



MANATEE DISTRICT SETS GUIDELINES AND PHASES FOR TRAINING TO RESUME FOR HIGH SCHOOL SPORTS

(Bradenton, FL – June 3, 2020) Athletes and coaches in the School District of Manatee County can resume training for their respective sports beginning Monday, June 15, 2020 – with strict guidelines for protecting their health and safety during the age of the Coronavirus (COVID-19).

The guidelines (see attached) were established by a task force consisting of Athletic Directors, Trainers, School Nurses, Health Services Personnel and a Custodial Supervisor. They require athletes and coaches to have their temperatures taken daily prior to workouts, and anyone with a temperature of 100.4 or higher will not be allowed to participate. Screening questions will also be asked and anyone who has symptoms such as a cough, a respiratory illness or shortness of breath will be sidelined.

During Phase 1 – identified as June 15-July 13 – the workouts will be limited to training outdoors with inside access only available to training rooms. Workout sessions will be limited to one session of 60 minutes or less per day during the first two weeks. Coaches will be required to cover their mouth and nose with a cloth face cover at all times, while athletes will be required to have a cloth face cover except when actively working out. Athletes will be required to maintain a six-foot distance from others and to bring their own water and drinks (none will be provided by coaches or trainers).

In addition, athletes will be required to train in “pods” of no more than 10 students – with the same students working out each day together to limit and control exposure to other athletes and coaches.

Phase 2 – Identified as July 13-July 25 – will allow athletes and coaches to access the gymnasium, weight rooms and equipment rooms.

If all goes well, Phase 3 will begin July 27, 2020, under in-season FHSAA rules and guidelines.

“We worked closely with our Principals and Athletic Directors to make sure we are resuming these activities in a measured and reasonable way,” said Manatee District Supervisor of Athletics Jason Montgomery. “I know our athletes and coaches are anxious and excited to get going, so we want to do all we can to help them get back on the courts and playing fields.”

Plans to resume other extracurricular activities such as Marching Band, JROTC, Service Clubs and Academic Organizations are scheduled in July. Details on those plans will be forthcoming.



School District of Manatee County

Department of Athletics

Jason Montgomery

District Supervisor of Athletics, P.E. & Driver's Education

Athletics Return to Training Guidance

General Information (Daily)

Screening

- Athletes and coaches will be screened prior to workouts via both a temperature check and screening questions.
 - Have you returned from international travel or a cruise in the last 14 days?
 - Have you been in contact with anyone who has returned from international travel or a cruise in the last 14 days?
 - Have you had contact with someone who has or is under investigation for COVID-19?
 - Have you been in any gathering of 100 or more people in the last 14 days?
 - Have you experienced any symptoms of a respiratory illness such as cough, fever or shortness of breath on the last 14 days?
- Student information will be logged daily. (See Appendix A for log sheet)
- Pod (see info on page 4 for pod information) screening should be scheduled staggered to prevent large group screenings
- Athletes should arrive at the designated screening location no more than 5 min. prior to their scheduled screening time.
- Coach and athlete will have their temperature taken daily prior to any workout.
 - No one with a temperature over 100.4 will be allowed to participate
 - No one with signs or symptoms will be allowed to participate.
 - Anyone who meets the criteria should immediately be referred to a healthcare professional and will not return until given medical clearance.
- Vulnerable individuals as defined by the CDC including but not limited to heart conditions, asthma and diabetes should not oversee or participate in any workouts during Phase 1.

Coaches / Admin

- WASH HANDS or use hand sanitizer upon entering and exiting all activities/workouts.
- COVER your mouth and nose with a cloth face cover at all times from arrival to departure.
- AVOID CLOSE CONTACT - Maintain at least 6' distance between yourself and other people
- CLEAN AND DISINFECT frequently touched surfaces
- Arrive dressed to train and participate.
- Will be screened upon entry.
- Follow entry and exit procedures to all activities/workouts.
- Only attend your scheduled activity/workout.
- Always adhere to the participant and capacity limitations.
- Conduct a thorough post-session cleaning and disinfecting prior to the start of any new training sessions.

Athletes

- WASH HANDS or use hand sanitizer upon entering and exiting all activities/workouts.
- COVER your mouth and nose with a cloth face cover when around others unless actively working out. If an athlete desires to wear a mask at all times that is to be allowed.
- AVOID CLOSE CONTACT - Maintain at least 6' distance between yourself and other people
- COVER coughs and sneezes
- Bring your own water / drink. (None will be provided by coaches / trainers)
- Bring your own towel
- Remain in vehicle until 5 minutes before scheduled activity/workout/screening.
- Arrive dressed to train and participate.
- Will be screened upon entry.
- Follow entry and exit procedures to all activities/workouts.
- Exit immediately after your activity/workout. No congregating with other people.
- Only attend your scheduled activity/workout.
- Students are encouraged to shower and wash their workout clothing immediately upon returning to home.

Training room is open to one student at a time by appointment only.

Athletes must have the following to participate. If they do not have these items, they are to be sent home

- 1) Cloth face covering.**
- 2) Their OWN personal water bottle.**
- 3) Their OWN personal towel.**

Staff or student that test positive or shows symptoms of COVID-19.

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.

- 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.
 - For example: If a student in one cohort tests positive for COVID, the student and that one cohort must isolate. If that student was part of several cohorts, then the student and all of the cohorts they were a member of would have to isolate.

Any staff member or student who experiences any of the symptoms of COVID 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 return 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);
 - the individual has improvement in respiratory symptoms (e.g., cough, shortness of breath);
 - 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 until the individual has completed the same three-step criteria listed above.
- If the individual has symptoms that could be COVID-19 and wants to return 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.



June 15-July 13

OPEN

Outdoor practice areas Training room

CLOSED

Indoor facilities including gyms, weight rooms, locker rooms and equipment rooms.

- Workout sessions will be limited one session of 60 min. or less per day in weeks 1 and 2. Beginning July 6 workouts may be 90 min. in length. Workout time limit begins when warmups start.
- Workout sessions are **not** allowed between 11:00 am – 6:00 pm.
- ATC must be on site when training takes place.
- Workouts should be conducted in “pods” – no more than 10 students - with the same students always working out together. This ensures more limited exposure if someone develops an infection. It is recommended that if **possible** the same coach works with the same pod daily.
- There must be a minimum distance of 6 feet between each individual at all times.
- There should be no shared athletic equipment (towels, clothing, shoes, or sports specific equipment) between students.
- Beginning July 6 strength items such as medicine balls, bands and plates may be used outside – no sport specific equipment. These must be wiped down with an approved disinfectant between use by different athletes. Prior to July 6 no equipment may be used.
- Students should wear their own appropriate workout clothing (do not share clothing) individual clothing/towels should be washed and cleaned after every workout.
- All students shall bring their own water bottle. Water bottles must not be shared.
- Hydration stations (water cows, water trough, water fountains, etc.) use should be limited when possible.
- One clearly identified Restroom per gender will be available, no other facility will be provided.
- No use of bleachers, chairs or any other equipment.
- Only coaches and athletes allowed at workouts. Parents / guardians may wait in their cars.

IMPORTANT – Access to indoor space will be available in the event of bad weather / lightning.
Workout Guidelines

Student are allowed to have water or a sports drink at all times.



July 13-25

OPEN

Outdoor practice facilities, Gymnasium, Weight room, Equipment rooms

CLOSED

Locker rooms

- Workout sessions will be limited one session of 120 min. or less per day.
- ATC must be on site when training takes place.
- Workouts should be conducted in “pods” – no more than 10 students - with the same students always working out together. This ensures more limited exposure if someone develops an infection. It is recommended that if possible the same coach works with the same pod daily.
- Buildings must be mapped and marked so as students have minimal contact.
- Individual drills requiring the use of athletic equipment are permissible. These do not include partner or team drills.

Examples (including by limited to):

- A basketball player can shoot with a ball(s), but a team should not practice/pass a single ball among the team where multiple players touch the same ball.
- A football player should 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 should be no sharing of tackling dummies/donuts/sleds.
- A volleyball player should not use a single ball that others touch or hit in any manner.
- Softball and baseball players should 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 backstop, no catcher). Prior to another athlete using the same balls, they should be collected and cleaned individually.
- Safety measures in all forms must be strictly enforced in the weight room.
- There must be a minimum distance of 6 feet between each individual at all times.
- Indoor facilities must meet current CDC limits on occupancy and must allow for social distancing.
- 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 clothing/towels should be washed and cleaned after every workout.
- 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.
- One clearly identified Restroom will be available, no other facility will be provided.
- No use of bleachers, chairs or any other equipment.
- Only coaches and athletes allowed at workouts. Parents / guardians may wait in their car



In season sports will follow guidance from the FHSAA.

Out of season teams may begin open facilities following CDC guidelines.

**ALL PHASES AND TIMELINES SUBJECT
TO CHANGE BASED ON CDC, STATE AND
LOCAL GUIDANCE**