

## McComb Local Schools Athletic Summer Guidelines

### All Coaches:

1. **All McComb Coaches will need to take online education courses before they can work with any athlete this summer.**
2. Online Courses that need completed are:  
“**Coronavirus Awareness,**” “**Coronavirus Cleaning and Disinfecting your workplace**” and the third is Coronavirus “**Managing Stress and Anxiety.**” Again all three courses will need to be completed before working with athletes.
3. **All McComb Coaches will be required to wear Face masks while administering workouts.**

### Pre-Workout Screening:

1. **All coaches and students should be screened for signs/symptoms of COVID-19 prior to a workout, to include a temperature check.**
2. Temperatures will be checked daily with a no contact thermometer that will be stored in the athletic office for coaches to use. **Coaches will clean thermometer and put back in athletic office after each use.**
3. All coaches will use the OHSAA adopted temperature check form to list students’ temperatures daily.
4. Responses to screening questions should be recorded and stored for contact tracing purposes if a COVID-19 infection occurs. All forms will be turned into the Athletic director and will be filed in the athletic office.
5. Any person with positive responses on the screening should **not** be allowed to take part in workouts and should contact their medical provider.
6. Any individual or individuals that might be vulnerable to Covid 19 should not oversee or participate in any workouts.

### Limitations on Gathering:

1. **Gatherings should not consist of more than 10 people at a time (inside or outside), to include all participants and coaches.**
2. **Locker rooms should not be used at any time.**
3. Students should report to workouts in proper gear and immediately return home to shower at the end of the workout.
4. Workouts should be conducted in “**pods**” of students with the same 5-10 people (including coaches) always working out together. Smaller pods should be used for weight training.
5. There should be a minimum distance of 6 feet between each individual at all times. If this is not possible, the number of individuals in the room should be decreased until proper social distancing can occur.
6. **You must maintain 6 feet of social distancing at all times in all areas** (including, but not limited to, the track, football field, baseball field, gym, weight room, restroom, grass practice areas, and locker rooms (individual lockers and showers are not to be used at this time, you are permitted to use the restroom only). This includes huddling together for conversations.

### **Facilities Cleaning:**

1. Adequate cleaning schedules should be created and implemented by each coaching staff for all athletic facilities they will be using.
2. Prior to an individual or group entering a facility, all hard surfaces within that facility should be wiped down and sanitized. Hard surface examples include but are not limited to chairs, furniture, locker rooms (which are not to be used at this time), weight room equipment, bathrooms, and training tables.
3. Individuals should wash their hands for 20 seconds with warm water and soap before touching any surfaces or participating in workouts.
4. Hand sanitizer should be plentiful and available to individuals.
5. Weight equipment should be wiped down thoroughly before and after each individual uses the equipment. This should be done by the coaches.
6. **Shirts and shoes should be worn at all times.**
7. Any equipment such as weight benches, athletic pads, that have holes with exposed foam should be covered.
8. Students should be encouraged to shower and wash their workout clothing immediately upon returning home.

### **Physical Activity and Athletic Equipment:**

1. **There should be no shared athletic equipment (towels, clothing, shoes, or sport specific equipment) between students.**
2. Students should wear their own workout clothing, and clothing/towels should be washed and cleaned after every workout.
3. All athletic equipment, including balls, should be cleaned after each use and prior to the next workout.
4. Individual drills requiring the use of athletic equipment can be permissible, but the equipment should be cleaned between use of each individual.
5. There should be a focus on resistance training with body weight, sub-maximal lifts, and use of resistance bands.
6. **Free weight exercises that require a spotter should not be conducted, as they cannot be conducted while observing social distancing.**

### **Hydration:**

1. **All students should bring their own water bottle, and water bottles should not be shared.**
2. Hydration stations (water fountains, water troughs, etc.) should not be used.

### **Notes:**

1. **Reminder that safety is our number 1 goal with reopening facilities. Please follow all guidelines listed above. If you have any questions at any time please feel free to contact Mr Woolf or any administrator.**
2. **Reminder that all summer workouts are all voluntary and are not mandatory.**