



RETURN TO PLAY GUIDELINES SUMMER CONDITIONING 2020

All student-athletes must have **CURRENT** athletic forms on file with the athletic department **PRIOR** to any participation in summer conditioning programs with Cardinal Mooney Athletics. All student-athletes must now register on www.athleticlearance.com and complete all requirements prior to ANY participation.

There is no way to completely eliminate the risk of infection of COVID-19 and as a result, Cardinal Mooney High School Athletics strongly encourages all participants to follow these recommendations as safety precautions. The following information is not intended or implied to be a substitute for professional medical advice, diagnosis, or treatment.

Purpose: The purpose of these guidelines is to create a comprehensive return to play plan for Cardinal Mooney Athletics that are compliant with CDC, federal, state, and local regulations. These sanctioned activities include tryouts, practices, scrimmages, conditioning, and competition.

RETURN TO PLAY GUIDELINES FOR INDIVIDUALS - All student-athletes and coaches must adhere to the most stringent federal, state, or local guidelines when participating in any activity –

- Be symptom free for at least 14 days prior to any activity
- **Stay home if you are sick or do not feel well**
- Must produce a doctor's note clearing the student-athlete to return to conditioning following any absence related to illness
- Be aware of and disclose any potential contact with infected individuals
- Participants must wash or sanitize their hands prior to and immediately following activity
- Do not touch your face, eyes, or mouth with unclean hands
- Maintain distance of 6 feet between student-athletes at all times
- Wear a cloth face covering to reduce exposure to airborne particles
- Cover your mouth and nose with a tissue or your elbow if you cough or sneeze and wash your hands immediately
- Comply with all permissible regulations approved for the venue
- Refrain from contacting other participants and attendees (NO HIGH FIVES, NO HUDDLES)
- Absolutely no use of locker rooms
- Absolutely no use of water fountain or hydration stations during any summer workouts



- **Student-athletes MUST bring their own water bottle for workouts. They will not be permitted to share, and should be considered ineligible for that day's work-out if they have no means of hydration**
- **There should be no shared athletic towels, clothing or shoes between students**
- **Shirts and shoes must be worn at all times to minimize sweat from transmitting onto equipment/surfaces**
- Wash and sanitize all gear, uniforms, and apparel used during athletic activity
- Students are encouraged to shower and wash their workout clothing immediately upon returning to home

RETURN TO PLAY ACTION PLAN - Adhere to the most stringent federal, state, or local guidelines when participating in any activity

- All participants will submit to contactless temperature screenings before entering venue
 - Student-athletes with body temperatures > 100.4 will be sent home
- Daily COVID-19 screening questionnaire must be completed and submitted each day of participation
- A record will be kept of all individuals present
- Hand sanitizer bottles will be located throughout the venues
- Water fountains will be turned off
- Social distancing protocols will be strictly enforced before, during and after activity.
- Signage clearly outlining the venue's COVID-19 policies will be displayed
- The venue and equipment will be cleaned and disinfected after each use
- Commonly touched surfaces will be sanitized during the activity
- Anyone that exhibits any COVID-19 symptoms will be removed from the activity.
- Drills or activities will be modified to limit/reduce the potential violations of social distancing requirements
- Players will work in small groups with dedicated coaches or staff, and will avoid mixing with other groups as much as possible. The same group of players stay with the same coach.
- At this time, locker rooms will not be available. Student-athletes should come dressed for their activity.
- Student-athletes will be asked to leave campus at the conclusion of their activity session and will not be permitted to linger on the fields or in the parking lot.



SUMMER CONDITIONING-Sport Specific

(These guidelines are not comprehensive. Head Coaches will be providing specific protocols for their individual teams)

PHASE 1 – All Sports

- Outdoor activities only
- Sessions limited to one hour
- Groups of 10 or less
- Groups will stay the same each day
- Programming will run Mon-Thur only

PHASE 2

- **Weight Room**
 - No Maximum lifts
 - Groups of no more than 10
 - Weight equipment should be wiped down thoroughly before and after an individual's use of equipment.
- **Football**
 - 7 v 7 considerations with Offensive 7 v 7 on air (No Defense) and Defensive 7 v 7 with stationary offense.
- **Cheer**
 - Must maintain 6 feet of physical distance at all times
 - No contact between athletes (NO stunting, etc.)
 - Will be permitted to use one mat per workout in a rotation (i.e. mats must not be used on consecutive days)
- **Cross country**
 - Must maintain 6 feet of physical distance between runners at all times
 - No congregation of more than 10 athletes before or after a workout
 - When team is off campus, all screening and protocols will still be followed
- **Baseball/Softball**
 - Will enter the field through the gate by the first base dugout
 - Will exit the field through the gate by the third base dugout
 - No dugout usage
 - Student-athletes must use their own bat and equipment
- **Lacrosse**
 - Passing and shooting drills will be permitted
 - No sharing of any equipment including sticks and head gear
- **Basketball/Volleyball**
 - Every player should bring their own ball or will be assigned a ball for that session
 - Individual drills only



Temperature Screenings

Student-athletes and coaches must submit to temperature screenings prior to any conditioning activity on campus. The athletic trainer (AT), administrator or head coach will sign out a contactless thermometer from the weight room and perform temperature screenings on all individuals prior to activity. Body temperatures must be taken from 1-5 cm away from the center of the forehead. The contactless thermometers must be sanitized and returned to the weight room following each screening. Any student-athlete or coach whose body temperature is above 100.4 will be asked to return home and monitor any symptoms.

Positive COVID-19 Test

In the event a student-athlete or coach tests positive for COVID-19 that individual will be required to remain off campus and quarantined for 14 days. In order to return to campus for any athletic or academic purposes, that individual **MUST** have full clearance from his/her physician with proof of a negative COVID-19 test. The staff of Cardinal Mooney Athletics will closely monitor any other individuals that may have come in contact with that person.

Adjustments to Guidelines

The above set guidelines are subject to change. We will re-evaluate and adjust accordingly in order to remain compliant with CDC, federal, state, and local regulations.