

## **RETURN-TO-WORKOUT PLAN**

### **JEFFCO ATHLETICS**

This plan is intended to give guidance for returning to workouts while still adhering to state and local guidelines in order to prevent the spread of COVID-19. Our workout plan is set up in steps and the transition from one step to the next can only be accomplished by meeting guideline criteria. **All workouts must remain voluntary to students (CHSAA bylaws) and coaches.**

- This plan goes into effect on June 22, 2020
- ALL coaches required to follow these guidelines!
- Completion of the Jeffco Waiver Form is required for all athletes
- Athletic Directors and Coaches **MUST** provide acknowledgement of this document through email receipt. Athletic Directors will receive email receipts from their coaches.
- District will supply materials (thermometers, sanitizer, etc.)
  - Gloves will be provided by the Central district for coaches/sponsors to use when sanitizing equipment.
- At any given time camps/workouts can be suspended or canceled by Central Administration and in collaboration with Jefferson County Public Health (JCPH).
- Workout days for week one will be fall sports M-W-F, all others T-TH. Daily workouts approved beginning week two with Central Administration approval.
- For consistency, students should be put in groups (maximum 25 for outdoors, 10 indoors) and should remain with the same group through summer workouts
- No feeder teams/youth camps during this time
- No spectators will be allowed - Parents or transportation providers will remain in their cars at all times.
- Each coach/sponsor will escort participants to their vehicle and/or pick up areas to depart from campus/area. No gathering after workouts will be allowed.

It is important that during our phased return to workout plan that all student-athletes and coaches practice good hygiene and follow these safety precautions:

- **STAY HOME IF YOU FEEL SICK OR IF YOU ARE EXPERIENCING COVID-19 RELATED SYMPTOMS**
- Students and coaches should follow the advice of their medical provider
- Wash hands with soap and water frequently and use hand sanitizer when hand washing is not readily available
- Avoid touching your face
- Sneeze or cough into a tissue or inside your elbow
- Disinfect frequently used items and surfaces as much as possible
- Students are encouraged to bring their own equipment
- Appropriate gloves for a particular sport should be used
- No sharing of gloves and gloves should be sanitized after each session
- Clothing should be washed and after workout is completed
- Practice social distancing

- Do not share or use other individuals' equipment
- Be honest on health QUESTION: **HAVE YOU RECENTLY BEEN SICK WITH A FEVER OR COUGH?** - Every student and coach will be required to be asked this question upon arrival to workout along with temperature taken. [Please use this form - print out this PDF.](#)
- Students or coaches/sponsors with COVID-19 symptoms will not be allowed to participate and **MUST** be cleared by district Health Services. Coaches contact Jim Thyfault directly if the Athletic Director is not available.
  - If coaches/sponsors develop COVID-19 symptoms, please fill out this form: [https://docs.google.com/forms/d/e/1FAIpQLSdPVD8ZPD5taKX7dxnflusATFjhCdWskLLzYPrUIETur\\_9OIQ/viewform](https://docs.google.com/forms/d/e/1FAIpQLSdPVD8ZPD5taKX7dxnflusATFjhCdWskLLzYPrUIETur_9OIQ/viewform)
  - If student athletes develop COVID symptoms, Coaches please contact Athletic Director, Jim Thyfault if AD is not available and **Laura Graser, COVID-19 Resource Nurse at 720-237-6762**
- If at any given time an athlete/coach has tested positive for COVID-19, the Department of Health Services will follow-up with the family and determine next steps. All workouts for the associated sport(s) will cease until further direction is provided by the Central Administration
- Restrooms will be available upon request, students will let coaches know when they are needed. Face coverings will be worn when inside the building.

The following items are **REQUIRED** of all participants, including coaches, before a workout of any kind begins:

- Temperature check and question completed each day prior to workout.
  - [Thermometer and screening directions are located here.](#)
  - In addition to a temperature check, ask the student/coach the following question:  
**Have you recently been sick with a fever or cough?**
  - Any person with positive symptoms reported, or who has a fever at 100.4 degrees or answers yes to the bolded question above, will not be allowed to take part in workouts and go home as soon as possible. Please see above for directions - Contact Athletic Director, Jim Thyfault if AD is not available, and Julie Wilken 720-341-4760 or Laura Graser - 720-237-6762
- Each athlete must have their own water bottle.
- Face coverings required indoors (*steps 1-2*), and recommended outdoors.

**\*\*\*** *If any of the above criteria are not met, the athlete/coach/sponsor will be sent home.*

**\*\*[PROPER USE OF PPE LOCATED HERE!](#)**

**Step 1 - Conditioning**  
**June 22 - June 27 (1 week)**

**Fall sports Monday, Wednesday, Friday, including band and spirit. All others are Tuesday and Thursday. Multi-sport athletes will only work with one sport through week one.**

No more than 25 students in an outdoor practice area, excluding coaches. No more than 10 students in an indoor area. Six foot spacing requirements must be met. More than one group per field or gym area if space permits and distancing measures are not compromised. Gym curtains may be dropped to add another area (*check with your AD if uncertain*).

Weight room - cannot do heavy lifting that requires a spotter (high rep/low weight), however, lifts should still be observed by a coach or lifting partner. Emphasis SHOULD NOT be placed on doing maximum weight lifts. Sanitize as students move from one machine to the next. Supplies will be provided by the district. Free weights may be taken outside to increase numbers and should be brought back inside after workout.

Sessions are only 60-90 minutes in length.

Sanitizing of any equipment must be done before the next group enters the practice area. If possible, indoor groups will enter and leave through separate doors. Good hygiene will be reinforced. Hand sanitizer will be available and required before and after all rotations.

No equipment may be shared. If a piece of equipment is issued by the coach, then that equipment must remain with the same student throughout the session and must be sanitized before and after use. Cones, ladders, bags and similar conditioning equipment are appropriate. Sanitize before and after use.

No common area usage, i.e., locker rooms, classrooms, offices, etc.

Masks required indoors and optional outdoors.

**This step should be focused strictly on individual conditioning and skill work. No team drills permitted due to spacing requirements.**

### **Sport-specific Examples:**

- a. A basketball player can shoot with a ball(s), but a team will not practice/pass a single ball among the team where multiple players touch the same ball.
- b. A football player will not participate in team drills with a single ball that will be handed off or passed to other teammates. Contact with other players is not allowed, and there will be no sharing of tackling dummies/donuts/sleds.
- c. A volleyball player will not use a ball that others touch or hit in any manner.
- d. Softball and baseball players will not share gloves, bats, or throw a single ball that will be tossed among the team. A single player may hit in cages, throw batting practice (with netting as a backstop, no catcher). Prior to another athlete using the same balls, they will be collected and cleaned individually.
- e. Wrestlers will skill and drill without touching a teammate.

- f. Cheerleaders will not practice/perform partner stunts or building. (Chants, jumps, dances without contact are permissible.)
- g. Tennis players can do individual drills, wall volleys, and serves.
- h. Runners will maintain the recommended 6 feet of distancing between individuals.

## **Step 2 - Lower Risk Sports Resume**

**June 29 - July 11 (2 weeks)**

**Any move to the next Step must be approved by the Central Athletic Office in conjunction with Central Administration**

No more than 50 in an outdoor practice area, including the coach. No more than 25 in an indoor area. Six foot spacing requirements must be met. Gym curtains may be dropped to add another area (check with your AD if uncertain).

Sessions are only 60-90 minutes in length.

**Per CHSAA and NFHS, following are Risk categories for each sport and activities:**

**Lower Risk Sports** may resume as normal... Lower risk sports include: Girls & Boys Golf, Girls & Boys Tennis, Skiing, Girls & Boys Swimming, Unified Bowling, and Sideline Cheer.

Modified workouts may begin for **Moderate Risk Sports**... Moderate risk sports include: Girls & Boys Basketball, Girls & Boys Cross Country, Field Hockey, Gymnastics, Girls & Boys Soccer, Softball, Girls & Boys Volleyball, Baseball, Girls & Boys Lacrosse, Track & Field, and band/orchestra.

**High Risk Sports** should plan on non-contact drill work and conditioning done in smaller groups of 5-10 spread throughout the practice area... High risk sports include: Football, Competitive Cheer/Dance, Ice Hockey, and Girls & Boys Wrestling, and choir.

Modified workouts include six foot spacing, and intermittent sanitization of all shared equipment.

Reminder - Sanitizing of any equipment must be done before and after each workout. If possible, indoors, groups will enter and leave through separate doors. Good hygiene will be reinforced. Frequent hand sanitizer use is recommended. Clothing should be washed and sanitized after workout is completed. Cones, ladders, bags and similar conditioning equipment are appropriate. Sanitize before and after use.

Maximum lifts will be limited and power racks should be used for squats and bench presses. Spotters should stand at each end of the bar.

Masks required indoors and optional outdoors.

### **Sport-specific Examples:**

- a. Basketball players can do team drills using the same ball. Basketball and all equipment will be intermittently sanitized during workout. Expected spacing with student-athletes still need to be maintained. Athlete contact should be avoided.
- b. A football player can participate in team drills with a single ball that will be handed off or passed to other teammates. All balls will be sanitized throughout the practice and after sessions. Contact with other players is not allowed and there will be no sharing of tackling dummies/donuts/sleds. Individual or partner drills only. Sanitized helmets allowed.
- c. Making sure to follow indoor expectations, volleyball can do individual and court work with a volleyball. Coaches must make sure to sanitize balls as expected with guidelines. All equipment must be cleaned before, during as needed, and after every practice.
- d. Softball and baseball players will share a ball that will be tossed among the team. Expectations on cleaning of baseballs/softballs and all equipment will be followed and sanitized throughout the practice. A single player may hit in cages, throw batting practice, bullpen work while maintaining expected social distance. Prior to another athlete using the same balls, they will be collected and cleaned individually.
- e. Wrestlers will skill and drill without touching a teammate.
- f. Lacrosse shooting and passing is allowed with a ball. Expected sanitizing of lacrosse balls and all equipment must be followed and is expected between drills, before, and at the end of every workout. Social distancing must be followed by players on the field and on the sidelines at all times. Team drills are allowed with maintaining spacing. No slide tackling, contact, or other player to player contact.
- g. Soccer shooting and passing is allowed with a ball. Expected sanitizing of soccer balls must be followed and is expected between drills, before, and at the end of every workout. Social distancing must be followed by players on the field and on the sidelines at all times. Team drills are allowed with maintaining spacing. No slide tackling, contact, or other player to player contact.
- h. Cheerleaders will not practice/perform partner stunts or building. (Chants, jumps, dances without contact are permissible.) Stunt work will be determined at the time by the Central Administration and Activities Director.

### **Step 3 - Moderate Risk Sports Resume**

**July 13 - July 25 (2 weeks)**

**Central Athletic and Administration approval required. This is dependent on State and local health orders and guidance.**

Gathering sizes TBD, indoors or outdoors.

When not directly participating in workouts, care should be taken to maintain a minimum distance of 6 feet between each individual. Consider using tape or paint as a guide for students and coaches.

Sessions are not to exceed 2 hours in length.

Lower risk sports workouts continue as normal. Lower risk sports include: Boys golf, Boys tennis, Skiing, Girls swimming, Girls golf, Boys swimming, Girls tennis, Unified Bowling, and Sideline Cheer.

Moderate risk sports may resume as normal. Moderate risk sports include: Basketball, Cross country, Field hockey, Gymnastics, Boys soccer, Softball, Volleyball, Baseball, Boys lacrosse, Girls lacrosse, Girls soccer and Track, and orchestra/band.

High risk sports should plan on modified contact drill work (nobody to the ground) and conditioning done in smaller groups of 5-10 spread throughout the practice area. High risk sports include: Football, Competitive Cheer/Dance, Ice hockey, Wrestling, and choir.

Modified workouts include six foot spacing, and intermittent sanitization of all shared equipment. Reminder - Sanitizing of any equipment must be done before and after each workout. If possible, indoors, groups will enter and leave through separate doors. Good hygiene will be reinforced. Frequent hand sanitizer use is recommended. Clothing should be washed and sanitized after workout is completed. Cones, ladders, bags and similar conditioning equipment are appropriate. Sanitize before and after use.

Maximum lifts will be limited and power racks should be used for squats and bench presses. Spotters should stand at each end of the bar. Masks are optional indoors and outdoors.

Sport-specific Examples:

- a. Football-- 7-on-7 passing drills allowed. No 11 vs. 11 allowed or full contact drills. Bags, shells, and other equipment allowed but must be sanitized before and after drills. Modified contact allowed.
- b. Wrestling-- drill work will be allowed. Wrestling dummies, bags, and other equipment allowed but must be sanitized before and after drills. No live wrestling during this stage.
- c. Competitive Cheer - Stunt work to be determined

**Step 4 - Higher Risk Sports Resume**

**July 27 - August 8 (2 weeks)**

**Central Athletic and Administration approval required. This is dependent on State and local health orders and guidance.**

Temperature checks and health symptom screening question still required before workouts. Students are still responsible for their own hydration, and continue to bring their own water bottles.

All sports resume to normal workouts and numbers.

Common area usage allowed only if cleaning and sanitization occurs before and after use.

Reminder - Sanitizing of any equipment must be done before and after each workout. If possible, indoors, groups will enter and leave through separate doors. Good hygiene will be reinforced. Frequent hand sanitizer use is recommended. Clothing should be washed and sanitized after workout is completed. Cones, ladders, bags and similar conditioning equipment are appropriate. Sanitize before and after use.

**1st Official Day of Fall Tryouts/Practice**

**August 10th**

**CHSAA will determine, in conjunction with state officials and the Governor's office, if fall sports will proceed.**