**Charlotte Mecklenburg Schools  
Information and Processes for Returning to Athletic Activity on HS School Campuses***(Working Document as of June 26, 2020)*

**ABOUT COVID-19**

1. COVID-19 is mostly spread by respiratory droplets released when people talk, cough, or sneeze.
2. The virus may spread to hands from a contaminated surface and then to the nose or mouth, causing infection.
3. Any scenario in which many people gather poses a risk for COVID-19 transmission.
4. Transmission from individuals with mild or no apparent symptoms remains a risk.
5. Symptoms may appear 2-14 days after exposure to the virus.

**SYMPTOMS OF COVID-19**

1. Fever or chills (fever is determined by measuring a temperature of 100.4 F or greater, or feeling warm to the touch, or giving a history of feeling feverish)
2. Shortness of breath or difficulty breathing
3. New loss of taste or smell
4. Congestion or runny nose
5. Cough
6. Fatigue
7. Muscle or body aches
8. Sore throat
9. Headache
10. Gastrointestinal symptoms (nausea, vomiting, or diarrhea)

**VULNERABLE POPULATIONS**- *65+ and/or individuals with unique health concerns such as high blood pressure, chronic lung disease, diabetes, asthma, and compromised immune systems*

1. These individuals may participate; however, it is strongly recommended that such individuals consult their health care provider for guidance.

**JULY 2020 START**

1. Participation in summer workouts is voluntary, not required.
2. Workouts permitted Monday through Thursday and on-campus only.
3. Fall sport teams only.
4. SA - current physical on file. (Dated March 1, 2019 or after = current.)
5. SA - updated NCHSAA pre-participation form – signed by parent/legal guardian.
6. Proof of insurance.
7. **Communicable Disease Waiver** – signed by SA and parent/legal guardian
8. NCHSAA Initial Screening Questions to Participate During COVID-19/1st day – *signed by parent/guardian & SA.*- **Actions if a YES** response to either set of questions:  
   - **Return to Play Form(s)** signed by a physician required before participation permitted.
9. Communication to families/student-athletes regarding requirements and protocols to participate.
10. **Protocol and Awareness Acknowledgement Form** – AD/Coach/Staffsign and on-file with AD.
11. Only coaches who will be on a school’s paid stipend form are permitted to participate in summer workouts.
12. **Training**:  
    a) On-site training AD +3coaches from each HS – **disinfect equipment & products**. June 24 & 25-COMPLETED  
    b) **Taking temperatures** - written instructions distributed to ADs; Atrium ATC on-site July 6th

c) **Point of certification protocols/procedures** - AD instructed and communicated to staff & SAs/families

1. **School Site Workout Guide** – school AD email to district AD prior to July 6th (COMPLETED)
2. **Team Specific Plan** – head coach of each team must provide school AD prior to July 6th (COMPLETED)

**CHECK-IN/CERTIFICATION POINT OF ENTRY: HEALTH QUESTIONS & TEMPERATURE TAKING**   
*- Social distancing and mass gathering restrictions required at-all-times.  
- Bottle of hand sanitizer required @table/tent area.*

1. **One-Certification Site** – set-up (tent/table); stagger arrivals of pods. All SAs/coaches **must** come through this certification site prior to reporting to their field/pod.
2. **Health Questions & Temperature** – **DEVELOP YOUR PROCESS for YOUR school site** - who records; how record - (paper or computer); how store.  
   - **Required** ***daily*** of SAs AND coaches/staff – ***AND recorded/stored***  
   - **Pass** = send to pod – predetermined and communicated; adult at pod to ensure social distancing  
   - **Fail** = go home … do not let driver leave until SA cleared (Return to Play from healthcare provider required to return to participate.)
3. **Pre-determined/pre-communicated workout pods** and workout arrival/departure times – communicated to families/SAs to ensure required social distancing and mass gathering restrictions.
4. **9th graders/unaccounted for participants** – develop a plan  
   - Assign these SAs to predetermined/pre-communicated workout pods and workout arrival/departure times
5. **NO FACE COVERING** **=** not certified to workout **=** send home (Applies to coaches, staff, SAs)
6. **NO WATER BOTTLE** **=** not certified to workout **=** send home (Applies to coaches, staff, SAs)

**FACE COVERINGS***- NO sharing of face coverings*

1. **Coaches/staff *must*** wear face coverings at-all-times. (Arrival, during workouts, inclement weather, restroom, departure, etc.)
2. **Student-athletes *must*** wear a face covering when not involved in actual workout conditioning drills. (Arrival, when not in a workout drill, inclement weather, restroom, departure, etc.) SAs should bring a baggie with them to store face covering when not involved in a drill.
3. **NO FACE COVERING** = not certified to workout = **send home**
4. Schools will be provided a limited number of *re-usable* face coverings for student-athletes/coaches who do not have one or who may have forgotten one. *When a school runs out of these face coverings a SA/coach without a one = not certified to participate and must be sent home.*

**WATER BOTTLES**  
*- NO sharing of water bottles*

1. Coaches **must** arrive with a filled water bottle.
2. Student-athletes **must** arrive with a filled water bottle.
3. **NO WATER BOTTLE** = not certified to workout = **send home**.
4. Schools will be provided a limited number of *re-usable* water bottles for student-athletes/coaches who do not have one or who may have forgotten one. *When a school runs out of these water bottles a SA/coach without a water bottle = not certified to participate and must be sent home.*
5. Water cooler (for refills) – one individual assigned to push button on cooler. (Hand sanitizer @ cooler.)
6. Disinfection of water cooler(s) required at the end of each day

**OUTDOOR FIELDS  
*-*** *Social distancing and mass gathering restrictions required at-all-times from arrival, through workout, through departure  
- An adult must be at pod site when SAs begin to arrive.   
- Bottle of hand sanitizer @ each field (at water cooler if applicable)*

1. Entry & Exit plan for each field – communicated
2. Each field – limited to 25 total individuals on the field (includes coach, ATC, manager, etc.) – broken up into pods
3. Workouts are limited to conditioning and non-equipment skill development.   
   - **Absolutely no equipment permitted**.
4. Inclement weather: It is highly recommended that a workout is canceled in inclement weather and SAs sent to cars to go home. Individuals without a car will station in the gymnasium. Schools cannot workout on field that would require an unreasonable timeframe to access the gymnasium. Face covering must be on when in the gym. Social distancing must be adhered to in gym.
5. Restroom: Schools cannot utilize a field that would require an unreasonable timeframe to get to the restroom connected to the FB field concession stand. Bottle of sanitizer in restroom.
6. At the conclusion of each 90-minute workout period touch points **must** be wiped down. (Restroom, gymnasium – if applicable, certification stations)
7. At the end of each day the restroom, gymnasium-if applicable, and all touch points **must** be disinfected.

**WORKOUT PODS**

1. 90-minute timeframe total from arrival time to departure time (1st arrival starts the 90-minute clock for that pod)
2. SA limited to one workout a day.
3. No intermingling of SAs in pods.
4. Face coverings **required** of staff at-all-times; student-athletes **must** wear face coverings when not actively participating in a workout.

**RESTROOM  
*-*** *Bottle of hand sanitizer and signage in restroom.*

1. Restroom attached to the FB stadium concession stand is the **only restroom area** that will be used.
2. One person at-a-time.
3. Face coverings required of staff and strongly encouraged of SAs when utilizing a restroom.
4. Restroom **MUST** be disinfected at the end of each day and wiped down at the end of each workout session.

**INCLEMENT WEATHER**

1. It is strongly encouraged that a workout is canceled during inclement weather and student-athletes sent to cars to return home. A student-athlete without a car and staff will station in the gymnasium and contact family to pick them up.
2. **Gymnasium is the only indoor school facility that may be used for inclement weather**.
3. Remain in pods and social distanced while in gym.
4. Face coverings required of staff and required of SAs.
5. Hand sanitizer and signage **MUST** be in the gymnasium – one staff assigned to dispense sanitizer.
6. Gymnasium **MUST** be disinfected at the end of each day **AND** wiped down after each workout session IF utilized for inclement weather.

**SIGNAGE**

1. At a minimum, **in restroom & gymnasium** (inclement weather) – print signage (link in the June 8th NCHSAA email) and *over saturate* posting the signage in both sites. (6-feet social distancing reminder & wash hands)
2. Sandwich board signage at certification check-in point. (Provided by the district.)

**END of EACH DAY**

1. ALL facilities and touchpoints **MUST** be disinfected – certification area, restroom, gymnasium (if applicable), touchpoints (fences, doorknobs, coolers, etc.)
2. ALL certification paperwork and documentation filed/stored. New paperwork prepared for next day.
3. Disinfectant equipment and products stored in a secure place.

**HANDLING SUSPECTED OR CONFIRMED CASE OF COVID-19**

1. Athletes or staff who have a positive pre-workout screening (daily questions/temperature) are immediately sent home and not allowed back until they have a note from their healthcare provider indicating that they do not need to be tested or that their symptoms are not due to COVID-19. (Return to Play form)
2. If an athlete or coach **tests positive** for COVID-19 all members of that “pod” and those who had close contact (as defined by public health guidance) with that individual should:
   1. Quarantine (stay at home) until 14 days after their last exposure, unless they have had a negative PCR COVID-19 test (Return to Play form)
   2. Check their temperature twice a day and watch for developing symptoms of COVID-19
   3. If possible, stay away from people who are at higher-risk for getting very sick contracting COVID-19.
3. **The principal MUST notify CMS officials to report a positive test for COVID-19.** a) If a staff member also contact the Benefits Office.  
    b) If a student-athlete also contact Monica Adamian, school health specialist.
4. A student-athlete or staff member must meet each of the following criteria to return to participation:
   1. No fever for 72 hours without fever reducing medications, since recovery
   2. Resolution of all COVID-19 symptoms
   3. At least 10 days have passed since symptoms first appeared
   4. A note of clearance from a licensed medical provider (MD, DO, NP, PA)
   5. Complete appropriate Return to Play form