

# **A Guide to Re-Entry to Athletics in Texas Secondary Schools**

*Considerations from the Center for Disease Control, the Texas Department of State Health Services, the Texas Education Agency, the University Interscholastic League, and the National Federation of High School Sports*

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## Preface

- During this unprecedented time it is important to utilize all resources available to mitigate risk and ensure the safest possible environment for participation. Although the University Interscholastic League (UIL) is the primary organization providing leadership and guidance for Texas high school athletics, guidance from other pertinent sources has been included.
- This document is a conglomerate of guidelines with considerations from the Center for Disease Control (CDC), the Texas Department of State Health Services (DSHS), the Texas Education Agency (TEA), the UIL, and the National Federation of State High School Associations (NFHS) and is designed to help schools develop procedures that best fit their population and resources.
- Throughout the document there are various font colors that indicate the resource that the information came from. A resource list can be found at the end of the document.
  - Center for Disease Control
  - Texas Department of State Health Services
  - Texas Education Agency
  - UIL
  - NFHS (Phase 2)
  - NFHS (Phase 3)
- NFHS Phase 1 is not included; A description of Phases 2 and 3 can be found in Appendix IV. At the time of this draft, Phase 2 is in effect.
- The Texas Education Agency Summer Instruction, Activities and School Visits was not written specifically for sport but has been modified in this document only to better describe the sport environment (ex: “Teacher/Staff” may have been changed to “coach and staff” and “student” may have been changed to “athlete”).

# **Introduction**

The virus that causes COVID-19 can infect people of all ages. Research from the Centers for Disease Control, among others, has found that while children do get infected by COVID-19, relatively few children with COVID-19 are hospitalized. However, some severe outcomes have been reported in children, and a child with a mild or even asymptomatic case of COVID-19 can spread the infection to others who may be far more vulnerable. While it is not possible to eliminate all risk of furthering the spread of COVID-19, the current science suggests there are many steps schools can take to reduce the risks to students, coaches, and their families significantly.

The virus that causes COVID-19 can be spread to others by infected persons who have few or no symptoms. Even if an infected person is only mildly ill, the people they spread it to may become seriously ill or even die, especially if that person is 65 or older with pre-existing health conditions that place them at higher risk. Because of the hidden nature of this threat, everyone should rigorously follow the practices specified in these protocols, all of which facilitate a safe and measured reopening of Texas. The virus that causes COVID-19 is still circulating in our communities. We should continue to observe practices that protect everyone, including those who are most vulnerable.

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 on 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. Look to guidance from your state and local health departments. Schools should consider providing students guidance for working out at home or remotely away from school. This can include virtual workouts, emailed or otherwise electronically delivered workout instructions, or any delivery model approved by the local school district.

## Decision Making Process

Should you consider opening?

- Will reopening be consistent with applicable state and local orders?
- Is the school ready to protect children and employees at higher risk for severe illness?
- Are you able to screen students and employees upon arrival for symptoms and history of exposure?

Are recommended health and safety actions in place?

- Promote healthy hygiene practices such as hand washing and employees wearing a cloth face covering, as feasible
- Intensify cleaning, disinfection, and ventilation
- Encourage social distancing through increased spacing, small groups and limited mixing between groups, if feasible.
- Train all employees on health and safety protocols

Is ongoing monitoring in place?

- Develop and implement procedures to check for signs and symptoms of students and employees daily upon arrival, as feasible
- Encourage anyone who is sick to stay home
- Plan for if students or employees get sick
- Regularly communicate and monitor developments with local authorities, employees, and families regarding cases, exposures, and updates to policies and procedures
- Monitor student and employee absences and have flexible leave policies and practices
- Be ready to consult with the local health authorities if there are cases in the facility or an increase in cases in the local area

Complete the Local Factors to Consider for Determining Mitigation Strategies Checklist (Appendix I)

# Preparing for Re-Entry

## Communication

- Requires school systems to post summary of practices they plan to use to mitigate COVID-19 spread, based on the practices and requirements in TEA guidance.
- It is recommended that school systems designate a staff person on each campus to be responsible for responding to COVID-19 concerns. All school staff and families should know who this person is and how to contact them.

## Building Preparations

- If a building has remained dormant for an extended period, we recommend you review CDC guidance on maintaining water system safety when buildings are dormant (<https://www.cdc.gov/coronavirus/2019-ncov/php/building-water-system.html>) and apply this guidance as appropriate. Consideration should be given to water lines in regard to ice machines, water sources, and hand washing.

## Staff Training

- Coaches and staff will need to be trained specifically on the protocols outlined in this document and the practices adopted by their school system. Additionally, while not developed with this exact guidance in mind, [Texas Agri-Life Extension offers a free online course on Special Considerations for Infection Control During COVID-19 \(2hrs\)](#). This course is intended for frontline childcare workers, but the principles of the course apply equally to those working in school settings.

Require sick students and staff to stay home. Establish procedures for students and staff who are sick at school.

- Establish procedures to ensure students and staff who become sick at school or arrive at school sick are sent home as soon as possible.
- Keep sick students and staff, particularly those with symptoms of respiratory illness, separate from well students and staff until they can leave. Plan to have areas where these individuals can be isolated from well students and staff until they can leave the school.
- Schools are not responsible for testing for COVID-19 but will screen for symptoms of COVID-19
- Share resources with the school community to help families understand when to keep children home. [This guidance, not specific to COVID-19, from the American Academy of Pediatrics can be helpful for families.](#)
- Phase 2 & Phase 3: Vulnerable individuals should not oversee or participate in any workouts.

# Prior to Arriving

## Self-screen

- Coaches and staff should self-screen for COVID-19 symptoms before coming onto campus.
- Students should self screen before playing in an outdoor sport for any of the following, new or worsening signs or symptoms of possible COVID-19:
  - Cough
  - Shortness of breath or difficulty breathing
  - Chills
  - Repeated shaking with chills
  - Muscle pain
  - Headache
  - Sore throat
  - Loss of taste or smell
  - Diarrhea
  - Feeling feverish or a measured temperature greater than or equal to 100.0 degrees Fahrenheit
  - Known close contact with a person who is lab confirmed to have COVID-19
- Underlying medical conditions that may increase the risk of severe illness from COVID-19 for individuals of any age.
  - People 65 years and older
  - People who live in a nursing home or long-term care facility
  - People of all ages with underlying medical conditions, particularly if not well controlled, including:
    - People with chronic lung disease or moderate to severe asthma
    - People who have serious heart conditions
    - People who are immunocompromised (Many conditions can cause a person to be immunocompromised, including cancer treatment, smoking, bone marrow or organ transplantation, immune deficiencies, poorly controlled HIV or AIDS, and prolonged use of corticosteroids and other immune weakening medications)
    - People with severe obesity (body mass index [BMI] of 40 or higher)
    - People with diabetes
    - People with chronic kidney disease undergoing dialysis
    - People with liver disease

## Facility Cleaning

- Phase 2 & Phase 3: Adequate cleaning schedules should be created and implemented for all athletic facilities to mitigate any communicable diseases.
- Phase 2 & Phase 3: 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.).

# Pre-Screening

## Symptom Check

- Before the start of summer workouts, and at the start of every week of summer workouts, schools should consider pre-screening all students for COVID symptoms that they or others living in their house may experience. This can be completed by phone prior to the first day of workouts, in person or in writing. Students and staff must self-screen every day for COVID-19 symptoms for themselves and family members. Schools should consider taking the temperature of each student each day at the start of the conditioning sessions, if possible. Attendance records shall be kept, however, students shall not be required or allowed to make up missed days or workouts.
- Phase 2: All coaches and students should be screened for signs/symptoms of COVID-19 prior to a workout. Screening includes a temperature check. Phase 2 & Phase 3: 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 Appendix II & III for sample Sign In Sheet and Monitoring Form). Phase 2: 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. Phase 3: 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.
- Coaches and staff should take the temperature of each student each day they are on campus, if possible.

## Hygiene

- ~~Schools should have hand sanitizer at each entrance and require athletes, coaches, and staff to use it whenever they enter the building.~~
- Schools should have hand sanitizer and/or hand washing stations with soap and water at each entrance and require students, teachers, and staff to use it whenever they enter the building. Hand sanitizer or hand washing stations with soap and water should also be available in every classroom, and students and teachers should be encouraged to sanitize and/or wash hands frequently. Students, teachers, and staff should also wash hands or use hand sanitizer after they have touched something another person recently touched.
- Phase 2 & Phase 3: Individuals should wash their hands for a minimum of 20 seconds with warm water and soap before touching any surfaces or participating in workouts.
- Phase 3: Vulnerable individuals can resume public interactions, but should practice physical distancing, minimizing exposure to social settings where distancing may not be practical, unless precautionary measures are observed.

# Structure & Procedures for All Workouts

- Attendance is optional
- Fees, if any, shall be established by the superintendent and collected by the school. Any payment to coaches shall be from the school and from no other source.

## Group Sizes

- During workouts, schools must have at least one staff member per twenty students in attendance to ensure appropriate social distancing, hygiene, and safety measures are implemented.
- Individuals may engage in outdoor sports, provided that the sports do not include contact with other participants, and no more than four participants play the sport at any time.
- No more than eleven individuals should be in an enclosed area together regularly, for example as a class group. This includes coaches, staff, and students.
- Phase 2: No gathering of more than 10 people at a time inside. Up to 50 individuals may gather outdoors for workouts.
- Phase 3: Gathering sizes of up to 50 individuals, indoors or outdoors.

## Grouping & Movement

- Schools should consider having students remain with a single group or cohort to minimize the number of students and staff that must isolate if a case is confirmed.
- Phase 2: Workouts should be conducted in “pods” of students with the same 5-10 students always working out together. Smaller pods can be utilized for weight training. This ensures more limited exposure if someone develops an infection.
- Whenever possible and developmentally appropriate, there should be no group or pairs work that would require students to regularly interact within six feet..
- Students must not be brought together in assemblies, field trips, or other group gatherings outside of their class group, unless the distancing of 30 feet between groups can be maintained.
- Staff will move around to groups versus athletes moving from station to station
- Whenever possible, students, teachers, and staff should maintain consistent groupings of people, to minimize virus spread in the school. Specifically:
  - Secondary students should be taught in self-contained classes if possible and, if that is not possible, should be exposed to as few different individual teachers as possible, consistent with the parameters provided in operational considerations 2 and 4 above.
  - The rationale for this limitation is that each additional individual exposure presents greater opportunity for virus spread. As noted below, a positive COVID-19 case in a school will require two week closure of the individual’s class group. If, for example, three classes are taught by a single science teacher, and a student in one of those classes contracts COVID-19, all three classes are considered a single class group for purposes of potential exposure, because they all have extended exposure to an individual who could spread the virus. If the class is self-contained, then only the single class group and teacher would self-isolate for two weeks.

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### Facilities & Distancing

- Phase 2: If meeting rooms are used, there must be a minimum distance of 6 feet between each individual at all times.
- Students may not be given access to locker rooms or shower facilities.
- Phase 2: 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. Appropriate social distancing will need to be maintained on sidelines and benches during practices. Consider using tape or paint as a guide for students and coaches.
- Phase 3: 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. Consider using tape or paint as a guide for students and coaches.
- When feasible and appropriate, it is preferable for students to gather outside rather than inside, because of likely reduced risk of virus spread outdoors.
- If more than one group is using a shared space that is large enough to allow for students in all groups to be six feet apart, then multiple groups of individuals can be in the space together. However, each group must be separated from the other by an empty space of at least 30 feet. The groups should not combine for activities at any time.

### Activity Restrictions

- Students on campus should not participate in activities like those listed below, except as part of UIL-approved conditioning or training programs, consistent with UIL guidance, because of their potential for spreading the virus through respiratory droplets:
  - Choir
  - Playing wind instruments
  - Indoor sports
- School gyms, weight rooms, and indoor workout facilities can be open to students participating in a UIL-approved conditioning program while supervised by school staff consistent with UIL guidance. Indoor facilities are to remain closed for purposes of athletic or fitness activities to unsupervised students and to the community.
- Other than UIL-approved activities, outdoor sports are allowable only if they can be conducted in accordance with Department of State Health Services guidance.

### Hygiene & Cleaning

- Schools must have hand sanitizer or hand-washing stations readily available in the workout area. Students and staff should be encouraged to use it frequently.
- Phase 2 & Phase 3: 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. Students should wear their own appropriate workout clothing (do not share clothing), and individual clothing/towels should be washed and cleaned after every workout.
- No clothing or towels may be laundered on site or shared during workouts.
- Phase 2 & Phase 3: Any equipment such as weight benches, athletic pads, etc. having holes with exposed foam should be covered.

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- Phase 2: Athletic equipment such as bats, batting helmets and catchers gear should be cleaned between each use.
- Phase 3: 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.
- All surfaces in workout areas must be thoroughly disinfected throughout the day..
- Phase 2 & Phase 3: 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.
- Students, coaches, and staff should also wash hands or use hand sanitizer after they have touched something another person recently touched. Students should be instructed in good handwashing techniques and given frequent opportunities to wash their hands. Students should engage in supervised handwashing for at least 20 seconds at least two times each day, in addition to being encouraged to wash hands after using the restroom and before eating.
- Consistent with the actions taken by many organizations across the state, consider having all employees wear cloth face coverings (over the nose and mouth). If available, employees should consider wearing non-medical grade face masks.
- Similarly, consider having all students for whom it is developmentally appropriate wear cloth face coverings (over the nose and mouth), except while doing an activity where the mask cannot be worn (e.g., eating).
- Where possible, dividers should be placed on desks if they can serve the purpose of shielding students, coaches, and staff from respiratory droplets with which they might otherwise come into contact. This could be particularly helpful in settings where individuals cannot otherwise wear cloth face coverings or masks.

### Hydration

- Phase 2 & Phase 3: All students shall bring their own water bottle. Water bottles must not be shared.
- Phase 2 & Phase 3: Hydration stations (water cows, water trough, water fountains, etc.) should not be utilized.
- There can be no shared water or food.

### Transportation

- Bus
  - School systems should reduce the number of students on a bus route and consider grouping bus routes to align to class groupings to minimize cross-group exposure.
  - Athletes, coaches, and staff should use hand sanitizer upon boarding the bus.
  - Students should be seated at least six feet from other students on the bus (in most cases, this will mean one student per row, on opposite sides of the bus). Students should stay in their seats.
  - Encourage families to drop students off, carpool, or walk with their student to school to reduce possible virus exposure on buses. 5. Buses should be thoroughly cleaned after each bus trip, particularly high-touch surfaces such as bus seats, steering wheels, knobs, and door handles. During cleaning, open windows to allow for additional

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ventilation and air flow, which is helpful in mitigating COVID-19 spread.

- Pick Up and Drop Off
  - Schools should plan for entry and exit procedures that reduce the number of students and parents congregating outside and/or mixing around the workout areas and parking areas. Consider staggering start and end times, assigning students to entries and exits to ensure even distribution of students entering/exiting at each entry point, providing guidance to students to enter one at a time and wait six feet apart outside the entrance.
  - Parents can participate in school visits if their participation is needed. In these cases, parents should follow the guidance in this document. School systems and parents should consider how to minimize visits inside the school building when they are not needed to reduce the number of individual interactions during summer school (e.g., have parents drop off and pick up students outside the school rather than inside).
  - To the extent possible, students should eat lunch at their desks. When this is not possible, students could have assigned seats in the cafeteria that allow students to maintain social distancing. Schools will need to consider how to minimize virus spread as a result of play space use.

# Strength and Conditioning Workouts

In addition to the above requirements for all workouts, the following applies to strength and conditioning activities:

- Sessions for strength and conditioning may be conducted by school coaches for students in grades 7-12 from that coach's attendance zone.
- A strength and conditioning session shall be no more than two consecutive hours per day, Monday through Friday.
- A student shall attend no more than one session per day.
- Strength and conditioning sessions shall include only strength and conditioning instruction and exercises. No specific sports skills shall be taught and no specific sports equipment, such as balls, dummies, sleds, contact equipment, etc., shall be used.
- Except for reasonable safety considerations, such as spotting, students and staff must maintain at least six feet of distance from all sides when not actively exercising. When actively exercising, students and coaches must maintain at least ten feet of distance from all sides when possible. Schools should consider requiring students who are not actively exercising, but are spotting, to wear cloth face masks.
- Indoor workout activities can be conducted up to a maximum of 25% capacity.
- Schools should limit the total number of participants based on available space to allow for the appropriate distancing between students and staff.
- Workout stations must be spaced to allow for at least ten feet of distance between them in all directions. Some exercises may require more than ten feet of distance.
- Any equipment must be thoroughly disinfected before and after each use. If a student uses a piece of equipment, that equipment must be thoroughly disinfected before another student uses it. Schools should limit the use of equipment to further reduce the risk of spreading the virus.

# Sport Specific Instruction

In addition to the above requirements for all workouts, the following applies to sport specific instruction:

- Limitations and Rules
  - Sessions for sport specific instruction may be conducted by school coaches for students in grades 7-12 from that coach's attendance zone.
  - Sessions may be conducted in addition to the strength and conditioning session(s), and a student shall attend no more than 90 minutes per day of sport specific skill instruction with no more than 60 minutes per day in a given sport, Monday through Friday.
  - Sport specific skill sessions may include specific sports equipment, but contact equipment (restricted equipment) is not allowed. School shorts, shirts and shoes may be provided by the school (local school option) but may not be laundered on-site.
  - No competitive drills involving one or more students on offensive against one or more students on defensive may be conducted.
  - Examples (including but not limited to):
  - Basketball players may participate in drills, but cannot conduct drills / activities against a defender.
  - In football, offensive / defensive drills are allowed, but no 7 on 7, or offense vs defense drills are allowed, etc.
- Sport Specific Activities Conducted Outdoors
  - Students and staff must maintain at least six feet of distance from all sides when not actively exercising. When actively exercising, students and coaches must maintain at least ten feet of distance from all sides when possible.
  - Schools should limit the total number of participants based on available space to allow for the appropriate distancing between students and staff.
  - Students may be placed in working groups no larger than 15 total students. Each working group should maintain appropriate distance from other working groups.
  - Any equipment, such as sports balls, should be regularly disinfected during workout sessions. This equipment should not be shared between groups. After a group has used such equipment, that equipment must be thoroughly disinfected before being used by a different group.
- Sport Specific Activities Conducted Indoors
  - Students and staff must maintain at least six feet of distance from all sides when not actively exercising. When actively exercising, students and coaches must maintain at least ten feet of distance from all sides when possible.
  - Schools should limit the total number of participants based on available space to allow for the appropriate distancing between students and staff.
  - Indoor workout activities can be conducted up to a maximum of 25% capacity.

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- Students may be placed in working groups no larger than 10 total students. Each working group should maintain appropriate distance from other working groups.
- Any equipment, such as sports balls, should be regularly disinfected during workout sessions. This equipment should not be shared between groups. After a group has used such equipment, that equipment must be thoroughly disinfected before being used by a different group.

## Post Workout Procedures

- Phase 2 & Phase 3: Students must be encouraged to shower and wash their workout clothing immediately upon returning to home.
- All surfaces in workout areas must be thoroughly disinfected at the end of each day.
- Campuses should institute more frequent cleaning practices, including additional cleaning by janitorial staff, as well as provide the opportunity for children to clean their own spaces before and after they are used, in ways that are safe and developmentally appropriate. Arrange for additional cleaning and disinfecting of surfaces that are touched in common throughout the day. Arrange for cleaning of classrooms between different class groups if the same room will be used by multiple class groups. This would include objects such as door handles, common tables/desks, and high touch devices such as shared laptops or tablets. The CDC has provided guidance on cleaning community buildings to prevent COVID-19 spread.

# **Mitigating Risk**

Mitigation strategies include

- Personal protective measures (e.g., handwashing, cough etiquette, and face coverings) that persons can use at home or while in community settings
- Social distancing (e.g., maintaining physical distance between persons in community settings and staying at home)
- Environmental surface cleaning at home and in community settings, such as schools or workplaces.

## Positive Cases and Coaches, Staff, or Students Showing COVID-19 Symptoms

- If a positive case is identified among a participant in these summer activities, either staff or student, the group to which that staff or student was assigned and in contact with must be removed from the sessions while all members of the group self-isolate. If the confirmed individual regularly had close contact outside a single group, then all of the students and staff with whom the confirmed individual had close contact shall be removed from workouts for two weeks.
- All participants of the summer school program must receive written notification if a positive COVID-19 case is identified among summer school participants (coaches, staff, or students). For students, such written notification is to be provided to the parents or guardians of the students. The school must also notify its local health department.
- Any staff member or student who experiences any of the symptoms of COVID (listed below) should self-isolate until the below conditions have been met.
  - In the case of an individual who was diagnosed with COVID-19, the individual may visit when all three of the following criteria are met: at least three days (72 hours) have passed since recovery (resolution of fever without the use of fever-reducing medications); and the individual has improvement in respiratory symptoms (e.g., cough, shortness of breath); and at least ten days have passed since symptoms first appeared; or
  - In the case of an individual who has symptoms that could be COVID-19 and does not get evaluated by a medical professional or tested for COVID-19, the individual is assumed to have COVID-19, and the individual may not return to work until the individual has completed the same three-step criteria listed above; or
  - If the individual has symptoms that could be COVID-19 and wants to return to work before completing the above self-isolation period, the individual must obtain a medical professional's note clearing the individual for return based on an alternative diagnosis.
- Any student or staff member living with someone who experiences any of the symptoms of COVID, whether they have a positive COVID test or not, should self-isolate for two weeks. If they do not experience any COVID symptoms during that period, they can return to summer workouts. If they experience symptoms, they must self-isolate until the conditions outlined above have been met.

# Contests

## Transportation to events

- Schools must consider social distancing requirements when scheduling contests and events for the fall. Social distancing (as required by state or local health department) will need to be maintained on buses/vans. Thus, multiple buses/vans and/or parental/guardian transportation will likely be needed.
  - Social distancing during Contests/Events/Activities
    - Sidelines/benches Appropriate social distancing will need to be maintained on sidelines/bench during contests and events. Consider using tape or paint as a guide for students and coaches.
    - Who should be allowed at events? Group people into tiers from essential to non-essential and decide which tiers will be allowed at an event:
      - Tier 1 (Essential): Athletes, coaches, officials, event staff, medical staff, security
      - Tier 2 (Preferred): Media
      - Tier 3 (Non-essential): Spectators, vendors Only Tier 1 and 2 personnel will be allowed to attend events until state/local health departments lift restrictions on mass gatherings.

## Hygiene

- Wide availability of hand sanitizer at contests and practices. Participants, coaches and officials should clean hands frequently.
- Wiping down the ball and equipment frequently.
- No pre-game and post-game handshakes/high-fives/fist bumps.
- Officials and sideline volunteers should be given the option to wear face coverings (may use artificial noisemakers in place of whistle).

# Appendix I - Local Factors to Consider for Determining Mitigation Strategies Checklist

Factor	Characteristics	School District Response
Epidemiology	Level of community transmission (see Table 3)	
	Number and type of outbreaks (e.g., nursing homes, schools, etc.)	
	Impact of the outbreaks on delivery of healthcare or other critical infrastructure or services	
	Epidemiology in surrounding jurisdictions	
Community Characteristics	Size of community and population density	
	Level of community engagement/support	
	Size and characteristics of vulnerable populations	
	Access to healthcare	
	Transportation (e.g., public, walking)	
	Planned large events	
	Relationship of community to other communities (e.g., transportation hub, tourist destination, etc.)	
Healthcare Capacity	Healthcare workforce	
	Number of healthcare facilities (including ancillary healthcare facilities)	
	Testing capacity	
	Intensive care capacity	
	Availability of personal protective equipment (PPE)	
Public Health Capacity	Public health workforce and availability of resources to implement strategies	
	Available support from other state/local government agencies and partner organizations	



# Appendix IIIa - COVID-19 Athlete Pre-Screen

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

Name: \_\_\_\_\_ ID#: \_\_\_\_\_ Date & Time: \_\_\_/\_\_\_/2020 : \_\_\_ am/pm

Students must have a personal water bottle prior to being allowed to participate.

**Does the student have a personal water bottle? Circle Yes or No**

Any individual (staff or student) who answers yes to any underlying condition or symptom listed below will not be allowed to take part in workouts and should contact his or her primary care provider or other appropriate health-care professional.

Any athlete, coach, or staff member living with someone who experiences any of the symptoms of COVID-19, whether they have a positive COVID-19 test or not, should self-isolate for two weeks. If they do not experience any COVID-19 symptoms during that period, they can return to summer school. If they experience symptoms, they must self-isolate until the conditions outlined above have been met.

<b>Underlying Conditions (Individual or within household)</b>	<b>Circle One</b>	
Do you have chronic lung disease or moderate to severe asthma?	Yes	No
Do you have a serious heart condition?	Yes	No
Are you immunocompromised (cancer treatment, smoking, bone marrow or organ transplantation, immune deficiencies, poorly controlled HIV or AIDS, and prolonged use of corticosteroids and other immune weakening medications)?	Yes	No
Do you have severe obesity (body mass index [BMI] of 40 or higher)?	Yes	No
Do you have diabetes?	Yes	No
Do you have chronic kidney disease undergoing dialysis?	Yes	No
Do you have liver disease?	Yes	No

<b>Current Symptoms (Individual or within household)</b>	<b>Circle One</b>	
Chills	Yes	No
Repeated shaking with chills	Yes	No
Muscle pain	Yes	No

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Cough	Yes	No
Sore Throat	Yes	No
Headache	Yes	No
Shortness of breath or difficulty breathing	Yes	No
Loss of taste or smell	Yes	No
Diarrhea	Yes	No
Known close contact with a person who is lab confirmed to have COVID-19	Yes	No
Feeling feverish or a measured temperature greater than or equal to 100.0 degrees Fahrenheit	Yes	No
Have had a fever or cold symptoms in the previous 24 hours	Yes	No

# Appendix IIIb - COVID-19 Coach Pre-Screen

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

Name: \_\_\_\_\_ Date & Time: \_\_\_/\_\_\_/2020 \_\_\_:\_\_\_ am/pm

Any individual (staff or student) who answers yes to any symptom listed below should not be allowed to take part in workouts and should contact his or her primary care provider or other appropriate health-care professional.

Any student, coach, or staff member living with someone who experiences any of the symptoms of COVID-19, whether they have a positive COVID-19 test or not, should self-isolate for two weeks. If they do not experience any COVID-19 symptoms during that period, they can return to summer school. If they experience symptoms, they must self-isolate until the conditions outlined above have been met.

Current Symptom (Individual or within household)	Circle One	
Chills	Yes	No
Repeated shaking with chills	Yes	No
Muscle pain	Yes	No
Cough	Yes	No
Sore Throat	Yes	No
Headache	Yes	No
Shortness of breath or difficulty breathing	Yes	No
Loss of taste or smell	Yes	No
Diarrhea	Yes	No
Known close contact with a person who is lab confirmed to have COVID-19	Yes	No
Feeling feverish or a measured temperature greater than or equal to 100.0 degrees Fahrenheit	Yes	No
Have had a fever or cold symptoms in the previous 24 hours	Yes	No

Underlying Conditions (Individual or within household)	Circle One	
Are you 65 years and older?	Yes	No

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Do you live in a nursing home or long-term care facility?	Yes	No
Do you have chronic lung disease or moderate to severe asthma?	Yes	No
Do you have a serious heart condition?	Yes	No
Are you immunocompromised (cancer treatment, smoking, bone marrow or organ transplantation, immune deficiencies, poorly controlled HIV or AIDS, and prolonged use of corticosteroids and other immune weakening medications)?	Yes	No
Do you have severe obesity (body mass index [BMI] of 40 or higher)?	Yes	No
Do you have diabetes?	Yes	No
Do you have chronic kidney disease undergoing dialysis?	Yes	No
Do you have liver disease?	Yes	No

## Appendix IV - NFHS Phases

### Phase 2

- Lower risk sports practices and competitions may resume (see Potential Infection Risk by Sport below).
  - Lower Risk: Sports that can be done with social distancing or individually with no sharing of equipment or the ability to clean the equipment between use by competitors.
  - Examples: Individual running events, throwing events (javelin, shot put, discus), individual swimming, golf, weightlifting, alpine skiing, sideline cheer, single sculling, cross country running (with staggered starts)
- Modified practices may begin for Moderate risk sports.
  - Moderate Risk: Sports that involve close, sustained contact, but with protective equipment in place that may reduce the likelihood of respiratory particle transmission between participants OR intermittent close contact OR group sports OR sports that use equipment that can't be cleaned between participants.
  - Examples: Basketball, volleyball\*, baseball\*, softball\*, soccer, water polo, gymnastics\* (if equipment can't be sufficiently cleaned between competitors), ice hockey, field hockey, tennis\*, swimming relays, pole vault\*, high jump\*, long jump\*, girls lacrosse, crew with two or more rowers in shell, 7 on 7 football \*Could potentially be considered "Lower Risk" with appropriate cleaning of equipment and use of masks by participants

### Phase 3

- Moderate risk sports practices and competitions may begin.
- Modified practices may begin for Higher risk sports:
- \*Continue pre-practice screening as in Phases 1 and 2. Shower immediately after practices/contests.
- Re-assess epidemiology data and experiences in other states and other levels of competition to determine when Higher risk sports competition may resume.

# Appendix V - Letter to Parents Regarding Reopening on June 8

Parents and Athletes,

We are excited to have athletes back on campus and working out starting on June 8! As we prepare for this, we want you to know what precautions will be taken to keep you safe. We are currently in Phase 2 as indicated by the National Federation of High School Sports. Once social distancing requirements are further relaxed, we will enter Phase 3 and communication will be provided to parents and athletes at that time. All updates can be found on the Athletics Webpage.

## COVID-19 Facts

The virus that causes COVID-19 can infect people of all ages. Research from the Centers for Disease Control, among others, has found that while children do get infected by COVID-19, relatively few children with COVID-19 are hospitalized. However, some severe outcomes have been reported in children, and a child with a mild or even asymptomatic case of COVID-19 can spread the infection to others who may be far more vulnerable. While it is not possible to eliminate all risk of furthering the spread of COVID-19, the current science suggests there are many steps schools can take to reduce the risks to athletes, coaches, staff, and their families significantly.

The virus that causes COVID-19 can be spread to others by infected persons who have few or no symptoms. Even if an infected person is only mildly ill, the people they spread it to may become seriously ill or even die, especially if that person is 65 or older with pre-existing health conditions that place them at higher risk. Because of the hidden nature of this threat, everyone should rigorously follow the practices specified in these protocols, all of which facilitate a safe and measured reopening of Texas. The virus that causes COVID-19 is still circulating in our communities. We should continue to observe practices that protect everyone, including those who are most vulnerable.

Decreasing potential exposure to respiratory droplets is the guiding principle behind social distancing and the use of face coverings. The use of cloth face coverings is meant to decrease the spread of respiratory droplets.

## Deciding to Re-Open

The decision to re-open is based on the following criteria:

- Reopening is consistent with state and local orders.
- To protect children and employees at higher risk for severe illness, these individuals must remain home.
- Students and employees will be screened upon arrival for symptoms and history of exposure.
- Recommended health and safety actions are in place.
- Healthy hygiene practices such as hand washing and employees wearing a cloth face

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covering, as feasible is promoted.

- Cleaning, disinfection, and ventilation is intensified.
- Social distancing through increased spacing, small groups and limited mixing between groups will be promoted.
- The coaching staff will be trained on health and safety protocols.
- Ongoing monitoring is in place.
- Procedures to check for signs and symptoms of students and employees daily upon arrival have been developed and will be implemented.
- Anyone who is sick is encouraged to stay home.
- A plan has been developed for if students or employees get sick while at workouts.
- Regular communication and monitoring developments with local authorities, employees, and families regarding cases, exposures, and updates to policies and procedures is in place.
- Student and employee absences will be monitored.
- Consult with the local health authorities will occur if there are cases in the facility or an increase in cases in the local area.

### Prior to Arriving

Prior to arriving for workouts, athletes and staff should self-screen for COVID-19 symptoms before coming onto campus. Any individual (staff or student) who experiences any symptom listed below will not be allowed to take part in workouts and should contact his or her primary care provider or other appropriate health-care professional. Any athlete, coach, or staff member living with someone who experiences any of the symptoms of COVID-19, whether they have a positive COVID-19 test or not, should self-isolate for two weeks. If they do not experience any COVID-19 symptoms during that period, they can return to summer school. If they experience symptoms, they must self-isolate until the conditions outlined above have been met.

Self-screen Symptoms:

Cough	Chills	Muscle pain
Shortness of breath or difficulty breathing	Repeated shaking with chills	Headache
Sore throat	Loss of taste or smell	Diarrhea
Feeling feverish or a measured temperature greater than or equal to 100.0 degrees Fahrenheit	Known close contact with a person who is lab confirmed to have COVID-19	

Furthermore, underlying medical conditions may increase the risk of severe illness from COVID-19 for individuals of any age. If any individual has an underlying medical condition listed below, they should not attend workouts.

- People 65 years and older
- People who live in a nursing home or long-term care facility
- People of all ages with underlying medical conditions, particularly if not well controlled, including:

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- People with chronic lung disease or moderate to severe asthma
- People who have serious heart conditions
- People who are immunocompromised
- Many conditions can cause a person to be immunocompromised, including cancer treatment, smoking, bone marrow or organ transplantation, immune deficiencies, poorly controlled HIV or AIDS, and prolonged use of corticosteroids and other immune weakening medications
- People with severe obesity (body mass index [BMI] of 40 or higher)
- People with diabetes
- People with chronic kidney disease undergoing dialysis
- People with liver disease

### **Once on Campus**

- When students are arriving at workouts, they must wait six feet apart.
- All coaches and students should be screened for signs/symptoms of COVID-19 prior to a workout. Screening includes a symptom questionnaire and temperature check.
- 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.
- 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.
- Hand sanitizer will be available at each entrance and students, coaches, and staff will be required to use it whenever they enter the building.
- Individuals should wash their hands for a minimum of 20 seconds with warm water and soap before touching any surfaces or participating in workouts.

### **Sport Participation**

- Attendance is optional
- Workouts will be planned outdoors with a minimum distance of 6 feet between each individual at all times.
- Hand sanitizer will be plentiful and available.
- There should be no shared athletic towels, clothing or shoes between students.
- Students and coaches will wash hands or use hand sanitizer after they have touched something another person recently touched.
- Students and coaches may wear non-medical grade face masks.
- All students must bring their own water bottle. Water bottles must not be shared.
- Hydration stations (water cows, etc.) will not be utilized.

### **Post Workout Procedures**

- When students are leaving workouts, they must wait six feet apart.
- Students should shower and wash their workout clothing immediately upon returning to home.
- Facilities will be cleaned after each workout.

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### **Athletics Workout Schedule**

TBD

We look forward to getting back to some resemblance of normalcy in sport and will continue to provide information and updates to athletes and parents via the Athletics Website.

Sincerely,

XXXXXXXXXXXXXXXXXXXX

Head Athletic Trainer

## Resources

- **UIL**
  - COVID-19 Strength & Conditioning and Sport Specific Instruction — University Interscholastic League (per last update on May 22, 2020)
- **NFHS (Phase 2) & NFHS (Phase 3)**
  - GUIDANCE FOR OPENING UP HIGH SCHOOL ATHLETICS AND ACTIVITIES (per update on May 2020)
- **Center for Disease Control**
  - Schools Decision Tool (per update on May 15, 2020)
  - Implementation of Mitigation Strategies for Communities with Local COVID-19 Transmission (per update on April 12, 2020)
- **Texas Department of State Health Services**
  - Checklist for outdoor sports participants (per update on May 5, 2020)
- **Texas Education Agency**
  - Summer Instruction, Activities and School Visits: Guidance for Reopening and Student Interaction (per update on June 9, 2020)