

# INFECTION DISEASE PREVENTION PLAN

## Saint Vincent's Academy

### Purpose:

With the recent occurrence of COVID -19 and concerns for re- opening of high school athletics, the following guidelines are being implemented. These guidelines are for the protection of all, athletes, coaches, athletic training and other medical personnel, and affiliated support staff in accordance with current Governor's Office, Center for Disease Control and Prevention (CDC), and Georgia High School Association (GHSA) guidelines/policies. These guidelines will be flexible and subject to change as time, information, and research is updated. It has been established by health care authorities and leaders to have a process for screening and educating athletes, parents, and staff to self-monitor and report pertinent changes as they are encountered.

### GHSA Policy (Attached)

### Screening

Designated Screeners: Per GHSA there will be 20 people max per group with at least one coach per group. At SVA each group coach will be in charge of screening. The data should be emailed to Athletic Trainer and Athletic Director if not present. Each group coach will have access to excel spreadsheet to record the screening. Temperature will also be taken with a touchless thermometer by group coach or athletic trainer (if available). Temperature will be recorded if above 99.7.

1. Every Athlete and Coach will be screened daily.
2. Screening document will be sent out to all coaches in excel file. (Attached)
3. Touchless thermometer will be accessible by all coaches.
4. We recommend screeners wear a mask and keep social distance at all times. Athletic trainer will wear a mask for all screenings.
5. Please be aware of any athletes with pre-existing conditions – diabetes, asthma, etc.
6. Report any absentee to Head Coach and Athletic Trainer for follow up with parent.

### Practice Schedule

Each head coach should communicate practice schedule to the Athletic Director and Athletic Trainers a week in advance.

### Site Plan

#### SVA GYM

1. Drop off Harris Street side of gym. Drivers park as normal.
2. Pick up Troup square and in inclement weather back double doors of gym on Harris street side (doors closest to Troup Square)
3. Screening performed outdoors weather permitting: Please line up outside of student entrance doors to gym (not glass foyer doors) at a chalk line/cone/or dot. Screening occurs 1 athlete at a

time to include temperature scan and symptom check. Please be honest with answers. It is recommended you take your temperature at home before coming to workouts as well.

4. Once screening is complete and negative, athlete may enter gym and immediately wash hands. 1 person per foyer bathroom. If there is a line then sit in a marked spot and wait for your turn to wash hands. Please follow hand washing guide posted in bathroom. NO MORE than 2 people in foyer at a time please.
5. Positive screening Procedure: Driver -return to vehicle and go home, parent will be notified via phone call immediately. If rider and must wait on ride then she will receive a mask to wear and will be separated from group. Weather permitting, she will wait for her ride outside and weather not permitting she will wait for her ride in the PE locker room.
6. Athlete must bring water to enter gym. 1 gallon of water is recommended. There will be NO water available to fill bottles. (ICE machine is OFF LIMITS and sink and water fountains are turned off).
7. After hand washing, sit on marked spot and wait for coach to begin.
8. Maintenance and cleaning crew will be cleaning/mopping the floors daily after workouts. Students will clean during workouts. Group coaches will clean as needed before their workouts start.
9. Athletes will wipe equipment at the conclusion of session, and coach will wipe door handles, knobs, etc.
10. Hand sanitizer will be at front and back of gym for use during each break
11. Spotters will social distance and spot on sides (if applicable)
12. Coaches and staff members will wear masks inside the gym.

#### Squares or Outside Use for Conditioning

1. Drop off and Pick up at designated areas set by coach. Stay on chalk lines/cones/dots.
2. Screening: stand on chalk lines/cones/ dots for individual temperature and symptom check.
3. Once complete with negative screening, use hand sanitizer and move to designated wait area (chalk lines/dots/cones) until coach and group are ready to begin.
4. Positive Screening procedure: driver returns to vehicle to go home immediately and coach will notify parent via phone call. Rider who needs to wait for ride will be given a mask to wear and isolated from group in a location the coach can still see her until parent/guardian picks her up.
5. When conditioning keep social distance of at least 6 feet. Including running
6. Hand sanitizer will be available and used during all breaks.
7. Athletes will clean equipment at end of session.
8. Bring at least 1 gallon of water otherwise must go home. No water no participation

#### Off Campus Training

1. Follow location specific protocol if that location has one as well as SVA protocol. Coach will communicate location specific expectations via email and Remind to parents and athletes.
2. Parking, drop off, and pick up will be communicated as designated by coach to athletes and parents per location.
3. Screening procedure: line up on designated spots/cones/chalk lines, individual temperature and symptom check will be done by coach. Once cleared sanitize hands (hand sanitizer will be provided) and move to designated lines/cones/dots to wait on group and coach.

4. Screening Procedure: Positive screen- Driver immediately return to vehicle to go home, parent notified by coach via phone call immediately; Rider who needs to wait on ride will be given mask and a designated area to wait for pick up away from group but still in sight of coach.

## **RESTROOMS**

On Campus: Foyer restrooms in gym open for hand washing and use. Must be 1 person in each bathroom only and if waiting to use the restroom stay 6 feet apart. NO MORE than 2 people in foyer waiting.

On Campus: Courtyard restroom by senior lockers available for hand washing and use. 1 person per restroom and if waiting, do so 6 feet apart. Please DO NOT crowd a small area.

LOCKER ROOMS: CLOSED, absolutely NO entry except for PE locker room in instance of positive screening during inclement weather.

Off Campus: coach will communicate expectations and guidelines for use and follow location specific protocol.

## **Positive Screen (Flow Chart Attached)**

When an athlete or staff member screens positive:

1. Send individual home. Contact Athletic Trainer if not present. Call parent. Quarantine if needed before pick up.
  - a. If a driver, send immediately to vehicle and home
  - b. If must wait for a ride, mask and quarantine from group
    - i. Quarantine location- weather permitting stay outside to wait for ride away from rest of group (coach should be able to see student or check on her easily)
    - ii. Quarantine location- weather NOT permitting if in gym the PE locker room
2. If fever or multiple symptoms refer to primary care or appropriate physician. (Have parent call ahead for practice protocols, etc.). Must isolate at least 14 days and have a doctor's note to return. (may also have a negative COVID test along with doctor's note to return before the 14 days). Must be approved by Athletic Trainer and all criteria met.
3. If a single symptom (no fever) communicate with parents and monitor for further development. Athlete must be symptom free 24 hours with no other issues before returning. Athletic Trainer must approve and communicate all RTP with parents and coaches. If other symptoms show then refer and follow step 2 above.
4. If an athlete has had exposure to COVID-19 positive patient or someone with Flu like symptoms they will be sent home to self-isolate for 14 days. They may return with a COVID-19 negative test and doctors note before the 14 days. Must be approved by the Athletic Trainer.

## **Positive COVID-19 in Athlete or Coach**

1. Contact and self-Isolate entire group.
2. Report to local health department and follow their directions.
3. If recommended by health department, shut down campus/area involved for 2 days. Let area settle for 24 hours then deep clean. Once deep cleaned athletes in other groups may return.

## Athlete Recommendations

1. Athletes encouraged to check temperature at home before coming to workouts.
2. At this time, due to safety concerns, no water will be provided during workouts or conditioning **(Water fountain Off, NO ICE or Use of sink in gym)**. Athletes are required to bring their own water. We recommend a minimum of 1 gallon per athlete. Athletes will not be sent home if they have no water. **NO water bottle—NO participation or go home.**
3. It is highly recommended to maintain appropriate distancing between athletes, during activities, rest breaks, etc. 6 feet if possible
4. All athletes are encouraged to shower, change clothes and wash workout clothing as soon as possible at home. Please remember all **locker rooms are closed** on campus.
5. Please make sure and social distance in all areas. Wash hands frequently (20 seconds soap and water) and/or use hand sanitizer (hands should be wet for 15-20 sec while rubbing, rub until dry. WASH HANDS upon entry to gym AFTER negative screening, SAME goes for outdoor sports- wash hands or use sanitizer
- 6. ALL ATHLETES MUST REPORT WHEN THEY WILL NOT ATTEND WORKOUTS.**
  - a. **if athlete is absent WE MUST follow up as to why they are absent**

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# GEORGIA

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## HIGH SCHOOL ASSOCIATION

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### Guidance for returning to conditioning on June 8, 2020 with recommendations and/or restrictions

- All summer work is voluntary.
- Schools/ School Systems may be more restrictive than the GHSA but not less.
- Workouts are conditioning only, no balls or sport specific equipment.
- Member schools should prepare an Infectious Disease Prevention Plan prior to staff and athletes returning to conditioning.
- It is recommended that staff and athletes are screened prior to each workout (see sample monitoring form attached).
- Signage should be posted on site with the following:
  - Do you or have you had a fever in the last week?
  - Have you been diagnosed with COVID-19?
  - Have you been in contact with anyone diagnosed with COVID-19?
  - Have you traveled to a “hot spot” for COVID-19?
- Groups of 20, including coaches, for workouts **per sport** at any given time at the campus/facility.
- Groups should be the same individuals (including coaches) for each session to limit risk of exposure. Student or coaches CANNOT change groups for the duration of this guidance.
- No use of locker rooms or shower facilities. Students should report to the facility dressed to condition and shower at home.
- Weight equipment should be cleaned prior to each workout and sanitized between use by each student.
- Hand sanitizer should be plentiful and readily available.
- Each student should have their own personal water bottle. No use of water fountains or “water cows” is allowed.
- Side spots only in weight training, safety bars are preferred.
- Social distancing should be adhered to always and masks/face covering are recommended for the weight room.
- At least 15 minutes should be scheduled between groups to allow for disinfecting the facility.
- There is no competition allowed between schools.
- No visitors are allowed at conditioning sessions.

**Recommendations and restrictions are fluid and subject to change. Safety must be our top priority.**



# GHSA Workout Questionnaire



- Athletes should answer the questions below before being allowed to workout. If the answer is yes to any of the questions below, the athlete should not participate in any workouts for a 14-day period.
  - Do you or have you had a fever in the last week?
  - Have you been diagnosed with COVID 19?
  - Have you been in contact with anyone diagnosed with COVID 19?
  - Have you traveled to a “hot spot” for COVID 19?

