

Lamphere Athletic Summer Protocol

This Document was Collaborative of the Following Groups:

Michigan High School Athletic Association (MHSAA) National Federation of State High School Associations (NFHS)

MHSAA Sports Medicine Advisory Committee (SMAC)

NFHS Sports Medicine Advisory Committee (SMAC)

Points of Emphasis:

1. Decreasing potential exposure to respiratory droplets is the guiding principle behind social distancing and the use of face coverings. It is also the basis of the stratification of risk by sport presented later in this document. The use of cloth face coverings is meant to decrease the spread of respiratory droplets. As state and local COVID-19 prevalence decreases, the need for strict social distancing and the use of face coverings will lessen. Guidance should continue to be sought from state and local health departments and some direction could also be provided on a sport-by-sport basis.

a. The Centers for Disease Control and Prevention (CDC) is additionally “advising the use of simple cloth face coverings to slow the spread of the virus and help people who may have the virus and do not know it from transmitting it to others.” (“Recommendation Regarding the Use of Cloth Face Coverings, Especially in Areas of Significant Community-Based Transmission”)

Summer Conditioning and Practice Sessions:

Steps are in accordance with guidelines published by "MI SAFE START – a Plan to Re-Engage Michigan's Economy" and "Opening Up America Again", The White House.

https://www.michigan.gov/documents/whitmer/MI_SAFE_START_PLAN_689875_7.pdf

<https://www.whitehouse.gov/openingamerica/>

The MI Safe Start Plan evaluates where the state and each of its regions are across six phases of the COVID-19 pandemic:

1. *Uncontrolled growth*: Increasing number of cases every day, likely to overwhelm the health system. Only critical infrastructure remains open.
2. *Persistent spread*: Continue to see high case levels with concern about health system capacity. Only critical infrastructure remains open, with lower-risk recreational activities allowed.
3. *Flattening*: Epidemic is no longer increasing and health system capacity is sufficient for current needs. Specified lower-risk businesses can reopen given adherence to strict safety measures.
4. *Improving*: Epidemic clearly decreasing and health system capacity is strong with robust testing and contact tracing. Additional businesses can reopen given adherence to strict safety measures.
5. *Containing*: Epidemic levels are extremely low and outbreaks can be quickly contained. Health system capacity is strong with robust testing and tracing. Most businesses can reopen given adherence to strict safety measures.
6. *Post-pandemic*: Community spread is not expected to return (e.g., because of a vaccine) and the economy is fully opened.

Coaching Reminders:

1. Until Further Notice all sports conditioning must be Outside. No inside work outs are allowed under current executive order.
2. No Locker Rooms, Bathrooms or Water will be supplied from the school.
3. All Athletes and Coaches who attend a training session must be screened and recorded on Covid 19 Athlete Coach monitoring form.
4. If an Athlete Temperature Checks over 100.3 They May not participate in any activity and need to be isolated and contact with a parent or guardian must be made encouraging Athlete to Seek proper Medical attention.
5. If a person who participated in any workout activities tests positive for Covid 19 it must be reported to a school administrator and to the Oakland County Health department. Lamphere athletics will follow their recommendations and guidelines.
6. All summer workout is voluntary.

Stage 1 (#3 Flattening the Curve)

<p>Pre Workout Screening</p>	<ul style="list-style-type: none">• All coaches and students should be screened for signs/symptoms of COVID-19 prior to a workout. Screening includes a temperature check.• 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 (see pg. 10 for sample Monitoring Form). Do not share a writing instrument to complete the form.• Any person with positive symptoms reported should not be allowed to take part in workouts and should contact his or her primary care provider or other appropriate health-care professional.• Vulnerable individuals should not oversee or participate in any workouts during Step 1.
<p>Limitations On Gathering</p>	<ul style="list-style-type: none">• No gathering of more than 10 people (coaches and players, inside or outside) at a time.• Locker rooms should 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.• Workouts should be conducted in "pods" of students with the same small group of students always working out together. Smaller pods can be utilized for weight training. This ensures more limited expo-sure if someone develops an infection.• There must be a minimum distance of 6 feet between each individual at all times. If this is not possible indoors, then the maximum number of individuals in the room must be decreased until proper social distancing can occur.
<p>Physical Activity and Athletic Equipment</p>	<ul style="list-style-type: none">• There should be no shared athletic equipment (towels, clothing, shoes, or sports specific equipment) between students.• Students should wear their own appropriate workout clothing (do not share clothing) individual cloth-ing/towels should be washed and cleaned after every workout.• All athletic equipment, including balls, should be cleaned after each use and prior to the next workout.• Individual drills requiring the use of athletic equipment are permissible, but the equipment should be cleaned

	<p>prior to use by the next individual.</p> <ul style="list-style-type: none"> • Resistance training should be emphasized through the use of body weight, sub-maximal lifts and resistance bands. • Free weight exercises that require a spotter cannot be conducted while honoring social distancing norms. Safety measures in every form must be strictly enforced in the weight room
<p>Facilities Cleaning</p>	<ul style="list-style-type: none"> • Adequate cleaning schedules should be created and implemented for all athletic facilities to mitigate any communicable diseases. • Prior to an individual or groups of individuals entering a facility, hard surfaces within that facility should be wiped down and sanitized (chairs, furniture in meeting rooms, locker rooms, weight room equipment, bathrooms, athletic training room tables, etc.). • Individuals should wash their hands for a minimum of 20 seconds with warm water and soap before touching any surfaces or participating in workouts. • Hand sanitizer should be plentiful and available to individuals as they transfer from place to place. • Weight equipment should be wiped down thoroughly before and after an individual's use of equipment. • Appropriate clothing/shoes should be worn at all times in the weight room to minimize sweat from transmitting onto equipment/surfaces. • Any equipment such as weight benches, athletic pads, etc. which have holes with exposed foam should be covered. • Students must be encouraged to shower and wash their workout clothing immediately upon returning to home.
<p>Hydration</p>	<p>Hydration/Food:</p> <ul style="list-style-type: none"> • 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.

Step 2 (Improving)

Sport Specific Activity and Work outs

<p>Low Risk Sports CC, Golf, Sideline Cheer, Swim, Tennis, Track</p>	<p>Activities must be done with physical distancing of 6 feet! All athletic equipment, including balls, should be cleaned intermittently during practices and workouts.</p> <p>Cross Country and Track & Field: Runners should maintain at least 6 feet of physical distancing between individuals, no grouping (i.e., starts and finishes).</p> <p>Golf: Maintain appropriate physical distancing 6 feet apart.</p> <p>Sideline Cheer: No physical contact - chants and jumps, only, with physical distancing.</p> <p>Swimming: Some outdoor pools will open; indoor pools remain closed. Swim relays need to maintain physical distance. Divers must use physical distancing when waiting for the board. Activity must take place outdoors.</p> <p>Tennis: Must keep physical distance if playing singles and doubles. Wipe down rackets and clean balls after use.</p> <p>Track & Field: No sharing of implements / equipment. Padded equipment should be cleaned between uses. Common equipment such as relay batons should be cleaned intermittently during practices and workouts.</p>
<p>Medium Risk Sports Baseball, Basketball, Soccer, Volleyball</p>	<p>Baseball: All players must be physically distant. Players should not share gloves, batting gloves, helmets and catcher's equipment. Common equipment, such as the ball, must be cleaned as permitted during a practice or workout session.</p> <p>Basketball: Drills are allowed that keep all players physically distant; there should be no physical contact or close proximity of players. Common equipment, such as the ball, must be cleaned as permitted during a practice or workout. Activity must take place outdoors.</p>

	<p>Soccer: Drills are allowed that keep all players physically distant; there should be no physical contact or close proximity of players. Common equipment, such as the ball, must be cleaned as permitted during a practice or workout session.</p> <p>Softball: All players must be physically distant. Players should not share gloves, batting gloves, helmets and catcher's equipment. Common equipment, such as the ball, must be cleaned as permitted during a practice or workout session.</p> <p>Volleyball: Drills are allowed that keep all players physically distant; there should be no physical contact or close proximity of players. Common equipment, such as the ball, must be cleaned as permitted during a practice or workout session. Activity must take place outdoors.</p>
<p>High Risk Sports Competitive Cheer, Football, Wrestling,</p>	<p>Competitive Cheer: Conditioning and individual technique/choreography work. No physical contact- chants and jumps, only, with physical distancing. Activity must take place outdoors.</p> <p>Football: Drills are allowed that keep all players physically distant; there should be no physical contact or close proximity of players. Common equipment, such as the ball, must be cleaned as permitted during a practice or workout. Contact with other players is not allowed, and there should be no use of tackling dummies / shields / sleds. Protective equipment other than helmets is prohibited; helmets may not be shared.</p> <p>Wrestling: Conditioning, mirror drills with spacing, no contact. Wrestlers may drill without touching a teammate (as long as physical distancing is adhered to). Activity must take place outdoors.</p>

Step 2 (Improving)

<p>Pre Workout Screening</p>	<p>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 should not participate and be sent home.</p> <p>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. Sample form at MHSAA.com.</p> <p>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.</p> <p>Vulnerable individuals should not supervise or participate in any workouts. School districts will make the decision on vulnerable individuals.</p>
<p>Facility Cleaning</p>	<p>Adequate cleaning schedules should be created and implemented for all athletic facilities.</p> <p>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.).</p> <p>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.</p> <p>Hand sanitizer should be plentiful and available to individuals as they transfer from place to place.</p> <p>Appropriate clothing/shoes should be worn at all times to minimize sweat from transmitting onto</p>

	<p>equipment/surfaces.</p> <p>Any equipment such as athletic pads, etc., having holes with exposed foam should be covered.</p> <p>Students must be encouraged to shower and wash their workout clothing immediately upon returning to home.</p>
Limit On Gatherings	<p>No gathering of more than 100 people at a time outdoors (NO INDOOR ACTIVITY IS ALLOWED YET).</p> <p>Locker rooms may not be utilized during this step. Students should report to workouts in proper gear and immediately return home to shower at end of the workout. NO USE OF INDOOR FACILITIES!</p> <p>Workouts should 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.</p> <p>There must be a minimum distance of 6 feet between individuals at all times.</p> <p>Teams showed work in two groups.</p> <p>One hour practice the first week.</p> <p>No equipment the first two days of conditioning.</p>
Face Coverings	<p>State, local or school district guidelines for cloth face coverings should be strictly followed.</p> <p>Cloth face coverings should be considered acceptable. There is no need to require or recommend "medical grade" masks for physical</p>

	<p>activity.</p> <p>Any student who prefers to wear a cloth face covering should be allowed to do so.</p> <p>In the absence of guidelines to the contrary, we recommend that cloth face coverings be worn by students. Exceptions are swimming, distance running or other high-intensity aerobic activity.</p> <p>Coaches, officials and all other personnel are encouraged to wear cloth face coverings at all times and are strongly encouraged to wear cloth face coverings whenever physical distancing is not possible.</p>
<p>Hydration/ Hygiene</p>	<p>Wash your hands with soap and water or use hand sanitizer, especially after touching frequently used items or surfaces.</p> <p>Sneeze or cough into a tissue, or the inside of your elbow. Avoid touching your face.</p> <p>Disinfect frequently used items and surfaces as much as possible.</p> <p>Do not spit at all - air, ground, equipment, hands, sunflower seeds, etc.</p> <p>All students shall bring their own water bottle. Water bottles must not be shared.</p> <p>Hydration stations (water cows, water trough, water fountains, etc.) should not be utilized.</p>
<p>Facility Access</p> <p>Physical Activity/ Equipment</p>	<p>Locker rooms should not be used. Students should report in appropriate attire and immediately return home to shower after participation. No students allowed in a training area unless the athletic trainer is present.</p> <p>Currently all indoor facilities remain closed.</p> <p>All athletic equipment, including balls, should be cleaned intermittently during practices and</p>

	<p>contests.</p> <p>There should be no shared athletic equipment (towels, clothing, shoes, or sport-specific equipment) when possible between students.</p> <p>Students should wear their own appropriate workout clothing (do not share clothing); individual clothing/towels should be washed and cleaned after every workout.</p> <p>All athletic equipment, including balls, should be cleaned after each use and prior to the next workout.</p> <p>Individual drills requiring the use of athletic equipment are permissible, but the equipment should be cleaned prior to use by the next individual.</p> <p>Resistance training should be emphasized through the use of body weight and resistance bands.</p> <p>Physical contact such as handshakes, high-fives, fist bumps, and hugs should not be allowed.</p>
--	--

Step 3 (#5 Containing)

<p>Screening</p>	<ul style="list-style-type: none">• Any person who has had a fever or cold symptoms in the previous 24 hours should not be allowed to take part in workouts and should contact his or her primary care provider or other appropriate health-care professional.• A record should be kept of all individuals present.• Vulnerable individuals can resume public interactions, but should practice physical distancing and minimize exposure to social settings where distancing may not be practical, unless precautionary measures are observed.
<p>Limitation of Gatherings</p>	<ul style="list-style-type: none">• Gathering sizes may be regulated as determined by government and health department officials.• When not directly participating in practices or contests, care should be taken to maintain a minimum distance of 3 to 6 feet between each individual. Tape or paint could be used as a guide for students and coaches
<p>Facility Cleaning</p>	<ul style="list-style-type: none">• Adequate cleaning schedules should be created and implemented for all athletic facilities to mitigate any communicable diseases.• Prior to an individual or groups of individuals entering a facility, hard surfaces within that facility should be wiped down and sanitized (chairs, furniture in meeting rooms, locker rooms, weight room equipment, bathrooms, athletic training room tables, etc.).• Individuals should wash their hands for a minimum of 20 seconds with warm water and soap before touching any surfaces or participating in workouts.• Hand sanitizer should be plentiful and available to individuals as they transfer from place to place.• Weight equipment should be wiped down

	<p>thoroughly before and after an individual's use.</p> <ul style="list-style-type: none"> • Appropriate clothing/shoes should be worn at all times in the weight room to minimize sweat from transmitting onto equipment/surfaces. • Any equipment such as weight benches, athletic pads, etc. which have holes with exposed foam should be covered. • Students must be encouraged to shower and wash their workout clothing immediately upon returning to home.
<p>Hydration/ Food</p>	<ul style="list-style-type: none"> • All students shall bring their own water bottle. Water bottles must not be shared. • Hydration stations (water cows, water trough, water fountains, etc.) may be utilized but must be cleaned after every practice/contest. • Food should not be shared.
<p>Physical Activity/Athletic Equipment</p>	<ul style="list-style-type: none"> • Moderate risk sports practices and competitions may begin. • There should be no shared athletic towels, clothing or shoes between students. • Students should wear their own appropriate workout clothing (do not share clothing), and individual clothing/towels should be washed and cleaned after every workout. • Hand sanitizer should be plentiful at all contests and practices. • Athletic equipment such as bats, batting helmets and catchers gear should be cleaned between each use. Other equipment, such as hockey helmets/pads, wrestling ear guards, football helmets/other pads, lacrosse helmets/pads/gloves/eyewear should be worn by only one individual and not shared.

	<ul style="list-style-type: none">• Maximum lifts should be limited and power cages should be used for squats and bench presses. Spotters should stand at each end of the bar.• Modified practices may begin for Higher risk sports (Continue pre-practice screening as in Steps 1 and 2. Shower at home immediately after practices and contests).• Higher risk competition may resume after reassessing the epidemiology data, experiences in other states and government or health department directives.