Comprehensive Plan to Return to Athletics & Activities

The information below has been created by the MHSAA to help transition schools back to phased-in athletic activities. This document is not optional for use, it's required that all coaches follow the plan verbatim. If you have any questions regarding the document please call the building Athletic Director.

We will begin the re-entry process during a two-week period of activities that are centered around PROGRESSIVE strength and conditioning as opposed to sport-specific skill and drill practices. The rationale behind this first decision is based on ensuring the health and safety of our student-athletes who may have been inactive during the lockdown.

This document is organized into 5 sections:

1. Start Dates & Facilities
2. MHSAA Return to Activity - Daily Expectations
3. Important Google Links and Resources
4. Inclement Weather and Parking
5. Other
Start Dates and Facility Scheduling
OUTDOORS ONLY!

- Fall Sports may start on Monday, June 22nd. (NOTE: The district will be closed from all activities on July 3rd through July 6th to observe the holiday)
- Winter and Spring Sports - TBD

The following outdoor facilities may be used:

- Turf Field, Track, Grass Practice Field, Tennis Courts and the Varsity & JV Baseball and Softball fields. Any other outdoor facility locations must be approved by the Athletic Department.
- These facilities will be open from 7:00 AM - 9:00 PM
- Restrooms available but the expectation is that students and coaches will wash hands and/or use hand sanitizer. Only one person at a time will be permitted in the restrooms.
- Facilities must be reserved by contacting your building Assistant Principal's in charge of Athletics.
- Any off-site conditioning must be communicated with the Assistant Principal's in charge of Athletics.
- Only OUTDOOR activities are permitted by the district/MHSAA at this time.

**Recommended Participation limits per facility:**

- Varsity Softball & Baseball Field / 20
- Stadium / 90
- Track / 20-40
- Tennis Courts / 4 per court
- Practice Field / 40-50

**Important:** Consider organization to prevent groups from gathering at entrances/exits to facilities to limit crossover and contact, including staggering starting/ending times. 15 minutes between sessions is recommended allowing for participants to leave, sanitizing equipment, etc. **Coaches must be the last to leave.**
Pre-Workout Screening

All coaches and students should be screened daily for signs/symptoms of COVID-19 prior to participating, including a temperature check. This check may take place onsite or be completed and verified prior to arrival onsite (at home, for example).

Anyone with a temperature of greater than 100.3 degrees CANNOT participate and MUST be sent home.

Responses to screening questions for each person should be recorded and stored so that there is a record of everyone present in case a student develops COVID-19. These records must be kept confidential.

Any person with positive symptoms reported should not be allowed to participate, should self-isolate, and contact their primary care provider or other health-care professional.

Involve local health departments if positive cases of COVID are discovered.

Vulnerable individuals should not supervise or participate in any workouts.

Limits on Gatherings

No gathering of more than 100 people at a time outdoors (NO INDOOR ACTIVITY IS ALLOWED).

Locker rooms will not be utilized during this step. Students should report to workouts in proper gear and immediately return home to shower at the end of the workout.

Consider workouts to be conducted in “pods” of students with the same small group of students always working out together. This ensures more limited exposure if someone develops an infection.

There must be a minimum distance of 6 feet between individuals at all times.
**Facility Cleaning**

Adequate cleaning schedules should be created and implemented for all athletic facilities.

Prior to an individual or groups of individuals entering a facility, hard surfaces within that facility should be wiped down and sanitized (benches, weight equipment, bathrooms, athletic training room tables, etc.).

Coaches are responsible for cleaning and sanitizing equipment used.

Individuals should wash their hands for a minimum of 20 seconds with warm water and soap or hand sanitizer before touching any surfaces or participating in workouts.

Hand sanitizer should be plentiful and available to individuals as they transfer from place to place.

Appropriate clothing/shoes should be worn at all times to minimize sweat from transmitting onto equipment/surfaces.

Any equipment such as athletic pads, etc., having holes with exposed foam should be covered.

Students must be encouraged to shower and wash their workout clothing immediately upon returning to home.

**Entrance/Exit Strategies**

Athletes MUST wait in their cars until check in time, drivers should wait until their student-athlete is checked in before leaving.

Whenever possible students and coaches should leave a parking space between vehicles.

Athletes will be given a second temperature check and confirmation they filled out the google form before entering the facilities. **No athlete may enter facility until check-in is complete.**

Follow the signage for entering and exiting the facilities.

Coaches/Athletic Director will organize a plan to prevent groups from gathering at entrances/exits to facilities and to limit crossover and contact, including staggering starting/ending times.

Congregating in the parking lot before and after workouts is prohibited. Coaches will make sure athletes enter their cars and leave at the conclusion of workouts as well as stay in their cars prior to workouts.

No parents or spectators will be allowed.
Hydration/Food

Wash your hands with soap and water or use hand sanitizer, especially after touching frequently used items or surfaces. Encourage athletes to bring their own hand-sanitizer.

Sneeze or cough into a tissue, or the inside of your elbow. Avoid touching your face.

Disinfect frequently used items and surfaces as much as possible.

Do not spit at all - air, ground, equipment, hands, sunflower seeds, etc.

All students shall bring their own water bottle. **Water bottles must not be shared.**

Hydration stations (water cows, water trough, water fountains, etc.) should not be utilized.

Food should not be shared.

Masks/Face coverings

All coaches should have a mask or face covering on them while at the facility. They will be required to use a mask during times (collecting of materials, helping an injured athlete, etc.) when social distancing can not happen.

Athletes are encouraged (not required) to have a mask on them while at the facility.

Masks are not required during workouts as a 6 feet social distancing barrier will be required for all athletes.

Any athlete who chooses to wear a mask must be allowed to do so unless they are participating in strenuous activity. At this point the mask will become a safety risk because it will limit the amount of air the athlete can take in.

Please utilize the following forms:

1. Daily Screening for athletes and coaches (Confidential).
3. MHSAA - [MHSAA Updates - Return to Activity](#) - [MHSAA - Specific Safety Guidelines for Return by Sport](#)
4. Summer sessions are designed for conditioning not competition - no competition per the MHSAA. Example: No 7 on 7, scrimmages or direct competition.
Weather Contingency Plan

Inclimage Weather/Cancellations
In case of inclement weather students will be notified through various forms of communication and social media about cancellations. (twitter, team snap, Instagram, huddle, text).

Workouts will not be moved to indoor facilities.

A call on cancellations should be made as soon as possible.

Severe Weather/Shelter in Place
In case of severe weather students will be directed to immediately go to their vehicles and the workout will be canceled. If students do not have a vehicle on site, indoor facilities may be used, specifically, the field house. This is only in emergency situations.

In case of extreme heat/humidity, all MHSAA heat and hydration rules must be followed.

Parking and Entering the Facility
Whenever possible students and coaches should leave a parking space between vehicles.

Students should always enter at the main entrance gate and exit through the back of the stadium behind the field house.

When using a facility other than the stadium, coaches should organize a plan to prevent groups from gathering at entrances/exits to facilities and to limit crossover and contact, including staggering starting/ending times.

OTHER

Daily attendance and screening must take place by a varsity coach or a designee. This is a mandatory requirement and must be confidential. There must be a “papertrail” for every student and coach for every workout session until told otherwise. Make sure students arriving late are screened - assign a coach to address anyone who arrives late - no misses!
Walled Lake Central

https://docs.google.com/forms/d/e/1FAIpQLSd8wX-7jPPXcDI4xIOlDSBH2GJ4xG5txzRjL_Uzqef6OIYBHw/viewform

Walled Lake Northern

https://docs.google.com/forms/d/e/1FAIpQLSdqjGqsmkXBjDOb2ptCwOtaiTkDhGoQShjL5yFiquAyVg/viewform

Walled Lake Western

https://docs.google.com/forms/d/e/1FAIpQLScAzUuY96tYKz6Hcz4EPBY3hcPDnwF0Fc22Ya5CuLMtm65g/viewform