. You will not leave a workout area unless instructed to do so.
- Restrooms will be for emergencies only. No more than one player at a time if the situation arises. Players must wash hands with soap and use hand sanitizer before resuming their workout. We strongly recommend that you use the bathroom before reporting to workouts.
- Social distancing will be enforced during the transition from the weight room to the conditioning fields/gym/track. 10-foot minimum spacing.
- All coaches will be trained before workouts start on social distancing procedures.
- All offseason workouts are voluntary. No session will be mandatory. Offering these sessions is an option for coaches and players, not a requirement.
- Coaches and players, No personal items stored at RCHS after workouts.
- Workout clothes should be washed daily and not worn on consecutive days. Laundry bags may be available or suggested for students that are unable to wash their items daily, school washer and dryer available for coaches to assist with this, but must be cleared by the Athletic Director.
- Each coach, together with the Athletic Director, Athletic Trainer or Central Office Personnel, will communicate with athletes and their families to review COVID-19 prevention measures to include hand hygiene and respiratory etiquette, use of cloth face coverings, staying home when sick, encouraging physical distance, sharing of equipment, student gathering and equipment sanitization.
- Social distancing will be marked and signs posted.
- Spectators and parents will not be allowed to attend practice sessions or workouts; they must remain in their vehicles.

### **Screening Questions to be used**

- Do you or have you had any of the following? (Examples if asked for clarification: Fever or chills; cough or shortness of breath; new muscle or body aches; loss of taste or smell; sore throat or congestion; or nausea, vomiting or diarrhea)?
- Have you been diagnosed with COVID-19? Face to face contact with someone who is suspected or confirmed to have COVID-19 in the last 14 days?
- Traveled outside of Southwest Virginia in the last 14 days or to a “Hot Spot” for COVID-19?

## **PROCEDURE #6**

### **Marching Band**

- The Marching Wildcats will operate in the separate units listed below
  - Group 1: Color Guard
  - Group 2: Percussion
  - Group 3: Woodwinds
  - Group 4: Brass
  
- Drills and training will occur at varied times, but also varied locations
  - Group 1: Practice Field in Back of School
  - Group 2: Stadium side grass
  - Group 3: Behind Gym Grass
  - Group 4: Front of School Grass

### **Exterior Rehearsal Protocol**

- Students will *rarely* enter the building.
- Rarely includes restroom emergencies or sudden changes in weather conditions require students and staff to shelter quickly.
- Specific Restrooms will be selected for use indoors and only those restrooms. Students with medical needs may be permitted to use designated restrooms.
- Students will report directly to their outdoor rehearsal locations with their personal equipment without accessing the interior of the building.
- When using equipment that remains at school (sousaphones, large percussion equipment), students will utilize an appropriate pathway to their storage location and immediately transfer equipment to exterior rehearsal locations and clean before returning.
- If necessary staff can transport interior equipment to exterior rehearsal locations if student entry to the building is not permitted.

### **Interior Rehearsal Protocol**

- A foot-traffic pattern will be established around the band room and surrounding areas.
- All doors will be clearly marked as either “IN” or “OUT” doors.
- Group rehearsals of 50 people or less could occur indoors in the auditorium with students spaced out in spaced seating areas

- Subgroups will occur in rooms and spaces large enough to accommodate proper social distancing guidelines:
  - Band room
  - Auditorium
  - Band classrooms for small subgroups

### **Planning for health, safety, and social distancing Protocol**

- Screen temperatures and general health of each student at the beginning of each rehearsal. All directors and students should be screened for signs/symptoms of COVID-19 prior to every rehearsal. Screening includes a temperature check.
- Indoors, set up an area for each student (spaced at 10 feet distance) to ensure that each uses the same equipment, and to avoid use of the storage rooms. This will be their rehearsal spot for indoor rehearsals (sub groups). Staff and students should use cloth face coverings when physical distancing cannot be maintained, as is medically and developmentally appropriate. When woodwind instrumentalists are playing, they will maintain the appropriate distance without a mask.
- Cloth face coverings should be worn by staff in times when at least 6 feet physical distancing cannot be maintained. During meetings or gatherings or in narrow hallways or other settings where physical distancing may not be easy to maintain.
- All marching rehearsals will be conducted outdoors with students being at a minimum of 6 feet distancing for all drill and on-field formations.
- Stagger entrance/exit of rooms and building as well as use of restrooms. In hallways and rooms where possible, create one way entrance/exit.
- Students will use their personally owned equipment. When school-owed instruments are issued, they will not be shared.
- Students will be instructed on regular cleaning of their instruments.
- Color Guard equipment will never be shared and will be assigned to individual students.
- Percussion equipment will not be shared and will be assigned to individual students.
- Students will have their own sticks/ mallets that will not be shared.
- Equipment transport: students will wear masks when moving equipment in and out of storage areas. Students will move their own equipment. When assistance is needed for large equipment, the same student will assist each day.
- Students will be encouraged to stay within like-instrument groupings even during breaks (subgroups).
- Team building games will occur outdoors. Only games to allow 6 feet social distance will be planned.
- Students will bring their own large water jug, filled with water, from home.

- Canopies will be set up around the outdoor rehearsal areas to allow for additional shade in subgroups using social distancing of 6 feet.
- Emphasize with students the importance of hand-washing, use of hand sanitizer, showering after rehearsal, and washing practice clothes.
- Any equipment that is taken home should be sanitized at home, and again at a station at the school entrance (water jugs, instruments, mallets, drum sticks, flags, rifles, music, pencils, etc.)
- Cleaning schedules will be created with custodial staff so that all Band areas are disinfected after every day of rehearsal.
- Outdoor Rehearsals
  - Maximum 50 people (groups and subgroups)
  - When standing still, students will be spaced at 6 feet distance from one another
  - When possible, markings will be utilized on the ground to guarantee distance
  - For marching practice, students will keep a 3 step intervals (22.5" per step) for all drill and on field formations
- Indoor Rehearsals
  - Students will wear a face mask when they are not in their assigned space in sub groups
  - Students will always rehearse in the same subgroup
  - Students will rehearse in rooms that allow for social distancing and not exceeding 30% of room occupancy
- When possible, markings will be utilized on the ground to guarantee distance

### **Virginia Future Phases**

- The Rockbridge County High School Athletics Action Plan will make the necessary adjustments as needed for the changing of the Virginia COVID-19 Plan Phases.