

# **Penn Extracurricular Re-Entry Guidance**

Penn High School Athletics has developed a plan for extracurricular re-entry using guidance from the [Indiana Department of Health](#), the [Indiana Department of Education](#), the [National Federation of High School Sports](#), and the [IHSAA](#). We are excited to bring our student-athletes, athletic trainers, and coaches back together but we need to do so safely to ensure their wellbeing.

## **General Guidelines to be completed before July 6, 2020**

- ❑ All Penn student-athletes must have their [2020-21 Health History Questionnaire](#) turned into the athletic office, Register My Athlete, or coach prior to participating in workouts beginning July 6th. If they have not completed the form, they are not allowed to be in attendance at workouts.
- ❑ All Head Coaches must provide the athletic department with an alternate command structure for their coaching staff, in case of an illness to the head coach or any assistants.
- ❑ All coaches are required to watch 2 online courses (COVID-19: How to Protect Yourself and Others, COVID-19: How to Clean and Disinfect Your School) prior to participating in workouts.
- ❑ Cleaning all team equipment after a workout is the responsibility of head coaches. Cleaning materials have been provided by PHM custodial services and Penn custodians will all indoor clean athletic facilities after a team's use.
- ❑ Student Attendance - coaches are responsible for taking daily attendance during all 3 phases of the re-entry program.

## **Head Coach Responsibilities**

- ❑ Responsible for daily attendance.
- ❑ Make sure all essential program participants are wearing masks at all appropriate times.
- ❑ Assign seating on buses during transportation to events.
- ❑ Responsible for managing/supervising your program's cleaning schedule for equipment, balls, instruments, etc.
- ❑ Responsible for established PHM steps to take if a student tests positive for COVID-19.

## **Parent Responsibilities**

- ❑ No student participation beginning on July 6th if the questionnaire is not completed and either on file or a hard copy is with the coach.
- ❑ Self Screening - Before coming to Penn each day, students/parents should self assess for the following signs and symptoms of possible COVID-19:
  - ❑ Feeling feverish or temperature above 100.4
  - ❑ Chills or unexplained muscle aches
  - ❑ Worsening cough, sore throat or headache
  - ❑ Shortness of breath
  - ❑ Close contact with anyone having COVID-19
- ❑ All practices are voluntary.
- ❑ No spectators will be permitted at any practice, indoor or outdoor, until Phase III begins on August 15th.
- ❑ All athletes must bring their own water bottles, and water bottles should not be shared. There will be no team water coolers or shared drinking stations. Water will be made available for safe bottle refills.
- ❑ Masks - Students and coaches should wear a mask when entering or leaving a facility. Additionally, students can wear a mask during training, if they choose, as long as doing so will not cause a health risk. Students should wear a mask when not involved in rigorous activity.
- ❑ Weight Room Re-Entry Guidelines for Parents - [Return to Training Athlete Handout](#)
- ❑ Parking Information - Due to construction in the back of Penn, all students are expected to park in the front lots on the west side of the building or in the Jefferson lots on the south end of the building. For those students being dropped off, they will need to be dropped off at doors “C” or “D” or at the Jefferson Student drop off area at the south end of the football practice field. Please click on the links to see the maps:
  - ❑ [Bittersweet Drop Off & Parking](#) and [Jefferson Drop Off & Parking](#)

## **Student Responsibilities**

- ❑ Responsible for self checking at home for signs and symptoms of possible COVID-19.
- ❑ Must stay at home if sick.
- ❑ Must notify the head coach immediately if come in contact with an individual that tests positive for COVID-19.
- ❑ Must notify the head coach / sponsor directly if not feeling well.

- ❑ Must bring your own, well marked, water bottle. DO NOT SHARE.
- ❑ Must clean clothing after every training, rehearsal.

## **PHASES FOR RE-ENTRY**

### **Phase I: July 6 - July 19**

- ❑ All summer activities are voluntary.
- ❑ **IHSAA Physicals & Health History Questionnaire**
  - ❑ All student-athletes must have their **2020-21 Health History Questionnaire** turned into the athletic office or submitted on Register My Athlete prior to participating in workouts beginning July 6th. If they have not completed the form then they are not allowed to be in attendance at workouts.
  - ❑ Student-Athletes will be allowed to use last year's IHSAA physical for the upcoming school year but must turn in the 2-page Health History Questionnaire by July 6th. If they answer yes to any question on the questionnaire then an updated 2020-21 IHSAA sports physical is required.
  - ❑ If you are a first-time athlete or did not have a physical last year, you must obtain a **Updated 2020-21 IHSAA Sports Physical** and submit it to the athletic office or Register My Athlete.
- ❑ Practice Time - Each student can practice/train no more than 15 hours per week.
  - ❑ 2 activity days during that week for up to 6 hours (3 hours max per session). These may not occur on consecutive days.
  - ❑ Students can condition for 2 hours a day for 4 days a week.
  - ❑ Students can only go to one conditioning session per day therefore, a multi-sport athlete must decide which days or sessions to attend, but cannot exceed 15 hours in a week.
- ❑ Social Distancing - We will follow St. Joseph County Health Guidelines.
- ❑ Masks:
  - ❑ Students and coaches should wear a mask when entering or leaving a facility.
  - ❑ Students can wear a mask during training, if they choose, as long as doing so will not cause a health risk. Students should wear a mask when not involved in rigorous activity.
  - ❑ Non-students, including coaches, managers, supervisors, medical staff, etc. should all wear face coverings at all times unless under rigorous activity or pose a health risk.
- ❑ Only essential students, coaches, athletic trainers, medical staff and other related supervisors should be in attendance during training/practice.

- ❑ Contact sports (Football, Lacrosse, Wrestling, Cheer) - No contact during this phase
- ❑ No locker rooms or showers are available. Students should come dressed to participate
- ❑ All individuals should wash their hands for at least 20 seconds with warm water before participating. Hand sanitizer will also be provided at all times.
- ❑ Gathering sizes should be monitored to reduce risk. Workouts should be conducted in defined, smaller groups of students with the same students always together.
- ❑ Cleaning Schedules:
  - ❑ Equipment should be cleaned after each session, not necessarily after each use.
  - ❑ Facilities will have a cleaning schedule prior to and after usage of the facility. This will be provided to head coaches in a separate document.
- ❑ Weight Room - Coach Cates has created guidelines in a separate document that will be followed.
- ❑ Water / Hydration - Students should bring their own, well-labeled water bottles to each training session. There will be no sharing.
- ❑ Clothing
  - ❑ Appropriate clothing/shoes should be worn at all times.
  - ❑ No sharing of clothing, towels, or water bottles.
  - ❑ No clothing will be laundered at the school.
  - ❑ Students should shower and wash their clothing immediately when returning home.
  - ❑ Students are expected to come to workouts with clean clothing.
- ❑ No Formal Competition is allowed.

## **Phase II: July 20th - August 14th**

- ❑ IHSAA Policies remain the same as in Phase I, with the following exceptions:
  - ❑ The 15 hour limit per week is lifted.
  - ❑ Locker rooms and meeting rooms are allowed but 50% capacity is recommended - *Penn Athletics is not opening locker rooms for use during this phase (other than for football to store pads, helmets, etc.).*
  - ❑ Contact is allowed as defined by the IHSAA.
  - ❑ Shower use is available. - *Penn Athletics is not allowing shower usage at the high school during this phase.*
  - ❑ Weight Room - Coach Cates guidelines will be followed (*policies same as Phase I*).
  - ❑ No formal competition is allowed with the exception of girls golf.
  - ❑ Pre-season scrimmage vs other schools is permitted but with only essential personnel present. No parents, families, fans, etc. allowed at the following athletic events:
    - ❑ Boys Soccer - August 13th, 6 pm at home vs LaPorte

- ❑ Girls Soccer - August 11th, 6 pm at home vs Homestead
- ❑ Football - August 14th, 7 pm at home vs Crown Point
- ❑ Volleyball - August 11th, 6 pm at home vs NorthWood

### **Phase III: August 15th**

- ❑ Policies remain the same as in Phase II, with the following exceptions:
  - ❑ Competition may begin with spectators and media present with local social distancing practices still in place.
  - ❑ Cleaning regarding team or group transportation policies must be followed.
  - ❑ Locker rooms and meeting rooms are allowed but 50% is recommended. If the 50% capacity at competitive events causes hardship and impacts the hygiene and safety of students, a 50% or greater capacity is allowed.
  - ❑ Hospitality rooms for officials should not include shared food service and should allow for social distancing. Individual waters and pre-packaged snacks are allowable.
  - ❑ Boosters - Concessions may be sold if food handlers and cashiers use appropriate PPE and only prepared, prepackaged food is available.

## **OTHER CONSIDERATIONS**

### **Attendance at Events**

- ❑ Phase 1 - essential personnel only. No parents or spectators.
- ❑ Phase II - essential personnel only. No parents or spectators.
- ❑ Phase III - Spectators allowed at a reduced capacity and should follow local social distancing guidelines.

### **Transportation**

- ❑ Team will adhere to all transportation COVID protocols and procedures.
  - ❑ Assigned seats
  - ❑ Must wear masks while on the bus

## **Important Items on hand**

- ❑ Masks - PHM / Penn Athletics has provided a reusable mask for all student-athletes and coaches.
- ❑ Hand Sanitizer - Provide to all teams and each venue will have on-site.
- ❑ Non contact thermometers.
- ❑ Paper towels / Lysol Wipes
- ❑ Spray Bottles / Cleaning liquid that kills 99.9% of known virus within 30 seconds of contact - each team and venue has on hand

## **Helpful Links:**

- ❑ IN CLASS Document - [LINK](#)
- ❑ Strength Training - [Penn Weight Room Return Phases](#)
- ❑ IHSAA 2020-21 Sports Physical - [Updated 2020-21 IHSAA Sports Physical](#)
- ❑ Required Questionnaire for athletic participation - [2020-21 Health History Questionnaire](#)
- ❑ Student Drop-off and Parking -
  - ❑ [Bittersweet Drop Off & Parking](#)
  - ❑ [Jefferson Drop Off & Parking](#)
- ❑ Extracurricular & School "[Return to Learn 2.0](#)"
- ❑ Marching Band [Resources](#)