SY 2020-2021
School Re-Entry Plan
INTERSCHOLASTIC ACTIVITIES

At the start of school there will be no large group gatherings due to the high risk of COVID spread. Once the state has received 5 consecutive dates of non-increasing COVID incidents, then the potential to practice will be re-evaluated.

TUSD protocols and guidelines for athletics teams and competitive activities to return to play will follow the Arizona Interscholastic Association’s recommendations as a reference. We will establish a process for screening all coaches, sponsors and students daily prior to participation. Guidelines for physical distancing will be established. Work with TUSD Operations to identify athletic facilities that will require cleaning and sanitizing prior to student use. Protocols for the use of gymnasiums, fields, swimming pools and other areas of use for practice.

All Phases should include the following screenings:

- Adults and students are screened daily before the start of workout. Temperature check and questionnaire will be taken. Any yes responses on questionnaire is automatic disqualification as well as having a temperature above 100 F is DQ
- If a student athlete lives or is in frequent contact with someone who is health compromised (family member who has cancer, COPD, asthma, or other immune-suppressing illness, COVID, etc.), he/she SHOULD NOT be participating in conditioning. We do not want to send them home with a possible exposure or have them bring one to our facility.

Phase 1 Conditioning and Practice only: Limitations on Gatherings:

- No gathering of more than 10 athletes at a time.
- Locker or weight rooms should not be utilized during Phase 1. Students should report to workouts in proper gear and immediately return home to shower at end of the workout.
- Workouts should be conducted in “pods” of students with the same 10 students always working out together. This ensures more limited exposure if someone develops an infection.
- There must always be a minimum distance of 6 feet between everyone.
  - Make and post schedule so that each group has specific time. This will reduce overlap of students hanging around, or coaches going over their allotted time. Should have 15-30 min between groups to do any cleaning.
  - Groups of less than 10; although recommendation is 1 person per 100 square feet. Do not place same positions together because if one in group is infectious, all will be out temporarily. Groups cannot change and people cannot move groups. Place siblings or those who live together in same group.
  - No drinking fountains. Personal water containers that come filled.
  - Wear masks/face-coverings
  - No locker rooms- open only bathrooms but monitor that students using restrooms use social distancing and limit number of students entering at once; One person at a time.
  - Equipment is cleaned after each person is finished with use.
  - No gym use until sanitization can be accomplished between groups. Outside is better for conditioning but use spacing.

Updated: September 3, 2020

Tucson Unified School District
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Phase 2: Medium group activities are permitted for 50 people or less with coach onsite.

- Public facilities (including gyms) remain closed unless appropriate distancing AND strict sanitation procedures can be maintained.
- All athletes, coaches, and other support staff must be free from symptoms for at least 14 days and no individual is in close contact with anyone who is sick within that 14-day period before group training may begin.
- All athletes, coaches, and support staff who are a member of a high-risk group or live at home with a member of a high-risk group shall only attend training sessions virtually.
- Parents, coaches, and athletes shall know signs and symptoms of illness. If athlete, coach, or staff member has signs or symptoms of illness or a person living in their home has signs or symptoms of illness they shall not come to practice and notify the team COVID-19 point of contact immediately.
- Disinfecting and cleaning of all personal equipment and material shall occur before and after practice as well as any other time there is contact with another person. Athletes shall be kept in the same training group (co-horting).

Phase 3: Public training facilities are now open with regular group size permitted.

- All sports, with and without contact may resume with usual activity.
- Social distancing still recommended, but not required
- Training sessions return to normal with average athlete group amount
- Equipment and other shared material can be used but cleaning shall continue before and after each different athlete group use

Facilities Cleaning:

- Adequate cleaning schedules should be created and implemented for all athletic facilities to mitigate any communicable diseases.
- Prior to an individual or groups of individuals entering a facility, hard surfaces within that facility should be wiped down and sanitized (chairs, furniture in meeting rooms, locker rooms, weight room equipment, bathrooms, athletic training room tables, etc.).
- Individuals should wash their hands for a minimum of 20 seconds with warm water and soap before touching any surfaces or participating in workouts.
  - Hand sanitizer should be plentiful and available to individuals as they transfer from place to place.
- Weight equipment should be wiped down thoroughly before and after an individual’s use of equipment.
- Appropriate clothing/shoes should always be worn in the weight room to minimize sweat from transmitting onto equipment/surfaces.
- Students must be encouraged to shower and wash their workout clothing immediately upon returning to home.

Physical Activity and Athletic Equipment:

- There should be no shared athletic equipment (towels, clothing, shoes, or sports specific equipment) between students. These things should be washed after each 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 social distancing.
norms. Safety measures in all forms must be strictly enforced in the weight room.

- Examples (including by limited to):
  - A football player should not participate in team drills with a single ball that will be handed off or passed to other teammates. Contact with other players is not allowed, and there should be no sharing of tackling dummies/donuts/sleds.

The following approaches will be undertaken to execute reentry plan implementation (resources leveraged, collaboration and stakeholder engagement, etc.)

- Each school should assemble a COVID-19 response team in coordination with school/district health services. Members of this team could include the athletic trainer, supervising physician, athletic coordinator, administrator, school nurse and public health official, custodial services, and select coaches. The goal of this team is monitoring the implementation of the District’s protocols and guidelines for a safe return-to-sport specific to that campus or school.

  - Review and Update School Communicable Disease Policy
  - ATs should work with their COVID-19 response team or other appropriate parties to review, update and revise the school’s communicable disease policy to address COVID-19.
  - This could include:
    - Collaboration with school nurses/clinic to discuss and develop policies related to COVID-19 reporting, screening and contact tracing requirements.
    - Establishment of procedures to address a student or staff member who has tested positive for a communicable disease.
    - Development of communication strategies and a communication plan for when information or updates are necessary for the athletic director, coaches, student athletes, parents or public health officials.
    - Collaboration with the athletic director and coaches to identify ways in which training and conditioning, practices, competitions, receipt of athletic health care services and other items may need to change in response to COVID-19. Develop appropriate policies to address these concerns.
    - Development of strategies and resources to promote wellness, safety and hygiene among staff and students.
      - Display standard daily precautions and promote healthy habits for student athletes and staff. Resources are available from the CDC, OSHA or local health department.
      - Discourage shared personal equipment (e.g., clothing, towels, grooming tools, other personal effects).
      - Develop and provide infectious disease prevention education for coaches, parents and student athletes.

**Decision Making regarding Athletic Injury or Illness**

Schools are responsible for promoting and sustaining a culture of unchallengeable medical autonomy on all medical decisions within their athletic departments. Coaches and administrators should be informed that health care professionals have final authority with respect to all medical decisions, which include, but are not limited to, return-to-play, activity accommodations, injury and/or illness management plans and referral processes. Coaches and/or administrators should never insert themselves into situations where they act as the decision-maker in these situations. Specific examples include, but are not limited to, directing injury/illness management options directly to the student athlete, instructing student athletes on medical referrals, coercing student athletes into activities they are not comfortable with or creating an environment in which student athletes do not seek care. Coaches should have the ability to be part of the medical process.

**Site Responsibilities**
TUSD athletic administrators and athletic coordinators and school principals will receive copies of the reentry plan and will be charged to establish the COVID 19 Response Team that will implement the plan on their campuses. TUSD Interscholastics office will create a power point for coaches to review prior to reentry. Each school will establish schedules for screening/ questionnaires, locations, staff to participate in the screening process, notification to parents and guardians regarding the re-entry plan. TUSD Custodial staff and grounds personnel will be charged to inspect and prepare facilities prior to student use.

**IN SCOPE:**
The following items are deemed to be in the scope of this plan:

1. Non-contact handheld infrared thermometers
2. Supply of hand sanitizers
3. Facial masks or face coverings
4. Rubber Gloves
5. Personal water bottles/ container
6. Personal workout attire