

KENNETT HIGH SCHOOL / KENNETT MIDDLE SCHOOL ATHLETICS COVID-19 FACILITY USE GUIDELINES - PHASE 2



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It is the expectation of the Kennett High School and Kennett Middle School athletics departments that all individuals and user groups utilizing its athletic facilities will abide by all guidelines set forth by the CDC, the Governor Office's Stay at Home 2.0 order, and the school. This document has been created to provide Kennett High School and Kennett Middle School athletics groups with the necessary steps to follow. It is important that all groups read, understand, and adhere to the following requirements.

Kennett Athletics - Phase 2

Kennett High School and Kennett Middle School athletics groups will be permitted to hold small, non-contact training sessions indoors. Team sporting events (i.e. outside user groups scrimmages, games ... etc.) and larger Kennett High School and Kennett Middle School athletics group training sessions and practices are allowed for outdoor, low physical contact sports per the guidance of the Governor's Economic Reopening Task Force.

Guidelines for Coaching Staff and Athletes attending training sessions:

1. Prior to activity, school staff members and students will be educated and trained on the following school guidelines, and review the [Universal Guidelines for All New Hampshire Employers and Employees](#) and [CDC guidance for cleaning and disinfection](#). Outside user groups will designate someone for training of their staff.
2. Practices should be planned and implemented to maintain a minimum of 6' of distance between all athletes, volunteers, and staff. In circumstances where closer contact for brief periods of time is necessary, staff, volunteers, and athletes must wear cloth face coverings/masks when possible. A written plan shall be on file with the KHS Athletics Director or KMS Athletics Coordinator in advance which outlines the objectives and activities of the training session.
3. Athletes and parents are asked to wait in their vehicles until their designated time and to not congregate in groups while waiting for their activity. Congregating before or after workouts is not allowed.
4. Daily attendance of participants must be kept. Outside user groups must also take daily attendance. Records will be made available if requested.
5. Kennett High School and Kennett Middle School athletes and staff will be asked to complete the school's health screening questionnaire daily, as well as have their temperature taken before the start of each session. All staff and students will report any symptoms of COVID-19 or close contact to a person with COVID-19 to a staff member. Anyone identified with a potential of sickness during screening or during the activity will be asked to leave. **PLEASE DO NOT COME TO ANY TRAINING ACTIVITIES IF YOU ARE SICK OR NOT FEELING WELL.**
6. Students will be required to sign a participation waiver outlining the acknowledgement of risk of injury and the COVID-19 virus associated with the activity.
7. Person(s) with any COVID-19 symptoms (fever or chills, cough, shortness of breath or difficulty breathing, fatigue, muscle or body aches, headache, new loss of taste or smell, sore throat, congestion or runny nose, nausea or vomiting, diarrhea), or those who report that in the past 14 days they have had close contact with someone suspected or confirmed with COVID-19, or report travel risk factors should not be allowed into the sporting event or practice, and:

- a. Symptomatic persons should be instructed to contact their healthcare providers to be tested for COVID-19 and self-isolate at home following the instructions below.
- b. Asymptomatic persons reporting that in the past 14 days they have had close contact with someone suspected or confirmed with COVID-19, or who report one of the traveled-related risk factors should self-quarantine for 14 days from their last exposure or return from travel.
8. Person(s) with a suspected or confirmed diagnosis of COVID-19 must stay home until symptom based criteria are met for discontinuation of isolation which are:
 - a. At least 10 days have passed since symptoms first appeared, AND
 - b. At least 24 hours have passed since recovery (“Recovery” is defined as resolution of fever off any fever reducing medications plus improvement in other symptoms).
 - c. Students must have a health care provider confirm in writing before return.
9. An isolation area shall be identified and communicated at the beginning of every training session for participants that develop symptoms during the activity.
10. School staff and outside groups will isolate any participant with confirmed symptoms during activity and have him/her picked up and removed from school grounds. All cases must be reported to the school immediately.
11. A designated staff member (i.e. safety officer) will monitor social distancing and compliance with protective actions (i.e. hand hygiene, use of face coverings ... etc.).
12. All staff, volunteers, and athletes will be required to wear face coverings over their nose and mouth when around others, not actively engaged in rigorous activity, and when social distancing of at least 6’ is not possible.
13. Staff members should not transport any students that are not immediate family members.
14. People wearing face coverings must not touch their eyes, nose, mouth, or face, or adjust their face coverings without first sanitizing their hands. After touching their face or adjusting the face covering, hands must be sanitized.
15. Athletes are encouraged to shower immediately prior to arrival whenever possible. Hand washing with warm, soapy water for at least 20 seconds is also suggested.
16. Staff members will carry hand sanitizer with at least 60% alcohol with team equipment. Students should carry hand sanitizer in their personal equipment bag.
17. Frequent hand hygiene should be required including, but not limited to, hand hygiene upon arrival, before and after eating, before and after going to the bathroom, before and after touching a person’s face or face covering, and prior to leaving the event.
18. Commonly touched surfaces and areas should be frequently cleaned and disinfected according to [CDC guidance](#). Shared or used equipment (i.e. balls, machines, benches, bars, dumb bells, ... etc.) must be cleaned and disinfected after each use.
19. Athletes must provide their own water bottles. Water fountains are not to be used but water bottle refill stations will be available.
20. Equipment bags/ backpacks of athletes should be placed 6’ apart. Athletes should not touch other players’ bags, equipment or water bottles.
21. All mouth-based activities often encountered with sporting events shall not be allowed. This includes but is not limited to: spitting, chewing gum, licking fingers, and chewing/spitting sunflower seeds.

Additional Guidelines for Outdoor training sessions:

1. Outdoor practices and training sessions may begin and are allowed for groups of up to 30 participants (i.e. 27 athletes per training area with three staff/coaches/volunteers).
2. There will be no access to any of the buildings, including the locker room and restrooms.
3. Athletes and staff should arrive already dressed and prepared to participate.
4. During training sessions or events, parents/guardians and other spectators are encouraged to remain in their cars in a designated parking area. Parents and other spectators are encouraged to wear face masks while around others when social distancing is not possible. A distance of at least 6' apart from anyone from another household is recommended.
5. A limited number of spectators will be allowed at competitive sporting events for low physical contact sports, and must be limited to close/immediate family of athletes. Competitive sporting events for low physical contact sports will not be open to the public and should not be advertised publically.
6. Group training sessions will focus on cardiovascular conditioning, agility drills, body weight strength training, or sport specific skills and drills.
7. Team sporting events (i.e. outside user groups scrimmages, games for low physical contact sports ... etc.) and larger group training sessions and practices are allowed for outdoor, low physical contact sports. Training sessions should be planned to maintain a minimum of 6' between staff and students. When closer contact is necessary, it should be brief and face coverings worn when possible.
8. Breaks for water and sanitation purposes between training activities are encouraged.
9. Back-to-back competitive sporting events, training sessions, or practices for low physical contact sports will be avoided. Sequential competitive sporting events, training sessions, or practices for low physical contact sports will be scheduled to allow adequate time for cleaning of facilities and to allow for spectators, staff, volunteers, and students to exit the area and avoid interaction with other incoming or exiting groups.
10. Teams must be provided a designated area for warm-ups that provides for the necessary social distancing.
11. During competitive sporting events (i.e. outside user groups competitive scrimmages and games for low physical contact sports), each team shall provide its own game balls to be used while on defense (if applicable).
12. Athletes must bring their own, labeled equipment, and not share their personal equipment. Equipment will be sanitized by each participant after each use and prior to the next session.
13. Shared equipment provided by staff or volunteers must be cleaned and disinfected according to [CDC guidance](#) after every use between athletes and at the completion of each practice, training session, or sporting event.
14. Benches and dugout areas must not be used for storage of personal or group equipment. Centralized areas for congregating, such as benches and dugouts, should be avoided unless there is enough room to allow for at least 6' of space between staff, volunteers, and athletes.
15. During sporting events (i.e. outside user groups competitive scrimmages and games for low physical contact sports), the dugout/bench areas shall be allowed to extend to areas around the dugout in order to provide for 6-foot separation of athletes during time in dugout/bench areas.

Areas outside of the dugout/bench shall be protected by a safety fence/barrier from the field of play.

16. Athletes preparing to play defense should sanitize hands prior to leaving the bench or dugout.
17. Tennis courts will be limited to small group or team-based training activities. No competition sporting events are allowed in Phase 2. Group size is to be limited to 4 total people or less on the court at a time. Individuals should stay at least 6' away from others at all times (unless individuals are from the same household). Multiple groups of 4 or less are allowed to play on multiple courts as long as the separate groups do not mix or interact in any way.
18. Staff shall bring trash bags to sessions and remove all garbage following each session.

Additional Guidelines for Indoor training sessions:

1. Use of indoor facilities (i.e. gymnasium, weights and cardio room) will be limited to a maximum of nine athletes and one coach. All participants must consistently maintain at least 6' of separation from others.
2. Group rosters should remain the same for all sessions. Mixing participants from one day to the next is not permitted.
3. Locker rooms will remain locked and closed until further notice. A single use restroom can be used for changing clothes and toileting. Alcohol based hand sanitizer will be made available. Participants should preferably practice wear-in / wear-out clothes.
4. All participants and staff within the facility should maintain a distance of at least 6' of separation from others. Tape or decals/signs on the floor or walls will be used to denote appropriate distance.
5. School staff members will routinely clean and disinfect all frequently touched surfaces (i.e. door handles), common areas (i.e. bathroom), and equipment at a minimum of every 2 hours while the facility is open and in use. Follow the cleaning and disinfectant instructions for appropriate wet time to ensure proper disinfection.
6. Floors will be cleaned and disinfected once everybody has left and before the next workout.
7. There will be a 30 minute buffer between sessions to allow for appropriate ventilation of the facility and cleaning and disinfection of the floor and commonly touched surfaces.
8. Fitness machines, benches, weights and other equipment will be arranged to allow 6' of space between machines and work-out spaces. If fitness equipment or machines cannot be physically moved to accommodate spacing and distance requirements, then fitness equipment or machines should be taken out of order, or a process will be developed to prevent adjacent machines that are 6' or closer from being used at the same time.

By signing this document, I agree to abide by the rules of use as outlined in this document. I understand if these guidelines are not adhered to that my group will not be permitted to continue use of the facilities.

Signature _____

Date _____

Kennett High School and Kennett Middle School Athletics COVID-19 Staff and Participant
Screening Form

The following [questions](#) must be answered prior to all high school athletics based group activities when using school facilities during Phase 2. Anyone who has a temperature of 100 or higher or answers yes to any of the following questions should not be allowed to participate.

1. Date _____
2. Group / Activity _____
3. Location _____
4. Time _____
5. Participant Name _____
6. Temperature check _____

In the past 14 days, including today, have you had any of the following?

1. Close contact with someone who is suspected or confirmed to have COVID-19 in the past 14 days? **YES NO**
2. Traveled internationally, by cruise ship, or domestically outside of NH, VT or ME on public transportation (i.e. bus, train, plane ... etc.)? **YES NO**
3. A temperature of 100 or higher or a fever / felt feverish or chills? **YES NO**
4. Shortness of breath or any shortness of breath / breathing difficulties? **YES NO**
5. A cough? **YES NO**
6. Any flu-like symptoms such as gastrointestinal upset, sore throat, congestion or runny nose, nausea or vomiting, diarrhea, headache, muscle or body aches, or fatigue? **YES NO**
7. Any new loss of taste or smell? **YES NO**

Kennett High School and Kennett Middle School Athletics COVID-19 Consent Agreement

I understand and acknowledge there are risks associated with participation in athletics activities. I understand and agree that neither Kennett High School and Kennett Middle School, nor its coaches, advisors, employees shall be liable for any injury, loss or damage occurred by my son/daughter as a result of participation in any such activity as long as there has been a reasonable standard of care.

I acknowledge that federal and state government officials have declared that there currently exists a public health crisis in our country related to the Coronavirus Disease 2019 (COVID-19). I understand that the Kennett High School and Kennett Middle School Athletics department cannot prevent the possible transmission or contraction of COVID-19.

I confirm that I will not attend or participate in the program or activity if at any time I am showing any of the following symptoms of COVID-19: fever or chills, cough, shortness of breath or difficulty breathing, fatigue, muscle or body aches, headache, new loss of taste of smell, sore throat, congestion or runny nose, nausea or vomiting, diarrhea. If any of these occur, I will see my health care provider and will require a medical note to return. Additionally, if I have been in contact with any individual diagnosed with or suspected of having COVID-19, I will not attend or participate in the program or activity until I have self-quarantined for 14 calendar days since the last contact and I am no longer showing any symptoms. If I am confirmed to have COVID-19, I agree not to return to the program or activity until it has been at least 10 days since my symptoms first appeared, and it has been at least 24 hours without a fever and without the use of fever reducing medication, and my symptoms are improving. I also must have my health care provider confirm in writing that I am safe to return.

In case of an emergency, by authorization of my signature below, I hereby allow Kennett High School, Kennett Middle School, or its designated coach/advisor/trainer/nurse to administer first aid and make arrangements for emergency transportation to a medical facility for emergency treatment.

Signature _____

Name _____

Date _____