



FHSD Return to Activities/Athletics



Phase 1-complete

Phase 2-
Begins July 1

Phase 3

Phase 4

Resume Normal
Participation

Phase 2 Beginning July 1—General Guidelines

<input type="checkbox"/>	All Activities	Coaches will use PPE equipment to hand out gear to student participants and practice social distancing during the distribution process
<input type="checkbox"/>	All Activities	FHSD Provided—Daily Student Check-in collected by Coach/Director/Sponsor-prior to entering the practice venue
<input type="checkbox"/>	All Activities	Coaches/Sponsors/Directors MUST keep accurate attendance each day. Each Coach/Sponsor/Director will ensure their venue is at 30 or less and that they have a daily check-in sheet from each participant. A participant will not be allowed to remain on campus if they have answered 'Yes' to any of the screening questions.
<input type="checkbox"/>	All Activities	All venues will be capped at 30 (weight room, fields, gym, band rooms, etc.)
<input type="checkbox"/>	All Activities	All student participant gatherings ("huddles", gating, etc.) should be spaced further out to allow for 6 feet social distancing
<input type="checkbox"/>	All Activities	The stadium and full soccer fields may be split in half (30 on one side and 30 on another)
<input type="checkbox"/>	All Activities	Coaches/Sponsors/Directors MUST coordinate all schedules so that there is never over the 300 student maximum on campus participating in activities at one time
<input type="checkbox"/>	All Activities	Each student should use their own water source
<input type="checkbox"/>	All Activities	Parent drop off/pick up only—no spectators at practices
<input type="checkbox"/>	All Activities	Regular hand sanitizing will be practiced by coaches/directors/sponsors & participants
<input type="checkbox"/>	All Activities	Frequent wipe down of equipment will occur during and after use—specifically the weight room, wrestling & cheer mats—but also door handles, shared benches, chairs, bleachers, etc. Shared equipment will be disinfected prior to use, upon switching of groups and after use if complete
<input type="checkbox"/>	All Activities	The same coach/director/sponsor needs to remain with the same group the entire practice. Groups should not intermingle. This allows for the ability to contact trace in the event of a positive COVID test.
<input type="checkbox"/>	All Activities	Individual Skill/Drill/Conditioning work in this phase only. Teams may run offensive or defensive plays against "air" with proper six feet social distancing. No contact allowed.
<input type="checkbox"/>	All Activities	Participants MUST leave the premises immediately following practices. The Activities Directors will work to coordinate practice times so that proper spacing and social distancing can be achieved with entry and exit points established for groups and teams.
<input type="checkbox"/>	All Activities	In case of inclement weather, the Activities Director will assign each team a separate area to utilize during a lightning delay
<input type="checkbox"/>	All Activities	Coaches/Directors/Sponsors cannot assign any penalties for missing any time during the summer. Students should be encouraged to stay home if they have any symptoms or are not feeling well. This is not the time to "power through" and risk shutting down an entire program.

Phase 2		AREA SPECIFIC GUIDELINES
<input type="checkbox"/>	Weight Room	Athletes will be kept in small pods of 3-6 per station with no more than 30 ever in the weight room at one time
<input type="checkbox"/>	Weight Room	Equipment MUST be wiped down after each participant uses it
<input type="checkbox"/>	Weight Room	Phase 2 will be a minimum spotter period. Lifts such as squats and bench press should go very light or use dumbbells to alleviate close contact with a spotter. If a spotter is needed, BOTH THE LIFTER AND THE SPOTTER MUST WEAR A MASK.
<input type="checkbox"/>	Cheer	Practice will be limited to one team per session—JV & Varsity will not participate together
<input type="checkbox"/>	Cheer	Masks will be worn during stunting
<input type="checkbox"/>	Cheer	Cheer practices will consist of band song learning/review, motion/fundamental work, conditioning & sideline game prep and all with the appropriate distancing requirements
<input type="checkbox"/>	Band	Full band may all be on campus but in various venues as scheduled with the Activities Directors—there will not be more than 30 student participants in any practice venue at a time
<input type="checkbox"/>	Band	There will be no full-band choreography during Phase 2
<input type="checkbox"/>	Band	Band camp time should be adjusted to a two hour a.m. session & a two hour p.m. session or not have students practicing for more than four hours per day

If a coach/director/sponsor or student receives a positive COVID-19 diagnosis they should immediately notify the activities director. The activities director will immediately notify the St. Charles County Health Department and provide a line list of all participants the coach/director/sponsor/student came into close contact with so that contact tracing can begin. If a student participant/coach/director/sponsor participated in a practice without a mask, all participants that have practiced or been in close contact with this individual up to 48 hours before they started showing symptoms should be excluded from practice and play for 14 days. Individuals who were in close contact are defined as being within 6 feet of the coach/director/sponsor/student positive for COVID-19 greater than 10 minutes and/or had direct exposure to secretions. A student/coach/director/sponsor could return prior to the 14 days with a written evidence of a negative test from a medical professional.

A coach/director/sponsor/student must meet all of the following criteria prior to returning to their activity

1. At least 14 days have passed since symptoms first appeared. During this time the individual must not participate in any exercise while monitoring for worsening of symptoms.
2. Symptoms have resolved, no fever (>100.4) for 72 hours without fever reducing medications, improvement in respiratory symptoms (cough, shortness of breath)
3. The patient should be evaluated and provide a note for sport participation from a medical provider (MD, DO, NP or PA)

After returning, the participant/coach/director/sponsor should increase participation and exercise in a gradual and individualized process while monitoring for fatigue or worsening symptoms. This individualized process should be generated between the medical provider, coach & trainer.

If symptoms worsen or new symptoms occur during gradual return to play such as, but not limited to, chest pain, chest tightness, palpitations, lightheadedness, or fainting the student/coach/director/sponsor should be evaluated by a medical provider.

These plans have been developed in conjunction with St. Charles County Health Department recommendations and recommendations from the collaborative efforts of the three largest hospitals in the St. Louis Metro Area.

All regulations are subject to change as state and county agencies modify recommendations and guidelines. FHSD expects coaches/directors/sponsors to lead by example and teach our student participants COVID-19 best-practices. Non-compliance with these regulations will result in the discontinuation of use and/or the closure of these facilities for the remainder of the summer. The activities director will provide updated information as progressing through the reopening phases becomes a possibility.