



**Cleveland School District**

*Learning is Essential For All*

**District Athletics & Activities  
Department**

**District Return to Play Plan**

**2020-2021 School Year**

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## About our District

### *Vision*

To develop a community of lifelong learners who are productive citizens that engage in studies that will enable them to creatively and effectively learn and apply information.

### *Mission*

Learning is Essential for All

### *Values*

Growth Mindset | Equity | Positive Culture | Accountability

### *Goals*

- Goal 1: Student Achievement- To focus organizational efforts and align resources to close achievement gaps and ensure all students are college or work-ready.
- Goal 2: Positive Culture- To create a respectful, positive, district culture that is focused on teaching and learning with high expectations.
- Goal 3: Community Engagement- To establish trust with all stakeholders (community, parents, students, and educators) by maintaining open, honest communication and building positive relationships.
- Goal 4: Employee Retention- To recruit and retain highly qualified teachers and administrators that will lead schools that are safe, orderly, and high achieving.

## About our Athletics & Activities Department

### *Vision*

Preparing Athletes for life after sports

### *Mission*

To instill discipline, respect, morality, and the spirit of competition through Sports

### *Goals*

- To improve athletic facilities
- To continue to build a strong community partnership that involves parents and community leaders
- To create an environment where coaches are growing and providing current best practices with our athletes
- To continue to provide an organized, safe, and structured athletic experience for athletes

### *Athletics & Activities Return to Play Plan Goals*

- Maintain safe and healthy communities
- Position our student-athletes for a return to athletics and activities in the fall
- Safely return our students and coaches to athletics and activities

**NOTE:** Summer activities will focus on acclimatization, reintroduction to high-level exercise, and then training in sport/activity specific exercises, in that order. Coaches/sponsors are encouraged to split teams into smaller groups at different time intervals to meet gathering size guidelines. **Fall Sports take precedence.**

Crowds of spectators and parents are **PROHIBITED.**

## Acclimatization Period General Schedule

Acclimatization Period Days 1-7 (3 days per week)	Acclimatization Period Days 8-14 (3 days per week)
<p><b>Phase I June 15-19</b> Focus on conditioning and returning to physical fitness</p> <p>Contact sports and activities are not allowed</p> <p><b>Groups of up to 25 Indoors and 50 Outdoors</b> which is 50% of CDC and MHSAA Guidelines of 50 Indoors and 100 outdoors</p> <p>One practice per day-may not exceed two hours</p> <p>All shared equipment will be cleaned between each use</p> <p>No balls or sports specific equipment</p>	<p><b>Phase II June 22 - June 26</b> Incrementally increased intensity levels of workouts</p> <p>Contact sports and activities are not allowed</p> <p><b>Groups of up to 25 Indoors and 50 Outdoors</b> which is 50% of CDC and MHSAA Guidelines of 50 Indoors and 100 outdoors</p> <p>Double practice days are allowed on non-consecutive days-may not exceed three hours per day</p> <p>All shared equipment will be cleaned between each use</p> <p>No balls or sports specific equipment</p>
Phase 3 - **Tryouts may begin Days 15-22 (3 days per week)	Phase 4 Days 23-30 (3 days per week)
<p><b>Phase III June 29 - July 3</b> Incrementally increased intensity levels of workouts - side spotters can be used</p> <p>Balls and sports specific equipment can now be used</p> <p>7 on 7 for football, Inter-squad for volleyball, basketball, softball and baseball</p> <p>Groups of up to 50 Indoors and 100 Outdoors according to CDC and MHSAA Guidelines</p> <p>Double practice days are allowed on non-consecutive days-may not exceed three hours per day</p> <p>All shared equipment will be cleaned between each use</p>	<p><b>Phase IV July 6 - July 27</b> Intensity levels should reach 100%</p> <p>7 on 7 for football, Inter-squad for volleyball, basketball, softball and baseball</p> <p>Team and Group Drills may begin</p> <p>Numbers should reflect CDC and MHSAA Guidelines at this time</p> <p>Double practice days are allowed on consecutive days</p> <p>All equipment will be sanitized before and after each activity</p>

## Daily Procedures

### *Arrival Procedures*

- A designated coach should meet each player at the designated drop off spot upon arrival (see map)
- All players who drive should park in designated areas (see map)
- Symptom checks must be administered and logged prior to athletes entering each facility
- Any coaches or athletes with positive symptoms (100.4 temperature or higher) will not be allowed to participate
- Once a player is cleared, they should move directly into their designated group

### *Departure Procedures*

- Players should have a designated area to wait to be picked up by parents
- A designated coach should wait and monitor athletes before they are picked up
- The 6-foot social distancing rule should be in effect with athletes waiting to depart the facility

## Sanitizing/Cleaning

### *Facilities*

- The number of participants per workout session should follow current state and local guidelines which are currently 50 indoors and 100 outdoors by the CDC and MHSAA, and therefore may vary by area or week
- Indoor and outdoor activities must follow 6 foot spacing between participants at all times
- Masks should not be worn while exercising, during workouts, or during drills due to concerns with airway restriction.

### *Cleaning*

- Disinfectants will be utilized in all shared athletic spaces.
- Hand sanitizing stations will be provided and highly visible in all shared athletic spaces.
- Student-Athletes/participants MUST use personal work out apparel and gear, which they then launder at home.
- Sharing of water bottles, clothing, and towels are prohibited. Student-athletes MUST bring their own personal water bottle.
- All exercise equipment, including bars, weights, bands, balls, etc., must be cleaned with appropriate disinfectant between each use.
- Equipment must be spaced 6 feet apart to accommodate distancing guidelines.
- All coaches and participants must thoroughly wash hands with soap and water or use an alcohol-based sanitizer prior to and after all training sessions. Frequent hand sanitization is encouraged during activity.

## *Student and Coach/Sponsor Considerations*

- Students with risk factors may not participate in activities
- No student will feel pressured to participate in any onsite, face to face activities nor will students experience any repercussions for not attending onsite, face to face workouts/practices
- Students and instructors must not exhibit COVID-19 symptoms. Questions that may be asked include:
  - Do you have an unexplained cough?
  - Do you have shortness of breath or difficulty breathing?
  - Have you been around anyone who has had COVID-19?
  - Have you had a fever in the last 24 hours?

## General Guidelines

- Individual skill development and other activities that promote social distancing will be allowed for Phase I and II for non-contact and contact athletics and activities.
- Students must arrive at activities dressed – no changing facilities will be provided
- Students will work out in “Pods” that will remain consistent through Phases I and II
- Only school personnel and current students will be allowed in athletic facilities
- Players will not be allowed to participate if a student has a fever.
- There will be a 72-hour restriction before the athlete is allowed back to practice.
- The student will need a doctor’s note clearing the student of COVID-19 before they will be allowed back with the team.
- Players will not be allowed to group up or congregate in the parking lot or anywhere else on campus.
- If a player is late to his workout time, he will not be allowed to work out until the next day.
- Indoor facilities that have been used will be cleaned and sanitized after each session
- Only one athlete or coach at a time in the restroom
- School Principals will be notified of any positive symptoms
- ALL CCHS Staff will be trained on Covid-19 Work Guidelines
- Athletic directors, school personnel, coaches, and health officials will continue to meet, plan, and discuss future changes to the current plan as conditions dictate
- All activity areas will have appropriate health guideline signage in highly visible locations
- CDC Guidelines will be posted and highly visible in all activity areas
- Subject to change based on Governor’s Orders, State Dept. of Health, and MHSAA Guidelines

*\*\*\*Parents must sign return to activity consent form prior to beginning workouts.\*\*\**

# Extracurricular Activities Summer 2020 Student/Parent Agreement

## **Statement of Assurance**

This is to certify that I:

1. Have reviewed the entire contents of the Cleveland School District Guidelines for Extracurricular Activities, Summer 2020, and the specific activity plans set forth by the coach/activity director for the sport/activity in which I/my student is involved.
2. Agree to abide by the Guidelines for Extracurricular Activities, Summer 2020, and the specific activity plans set forth by the coach/activity director for the sport/activity in which I/my student is involved.
3. Understand that anyone exhibiting signs/symptoms of COVID-19 should not attend extracurricular activities and should notify the coach/activity sponsor immediately in the case of suspected illness.
4. Understand the possible risks of COVID-19 and will allow myself/my student to be involved in extracurricular activities for the Summer of 2020.

Print Student Name \_\_\_\_\_

Student Signature \_\_\_\_\_

Date Signed \_\_\_\_\_

\_\_\_\_ YES \_\_\_\_ NO

Print Parent/Guardian Name \_\_\_\_\_

Parent/Guardian Signature \_\_\_\_\_

Date Signed \_\_\_\_\_

\_\_\_\_ YES \_\_\_\_ NO

School Name \_\_\_\_\_

Extracurricular Activity \_\_\_\_\_

*Complete this form as directed for each summer extracurricular activity and return to the coach/activity director in charge.*