



Summer Voluntary Workout Plan

Athletics and Activities Department

Methacton School District

Overview

The COVID-19 pandemic has presented student athletics and student activities with a myriad of challenges. Recognizing that it is not possible to eliminate all risks of contracting COVID-19, the Methacton School District has considered the advice from health experts as well as the CDC, NFHS and PIAA and is following similar plans to other Pioneer Athletic Conference schools Districts. This plan outlines actions that we will take to reduce the risks to students, coaches, and their families during out of season practice. An in season plan will be developed and presented to the Board in July 2020. Where and when appropriate, this plan may be modified and updated for the safety of those involved.

Summer workouts for high school fall sports teams and the marching band may begin on Monday, July 6. A schedule for voluntary workouts and site locations will be developed by the varsity head coaches and directors in conjunction with the Athletics and Activities office.

Return to Activity Following Inactivity: A thoughtful approach to exercise gives students a chance to acclimatize to the temperature and the intensity/duration of practices. This slow ramp up of exercise can decrease the risk of injury and heat illness. Since practices and competitions have been halted, many athletes are deconditioned, putting the athlete at much higher risk for injury if pushed too quickly with high volumes and high intensity. Overtraining, defined as prolonged or excessive repetitive activity or workouts in efforts to “catch up,” does not allow the body to adjust and recover, which can lead to decreased performance and/or increased risk of injury.

High Risk Groups

The Center for Disease Control and Prevention (CDC) guidelines advise individuals with any of the following underlying health conditions to not participate in summer voluntary workouts. Some of the higher risk categories are:

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| People at higher risk for severe illness | Individuals who are pregnant or breastfeeding |
| People who are immunocompromised | Individuals with diabetes |
| Adults 65 or older | Individuals with chronic kidney disease |
| Individuals with asthma or chronic lung disease | Individuals with severe obesity (BMI 40+) |
| Individuals with HIV | Individuals with liver disease |

Point of Contact

The primary points of contact for this plan will be the Director of Athletics and Activities and the Athletic Trainers.

PPE Requirements

All coaches/directors directly interacting with students must wear face coverings at all times. Any exceptions to this – for medical reasons – must be approved by the Director of Athletics and Activities.

Athletes/marching band students may wear masks or face coverings where and when appropriate, during non-actively or when social distancing is challenging (sidelines, dugouts, athletic training room, etc.).

Pre-Workout Screening

Coaches/directors and students are **ALL required** to wash their hands for a minimum of 20 seconds (or use hand sanitizer if a handwashing station is not available).

Coaches/directors and students will complete a "COVID- 19 Pre-Screening Form" **prior** to any workout or team meeting or activity that brings together the coach/director and students. The form will be turned in to the coach/director **prior** to the start of each workout or team meeting etc. No exceptions-form completion required to participate. Responses to screening questions for each person should be recorded and stored so that there is a record of everyone present.

Social Distancing

Coaches/directors and students should remain 6 feet apart at all times and all activities must be non-contact. Workout and training activities must be organized to allow for this required spacing. This includes students actively engaged in activity, as well as students who are waiting for participation. Student and coach/director bags, apparel, etc. should be at least 6 feet apart.

Coaches/directors will group students in small pods as appropriate.

Students should not enter or leave the practice facility together or within 6 feet of each other.

Parents picking up students should remain in their vehicles.

Indoor facilities including, but not limited to gyms, weight rooms, pool, locker rooms, meeting rooms and the athletic training room will not be available unless approved by the Director of Athletics and Activities, with a specific purpose.

Number of Participants

Each activity area will be limited to 25 participants, including coaches/directors and students until otherwise authorized by the office of athletics and activities. Parents, community members and spectators will not be permitted to attend.

Equipment Sanitizing

Prior to each workout, all equipment will be sanitized. Students may not share equipment with one another including athletic equipment, instruments, pinnies, etc. Any time equipment is used by one individual, it will be sanitized prior to the next person using that piece of equipment.

Students and coaches/directors will be encouraged to wash their hands or use hand sanitizer frequently during training sessions.

Bathrooms

A maximum of 2 individuals may be in the bathrooms at any given time. These spaces will be cleaned on a regular basis. Doors to enter these areas will be propped open when possible to allow for air flow.

Hydration

All students must provide their own water bottles and hydration which should be labeled with the individuals' name. Students will not be permitted to participate without water. Water bottles must not be shared. Students are encouraged to bring more water than they think they will need.

Hygiene

At the conclusion of a workout/activity, students must wash their hands or use hand sanitizer. Students will be encouraged to shower as soon as they get home from their workout. Students are encouraged to wash all garments and equipment after each workout.

Facility Cleaning

All facilities utilized during summer workouts will be cleaned and sanitized on a regular basis. The Director of Facilities will establish a schedule for cleaning.

Participating Students or Coach/Director Who Contract COVID-19

If a student or coach/director contracts the COVID-19 virus, the individual must be immediately removed from participating and is required to follow the recommendations of their healthcare provider for quarantining processes and other required processes found medically appropriate by their physician. Written documentation of clearance from a health care provider (MD, DO, NP, PA) is required in order to return.

Classification of Sports

High Risk - Sports that involve close, sustained contact between participants, lack of significant protective barriers, and high probability that respiratory particles will be transmitted between participants. EX – Football, Wrestling, Cheerleading (stunting)

Moderate Risk - Sports that involve close, sustained contact, but with protective equipment in place that may reduce the likelihood of respiratory particle transmission between participants OR intermittent close contact OR group sports that use equipment that can't be cleaned between participants.

EX – Basketball, Baseball, Field Hockey, Girls Lacrosse, Softball, Soccer, Tennis, Track Jumping Events

Low Risk - Sports that can be conducted with social distancing or individually with no sharing of equipment or the ability to clean the equipment between use by competitors

EX – Cross-Country, Track Running and Throwing Events, Swimming, Golf, Sideline Cheerleading

*** High & Moderate Risk Sports may move to Low Risk category with non-contact modifications approved by the Athletic & Activities Director. Team activities should be limited to individual skill development drills that maintain social distancing. ***

Levels of Participation

Level 1 (PA State Red) & Level 2 (PA State Yellow)

Team Activities: No in person team meetings or gatherings. Students and Coaches/Directors can meet online via Zoom. Students can participate in individual at home workouts prescribed by the coaches/directors.

Level 3 (PA State Green)

Team Activities: All sports and activities teams may hold workouts. Low risk sports will have no restriction but must follow hygiene and safety check protocols. Moderate risk sports may hold workouts with modifications. High risk sports may not participate in typical game-like workouts/drills that require close contact with another person. Examples: tackling another person in football. Live or drill wrestling with a partner, organized stunts for cheerleaders.

Fall Sport-Specific and Marching Band Accommodations

Varsity fall sports and the MHS Marching Band may begin off-season workouts under the below conditions.

Low Risk sports and activities can practice as they typically would, assuming the recommendations listed in this document are followed. Moderate Risk sports and activities can practice with the below modifications.

Teams should follow this guide to get their summer workouts started:

- Week 1 (or sessions 1-4)
 - o Training session not to exceed 90 minutes
 - o Water breaks at least every 15 minutes
 - o Introductory Conditioning
 - o Sport specific drills and skill development

- Week 2 (or sessions 5-8)

- Training session not to exceed 120 minutes
- Water breaks every at least every 20 minutes
- Moderate Conditioning
- Sport Specific drills, skill development, agility and plyometric work

Cheerleading – The focus will be on conditioning and strength training. No stunting will occur. When practicing sideline cheer, students may wear a face covering. Students are to remain 6 feet apart.

Cross-Country – Runners will remain 6 feet apart from one another.

Field Hockey – Focus should be on conditioning and stick work. Players will be assigned their own individual field hockey balls. Players will remain 6 feet apart during skill work. Sticks and gloves should be cleaned after each use.

Football – Groups will be separated into different pods on the field. Quarterbacks will have their own individual footballs and will practice throwing into nets. Ball carriers/runners will work on agility and ball security using their own individual football. Offensive lineman will remain 6 feet apart and will work on stances and steps. Defensive lineman will work on stances, starts and redirection skills individually. Linebackers and secondary will work on pass drops and redirection skills. All members of the team will work on speed drills at a safe distance of 6 feet in all directions. Strength training will be done using body weight exercises in shifts with equipment sanitized in between uses.

Golf – Players will remain 6 feet apart at all times. Each player will have their own golf balls. Clubs and balls should be sanitized frequently. Gloves should be cleaned as appropriate.

Soccer - No practice of throw-ins. Workouts should focus on conditioning and non-contact activities. Student should be assigned their own individual soccer ball. Balls should be sanitized after each use.

Tennis – Each player hitting around will have their own tennis balls (identified through being labeled, different colors, etc.). Players will only be allowed to touch their own tennis balls. Balls will be picked up using hoppers or rackets. Balls should be sanitized after each use.

Marching Band – There will be no sharing of instruments during practices/rehearsals. The directors should pass along equipment to students at the beginning of each practice/rehearsal using gloves and a mask. Only one student would then touch the equipment for the remainder of the practice/rehearsal. Equipment must be sanitized after each use. Participating students must remain 6 feet apart at all times, including when marching.

Volleyball - Off-season workouts for volleyball can only take place outside unless otherwise approved by the office of athletics and activities. Each player participating will have their own volleyball (identified through being labeled, different colors, etc.). Players will only be allowed to touch their own volleyballs. Balls should be sanitized after each use.