

# **EASTSIDE CATHOLIC SCHOOL**

## **PHASE 2 COVID-19 GUIDELINES FOR STUDENT-ATHLETES**

### **COVID-19 INFECTION CONTROL and PRE-WORKOUT SCREENING**

- Stay at home and inform your Coach and Athletic Trainer Kristen Kracht ([kkracht@eastsidecatholic.org](mailto:kkracht@eastsidecatholic.org)) if you have any symptoms of COVID, have been diagnosed with COVID, or if you have had close contact with someone with a confirmed case of COVID in the last 14 days.
  - COVID symptoms may include: Fever (temp. of 100° F or above considered a fever) or chills, Cough, Shortness of breath or difficulty breathing, Fatigue, Muscle or body aches, Headache, New loss of taste or smell, Sore throat, Nausea or vomiting, Diarrhea. \*Symptoms may appear 2-14 days after exposure to the virus.
  - If you develop COVID symptoms during your workout, inform your coach immediately.
  - If you have had a confirmed diagnosis of COVID-19, you will be required to go through a medical screening with the athletic trainer to determine if further testing and written physician clearance is necessary prior to returning to athletic activity. A gradual progression back into physical activity will also be required in most cases.
- All athletes will be required to go through a COVID screening prior to each workout
  - Screening includes a temperature check, symptom check and questions about possible exposure. Coaches will perform screening with a touchless thermometer and results will be recorded and stored securely.
  - If the workout is on the baseball field, the students will need to be screened in the parking lot before being allowed onto the field by their coach.
  - If participating on Acosta Field/Track or in the Gyms, students will need to be screened at the designated area determined by their coach before being escorted to the workout area.
  - If participating on the tennis courts, students will be screened outside of the gates before being allowed in by their coach.
  - Off-campus workout screening locations will be designated and communicated by the coach.
- If the student is not complying with the COVID guidelines, they will be asked to leave.

### **GATHERING LIMITATIONS/PHYSICAL DISTANCING**

- No gathering of more than 5 student-athletes at a time (inside or outside)
- No physical contact with other athletes or coaches is allowed (no hugs, high fives, fist bumps, etc.).
- Students and coaches must always maintain at least 6 ft. of physical distance from others. If this is not possible indoors, then the maximum number of individuals in the room must be decreased until proper physical distancing can occur.
- Students will be placed in a pod with 4 other students and the students in this pod should remain consistent from day to day for the entirety of the workout/practice season.
- There must always be a buffer zone of at least 30 ft. between pods.
- Students are required to show up on time for their workouts so screening can be completed in a timely manner.
- Upon arrival, students need to go directly to the designated screening area and should go to their car/ride immediately upon being released from workouts.
- No spectators will be allowed to watch workouts.

### **CLOTH FACE COVERINGS/HYGIENE**

- Students will be required to bring their own cloth face covering and must always wear it, except when exercising. Students have the option to wear a mask during physical activity but are not required to.
- Hand sanitizer will be available at all times. Students should wash their hands with soap and water or use hand sanitizer prior to all workouts and especially after touching frequently used items or surfaces.
- No spitting in the workout area is allowed.
- Students should avoid touching their face and should sneeze or cough in a tissue or the inside of your elbow.

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- Students should wear clean and appropriate clothing to each workout and will need to remain clothed at all times during workouts.
- Students should shower immediately upon arrival home and are expected to take home all clothes/personal equipment each day to be washed.

**ATHLETIC EQUIPMENT/FACILITIES**

- No students will be allowed in the Weight Room or Locker Room until Phase 3.
- Students must take all possessions with them to the field or workout area. They will not be allowed to leave anything in the athletic pavilion building or the locker rooms.
- Keep all personal possessions and athletic gear at least 6 ft. away from others at the practice facility.
- All equipment used during workouts, including balls, should be cleaned after each use and prior to the next workout.
- Individual drills requiring the use of athletic equipment are permissible, but the equipment should be cleaned prior to use by the next individual.
- Free weight exercises that require a spotter cannot be conducted while honoring physical distancing. Safety measures in all forms must be strictly enforced during weightlifting/workouts.

**HYDRATION**

- All students shall bring their own marked water bottle. Water bottles must not be shared.
- Hydration stations (water cows, water trough, water fountains, etc.) should not be utilized. No-touch bottle filling stations acceptable.

**TRAVEL OUT OF STATE/COUNTRY**

- To protect our athletic community, if you travel out of the region (especially for athletic tournaments), we ask that you follow these recommendations:
  - Inform your coach and ATC Kristen Kracht of your travel plans.
  - Depending on the extent of your travel and possible exposure to COVID, you may not be allowed to attend workouts until 14 days after arrival home.
    - It may be possible to return to athletic workouts sooner if you are symptom-free and have obtained a negative COVID test 5-7 days after your arrival home.
  - Self-monitor for symptoms (fever, chills, cough, shortness of breath, new loss of sense of smell or taste and other symptoms of COVID-19) and check temperature twice a day.
  - Stay home and avoid contact with people at higher risk for severe illness if symptoms develop
- We are relying on the honor system and we hope that you will consider the health and safety of all individuals in our athletic program.

**We have read this document in its entirety and acknowledge and understand the student-athlete expectations.**

**Student Athlete Name:** \_\_\_\_\_

**Student Athlete Signature:** \_\_\_\_\_

**Parent Signature:** \_\_\_\_\_

**Date:** \_\_\_\_\_