



## Lawrence Township Athletics Reopening – Phase 1 (July 6-19, 2020)

The MSD of Lawrence Township Athletic Re-Entry Plan is following IHSAA recommendations.

[Click here to view the IHSAA COVID-19 Re-Opening FAQs.](#)

[Click here to view the IHSAA Athletic Re-Opening spreadsheet.](#)

**OVERVIEW OF PHASES** – Please note that all phases are subject to change.

### *PHASE I: July 6-19, 2020*

- *Student athletes should be limited to 15 hours per week on campus.*
- *For contact sports, no contact is allowed.*
- *No formal competition is allowed.*
- *No locker room use.*

### *PHASE II: July 20-August 15, 2020*

- *Contact is allowed in contact sports.*
- *Locker rooms may be used at 50% capacity.*
- *No formal competition is allowed with the exception of Girls Golf.*

### *PHASE III: August 15, 2020 –*

- *Competition may begin.*
- *Spectators, media, and vendors can be present but should implement social distancing and follow established mass gathering guidelines.*

### **PREPARING TO TRAIN** – Protect Against Infection

- Should an athlete or staff member exhibit symptoms consistent with COVID-19, be undergoing testing for COVID-19, or be diagnosed with COVID-19, he/she must see a physician and be medically cleared for training prior to attending practice.
- Any athlete or staff who feel ill any way or have any of the following symptoms should stay home: Fever (100.4 degrees Fahrenheit or greater), cough, shortness of breath or difficulty breathing, chills, repeated shakes with chills, muscle pain, headache, sore throat, loss of taste or smell, diarrhea, known contact with a person who is lab-confirmed, suspected, or under medical evaluation pending results for COVID-19.
- Wash your hands with soap and water for 20 seconds or longer, or use a hand sanitizer if soap and water are not readily available, before beginning your session. Showering is best. Please come to practice clean.
- All athletes will be encouraged to wear a mask or face covering upon arrival and attest to self-evaluation for COVID-19 symptoms. Self-evaluation question questions include:
  - In the past 72 hours, have you had a fever or chills and/or taken medication for a fever? (If unsure, please use a thermometer for an accurate reading. A temperature of 100.4 degrees Fahrenheit constitutes a fever according to medical professionals.)
  - Do you have symptoms related to COVID-19 such as a new or worsening cough, shortness of breath, or sore throat?



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- In the past 14 days, have you been in close contact with (was within six feet for longer than 15 minutes without protective equipment) with a person known or suspected to have COVID-19 and/or you have been diagnosed with COVID-19?
- A staff member will ask athletes health and risk questions prior to facility entry. We will immediately send home athletes who report feeling ill, who are experiencing symptoms, or who have a high risk of exposure to COVID-19. Maintain social distancing on entry and exit and avoid lines and congregation at entry and exit.
- Attendance of student-athletes participating in practices will be kept by coaching staff for each session of training.
- Arrive as close as possible to when practice starts and try to be timely when picking up athletes.
- No parents or family members will be allowed in to the practice facility in accordance with the Indiana Department of Education Guidelines for Phases I & II. Please maintain social distancing at drop off and pick up.
- All athletes should arrive dressed and ready for practice. There will be no changing in bathrooms or locker rooms at the facility.
- Locker rooms will remain closed through July 19, 2020. Beginning on July 20, 2020, certain programs will have access to locker room facilities at 50% capacity.
- Athletic Training Facilities will be available. All staff and student-athletes in the training areas will be encouraged to wear masks.
- Bathroom use will be limited.
- Equipment used during practice will be cleaned with an EPA approved disinfectant.
- Staff will:
  - Be encouraged to wear masks or face coverings unless addressing a group using social distancing.
  - Maintain six feet spacing with athletes during practices, as able.
  - Document attendance.
- Student Athletes should bring:
  - It is recommended that a mask is worn upon entry and exit of the facility, as well as any time vigorous activity is not being performed.
  - A full water bottle to avoid touching a tap or water fountain handle.
  - A clean towel, to be used for perspiration. Do not share towels.
  - Hand sanitizer for individual use, if possible.

### **DURING PRACTICE**

- Maintain appropriate social distancing from other athletes when possible.
- Do not engage in celebratory acts such as hugging, shaking hands, or high fives.
- If you need to sneeze or cough, do so into a tissue or upper sleeve/arm area. Wash hands or use hand sanitizer.
- Athletes must listen carefully and follow all adult instructions.

### **AFTER PRACTICE**

- The locker room and changing area will not be available in Phase I. Shower and change at home for the near future.



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- Athletes will be dismissed in smaller groups. Leave the facility as soon as is reasonably possible after practice. No congregating or social activity should take place.
- Wash your hands thoroughly with soap and water for 20 seconds or longer, or use a hand sanitizer after leaving the field, court, or practice location.

### **PROCEDURE IN THE EVENT OF A POSITIVE COVID-19 TEST**

- The individual should immediately inform their head coach.
- The Marion County Public Health Department will be contacted by MSD of Lawrence Township administration for additional guidance.

A positive attitude and flexible spirit will be key to success as we move forward with re-entry. Please understand that modifications to our process may be required as we move forward. The health and safety of our student athletes and staff are the top priority. Thank you for your support as we move towards a successful re-opening in August.