

June 1st for SIC schools- Working Document and DRAFT

All Stages – individuals should continue to: Engage in physical distancing of at least six feet, wear face coverings in public places, stay home if sick, practice good hand hygiene, cover coughs and sneezes, disinfect surfaces and objects regularly.

Sanitation:

- facemasks as needed
- stations to sanitize. At all facilities.
- sanitize equipment (before and after)
- keep same kids in same groups throughout the summer (especially in June)

Discussion Items for each school:

- Spotting: behind (with mask), on the side
- Scrimmages- No more than 10 min for individual athletes or groups for each practice.
- How to use restrooms
- Meet with custodians to discuss best cleaning practice
- Athletic Training facilities - each school discuss with their AT's about their rooms
- Sanitation Stations - for athletes. Before and after workouts. All facilities
- Entrance into gyms and weightroom (make sure groups don't cross if possible)
- Follow all guidelines if athletes (or coaches) are not feeling well
- Understand that some parents might not let their kids attend voluntary workouts
- Travel restrictions - CDC guidelines, local district guidelines, discuss with district leadership
Talk to Gina from southwest district health about this.

May 30-June 12, 2020 (Stage 3)- Stage 3 only if Stage 2 is met and satisfied

- Groups of **less than 50 people** where appropriate physical distancing and precautionary measures are observed. No competition between other schools.
 - Weight Room
 - Appropriate number based on WR size (no more than 50 people)
 - Spread out at 6 ft at all times, exception is spotting. As soon as we spot, athletes need to quickly distance again to 6 ft.
 - **A disinfectant should be used after each session using appropriate wipes, spray bottles, and use hand sanitizer when students enter and leave WR.**
 - Gymnasium- CDC [Guidelines](#) on Gymnasiums, VB, BB, WR, Cheer/Dance
 - Appropriate number based on the amount of baskets per gym. No more than 3 athletes per basket. Don't let kids be in large groups more than 10 kids ever for more than 10 min.
 - Drills for individual development only, no scrimmaging
 - No full competition or drills that will not support social distancing
 - Stadium (Outside Spaces) BS, SB, TE, XC, GF, TR, SC
 - No more than 50 people on the playing field
 - Conditioning and Drills that allow for appropriate distancing. No 1 on 1's, small groups to spread out, no face to face drills.
 - No game like competitions.

- All high school club sports (American legion, softball, VB, basketball, wrestling, etc.)
 - Follow all SIC guidelines when using SIC facilities

June 13th-26th, 2020 (Stage 4) Stage 4 only if Stage 3 is met and satisfied

- Groups of **more than 50** people where appropriate physical distancing and precautionary measures are observed can occur. No competition between other schools.
 - Weight Room
 - Same as Stage 3
 - Gymnasium- CDC [Guidelines](#) on Gymnasiums
 - Appropriate number based on the amount of baskets per gym. No more than 5 athletes per basket (based on gym size). Maintain the same group of kids per session.
 - Drills for individual development
 - Limited competition between members of the same practice group for NO More than 10 min at any time.
 - Stadiums (Outside Spaces)
 - More than 50 people on the playing field
 - Conditioning and Drills that allow for appropriate distancing.
 - Limited competition between members of the same practice group for no more than 10 min
 - No full contact with football
- All high school club sports (American legion, softball, VB, basketball, wrestling, etc.)
 - Follow all SIC guidelines when using SIC facilities

June 27th- July 30th - All subject to change based on state and southwest district health guidelines

If all state criteria met and continued precautionary measures are observed the following can happen...

- Kids clinics/camps, athletic camps, and tournaments will be allowed per current guidelines (all local)
 - No out of state travel to camps and/or tournaments or no out of area travel for SIC schools.
 - Competition/Scrimmages allowed between **SIC or Treasure Valley** Schools..... **FANS ALLOWED (subject to change based on state and southwest district health guidelines)** However, this can be determined on a district by district basis.
- All high school club sports (American legion, softball, VB, basketball, wrestling, etc.)
- Follow all SIC guidelines when using SIC facilities

Use multiple doors to enter, stagger start times, no more than 2-3 SIC teams at a site, use masks when you can, wipes and disinfect, and physical distance.

**Athletes must bring own water bottles (water fountains are off limits)

Athletic Training Facilities:

Closed - Unless coaches need to get ice for an athlete
NO athletes in facility

Only open if athletic trainer is present and following guidelines

Gym Use: Specific to individual schools

Enter/Exit strategies so limited contact or crossover of groups.

Isolate the weight room and gyms so they can be treated as separate facilities.

At least 20 minutes in between groups to help clean the facility

Weight Room: Specific to individual schools

Enter and Exit strategy, groups not crossing, clean and disinfect before and after, wipe or spray equipment. 20 minute dry time. Spread out your stations, small groups, stay 6 ft away. Manage and plan how to spot for physical distancing. Spotting= Be safe, but then physical distance.

Fall: (see stage 3 and stage 4 requirements for your facility)

VB: Stage 3 - 8 per net. Stage 4 - 12 per net. small groups, drills that are spread out, rotations, serving, digging, passing, etc.

XC: Run 6 ft apart, think about the finish line, no grouping at the end. Groups of 20, broken into small groups of 4-5, but spread out 6ft apart.

FB: Spacing lines for drill work, No drills that encourage contact. Position drill work.

SC: Spread out, lots of ball drills, one person at a time. Rotations and distancing.

SW: Dry workouts should follow expectations by stages. Pool workouts should follow guidelines established by the local entity that manages the pool.

Winter: (see stage 3 and stage 4 requirements for your facility)

Basketball: stage 3 - 3 per basket, stage 4 - 5 per basket (pending gym size)
Individual drill work, spread drills out, etc.

Wrestling: weight room workouts and/or functional weight training with bags, conditioning, tumbling, mirror drills, etc.

Spring: (see stage 3 and stage 4 requirements for your facility)

Baseball: lot's of drills, spread out, throwing, catching, running, hitting.

Softball: lot's of drills, spread out, throwing, catching, running, hitting.

Track: Spread out, in groups, no big groups. Stay 6 ft apart in all groups

Tennis: Stay on court, in your own rectangle. No more than 4 per court.

Golf:

Other: (see stage 3 and stage 4 requirements for your facility)

Dance & Cheer Teams: Physical Distance, spread out, rotate, use stations, and no groups and stunting groups for more than 10 min.

Marching Band: Physical Distancing, spread out, use stations, etc.