



Trinity Catholic Junior High Activity Center Plan for Opening Summer Activities

May 30, 2020

This plan is to guide Trinity Catholic Junior High as we reestablish on-site instruction in the Trinity Activity Center. Our goal is for employees, students, and families to feel safe, as well as to reduce the impact of COVID-19 conditions as we return to on-site school instruction. The guidelines referenced in this plan are based on guidance from the Centers for Disease Control and Prevention (CDC), the Arkansas Department of Health (ADH), Governor Asa Hutchinson, the Arkansas Activities Association (AAA), and the Diocese of Little Rock Superintendent's office.

SOCIAL DISTANCING

Based on current information, social distancing is an effective way to prevent potential infection. School employees, students, parents, and visitors should practice staying approximately 6 feet away and eliminating contact with others. ***Please note that social distancing should still be practiced even with the use of gloves and masks.***

Only Current Staff and Students Permitted

For the summer months, **only current Trinity staff and students** are allowed in the Activity Center to reduce the risk of spreading COVID-19.

Upon Arrival

Parents will bring their students to the covered drive and stop at the designated screening sign. Students will be screened while inside their cars. If they pass, they will be directed to the east entrance to the Activity Center (by the coaches' office) - wearing a mask; if they fail the screening, they will return home with their parents. **Students are not to be left at Trinity without first being screened by a staff member.**

Pick-up Procedure

Students will exit the Activity Center and go directly to their cars. There will be no congregating in the courtyard after activities. Students waiting on a ride should wait on the benches while social distancing.

Entering and Exiting the Activity Center

The Activity Center will have one entrance - the doors nearest to the coaches' office. There will be signage directing everyone to the correct entrance. **Everyone should observe social distancing of six feet when waiting in line to enter, while wearing a mask.**

The Activity Center will have one exit - the doors nearest to the concession stand. Only Trinity staff and current students will be allowed in the Activity Center for summer work-outs.

Screening

Coaches, staff members, and students will be screened prior to any activity and/or entrance into Trinity's Activity Center.

The following questions will be asked and if the answer is "Yes" or "Not Sure" to any one question, the coach, staff member, or student will be excluded from activities.

- Have you had a fever of 100.4°F or greater in the last 2 days?
- Do you have a cough, difficulty breathing, sore throat, or loss of taste or smell?
- Have you had contact with a person known to be infected with COVID-19 within the previous 14 days?
- Have you returned from international travel or to New York, New Jersey, Connecticut, Louisiana, Maryland, or Washington D.C., within the last 14 days?
- Have you had the flu/pneumonia in the last 14 days?

Coaches, staff, and students must have their temperature checked by digital thermometer prior to entry, and those whose temperature is greater than 100.4°F will be excluded from any and all activities.

Once screenings have been passed, coaches, staff, and students will receive a sticker to indicate they have successfully passed screening for the day. Anyone in the Activity Center without a sticker will be directed to return to the screening area immediately.

Face Coverings

Face coverings that completely cover the nose and mouth are required for everyone in the Activity Center.

- Students will wear a face covering when not actively participating in the sports activity.
- Coaches and Staff must wear a face covering at all times.

Locker Rooms

The locker rooms for boys and girls will be closed for the summer. Students will need to come to the Activity Center ready to participate. All bags/backpacks/purses will be placed in a designated area.

Restrooms

Restrooms to be used for all Summer activities will be located in the main lobby. There should be no more than two students in the restroom at any time to maintain social distancing. After

using the restroom, everyone must wash their hands with soap and warm water for a minimum of 20 seconds.

Hydration

Students must bring their own water bottle for work-outs. No sharing of water bottles or drinks will be allowed. Water fountains should be used only to refill drink bottles, no one is to drink directly from any water fountain. In addition, no food will be allowed in the Activity Center.

Cleaning and Disinfecting

The Activity Center restrooms, weight room, equipment, and water fountains will be disinfected daily to help prevent the spread of COVID19. Staff will ensure that all equipment is sanitized after each usage in the weight room.

Hygiene

Coaches, staff, and students should use good hygiene practices of regularly washing hands with warm water and soap for 20 seconds, and should also regularly use hand sanitizer. Hand sanitizer will be available in several locations throughout the Activity Center.

Practice & Workouts

Conditioning and weight training may occur as long as the following conditions are implemented, in addition to the general requirements:

- Group size must be sufficiently limited to maintain 6 feet between each person, including staff, whenever in an indoor or outdoor space.
- When using weight rooms, practicing calisthenics, running, or other conditioning training where vigorous exercise occurs, individuals must maintain proper spacing from others by working out with 12 feet between each person.
- For safety reasons, spotters are allowed on the outside of weight bars on each side. Physical distancing must be maintained when not actively performing spotting.
- No team practice is allowed for basketball, football, soccer, or volleyball at this time. Cheer and Dance may practice as long as proper distancing is maintained. There is to be no physical contact.

Capacity

Trinity will be closely monitoring the number of staff and students in the Activity Center while the risk of infection exists. No more than five students and one coach may be in the weight room at one time.

Trinity School Building

Students are not to enter the school building from the gym at any time. **The main lobby of the school is the only entrance to school for the summer.**

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