

Frassati Catholic High School
COVID-19 Protocols and Procedures
Fall Sports 2020

At Frassati Catholic we have always considered athletics as a valuable option for students to enhance their educational experience in a way that is consistent with the mission of the school. We are committed to preserving this opportunity for those students who wish to participate. As always, there are potential additional safety risks involved with participating in athletics. This is also true in the midst of the pandemic we are currently facing. While our staff and coaches will take all practical precautions based on the guidelines listed below to help reduce the possibility of the spread of COVID-19, those risks cannot be eliminated. Therefore, the decision to participate in athletics is one that each family should prayerfully consider. Because of our belief in the value of athletics as part of the educational experience, we will implement the following policies and procedures so that we may continue to offer athletics as an option for our students.

It is important to note that canceling or postponing athletics events will be a last resort, but may be necessary if; it is mandated by state or local government officials, TAPPS cancels or postpones competitions, or if the number of cases in our school community has grown to a level that we feel prevents us from being able to safely hold competitions. If Frassati Catholic High School is forced to close the campus for a short period of time, or switch to remote learning due to COVID-19 concerns, we will suspend athletics activity until we are able to return to campus. It is also important to note that games could be canceled or postponed at any time by opponents if there is an outbreak within their school or team.

Team Practices

Athletes may come into close contact with their teammates during practices and games, but the following steps will be taken to reduce the risk of spreading COVID-19 during the course of the season:

1. Coaches will make efforts to keep players 6ft apart when possible, but some drills or activities may include being in closer proximity to other teammates.
2. All students must wear a mask when inside the building and not actively working out.
3. Students will be required to wear a mask during both indoor and outdoor practices, except for the portions of practice that include conditioning, running, or other activities that include high levels of physical exertion. Athletes will be asked to follow the same guidelines for masks as listed in the school COVID-19 Protocols and Procedures document. The one exception is that athletes will be allowed to wear “gaiters” if they so choose for practices only.
4. For games, the school will provide “athletics masks” as part of their uniform that will be worn before and after games, and on the sidelines, in accordance with TAPPS and TASO rules.
5. Coaches will also wear masks during practices and games.

6. Athletes must bring their own water for practices and games; ideally this would be in addition to water that is brought to use for the school day. Students may have the ability to refill their water bottles, but avoiding the need to do that on a regular basis is preferred. Students must not share water or ice with one another. A minimum of 48oz for indoor activities and 64oz for outdoor activities is recommended.
7. Any equipment, such as sports balls, will be regularly disinfected during workout sessions. When a small group is using a particular piece of equipment, that equipment must be wiped down before being used by the next group.
8. Hand sanitizing stations will be available in the gym and on the field, and athletes are encouraged to bring their own sanitizer as well. Athletes and coaches should wash their hands or use sanitizer before practice and at regular intervals during practice.

Practice Schedules

Most teams will conduct practices after school, Monday through Friday. In the fall, we will follow the following schedule in order to cut down on the number of students going to the locker room at one time. Before heading to practice, students will go to the gym until it is time for their team to enter the locker room. Ending times have also been staggered to avoid large groups leaving all at once.

The times below are when each team or group will be released to the locker room. The 2nd times are when each team will be done with practice and will need to be picked up.

3:05 Boys and Girls Cross Country (may enter locker room before 3:05)
3:10 Varsity Volleyball / 9th and 10th grade football players
3:20 JV Blue Volleyball / 11th and 12th grade football players
3:25 JV Gray Volleyball

End Times

Cross Country: 5:00pm
JV Volleyball: 5:15pm
Varsity Volleyball: 5:30pm
Football: 5:45pm

Weight Room

1. The weight room will have no more than 14 students (including spotters) at any one time.
2. Students lifting weights will be at stations that are spread out a minimum of 6ft apart.
3. Students that will be using the weight room on a regular basis will be provided with a face shield. This will be worn by all students in the weight room, in addition to a mask. In order to ensure safe breathing, when a student is actively lifting weight or using a machine, that

student may remove his or her mask but will keep his or her face shield on. Students that are spotting or waiting a turn, will keep both their face shield and mask on.

4. The provided face shield for students will be theirs to keep and should be stored in their PE or athletics locker. Additional shields may be available for purchase from the athletics department for \$5 each.
5. Each student that uses a piece of equipment will use a towel and disinfectant spray to sanitize the equipment before the next student uses it. Coaches will monitor carefully that equipment is being properly sanitized. Towels used for disinfecting will be washed weekly.
6. Doors to the weight room will be kept open during use to help with fresh air circulation.

Transportation

When travelling by bus, students will be spaced apart at a maximum of one student per row on each side of the aisle (no students will be sitting side by side). This means that the passenger capacity of our busses will be cut in half. With this rule in place, our busses will be able to hold 20, 10, and 7 passengers. When practical, windows may be opened for increased ventilation. If a student rides the bus back to school after an away game, that student must sit in the same seat he or she occupied on the way to the game.

We will have sign ups for parents who are willing/able to transport their child to away games. Student drivers will, at the coach's discretion and with parent permission, be allowed to drive themselves to away games as well. Students will not be allowed to drive to games that are 30 miles away or more from Frassati Catholic.

Note: Each host school may have different rules regarding whether or not spectators will be allowed, and if so, how many seats will be available. That information will be provided in advance in order to ensure transportation is available for all players attending the game.

COVID-19 BUS TRANSPORTATION PROTOCOLS:

1. Drivers will put the windows down (half way), before the students board the bus, weather permitting (AC/heat can stay on with windows down).
2. When students board the bus, they will use hand sanitizer, which will be located at the entrance of the bus.
3. Students will load the bus from the back to the front, with one student per row on alternating sides.
4. Coaches will record where each student is sitting for contact tracing purposes.
5. Students must wear masks at all times on the bus, so there will be no eating allowed on the bus.
6. Students will exit the bus from front to back. After students exit the bus at their destination, the driver will spray down the bus again with disinfectant.
7. When the bus returns to FCHS, the driver will spray down the seats again with disinfectant.

Locker Rooms

1. Students will be required to keep their masks on at all times while in the locker room and restroom.
2. Students will be issued lockers in a manner that spaces teammates out as much as possible, and students must make every effort to stay 6 feet apart from each other while changing.
3. No more than 10 students at a time will be allowed in the locker room at any one time.
4. Students will be asked to move in and out of the locker rooms as quickly as possible.
5. Coaches will be monitoring locker rooms at all times to ensure safety and social distancing.
6. At this time, the showers will be off limits for athletics.

Training Room

No student is allowed in the training room without being accompanied by a coach or trainer.

1. The training room should never have more than 5 individuals (including trainers or coaches) at a time.
2. Only athletes actively receiving treatment from the trainer should be in the training room.
3. Masks must be worn at all times in the training room unless prevented by an injury or illness.
4. Treatment tables must be sanitized after use by each individual athlete.
5. The ice machine in the training room must only be used by the trainer or a coach if directed to do so by the trainer.

Illness related to COVID-19

Students, Parents, and Coaches will abide by all of the procedures outlined in the Frassati Catholic High School 2020-2021 Protocols and Procedures document. It is imperative that we follow these guidelines, and always err on the side of caution. The same rules regarding quarantining, etc. for the school, will also be in place for athletics. It is important to note that due to the nature of football and volleyball practices, it will be assumed that the rule of “close contact” will apply to athletes who have practiced on the same team or played a game together. For Cross Country, that rule may or may not apply depending on the structure of practices or meets at that time. Daily attendance, along with notes regarding practice days when close contact has occurred, will be taken for all sports teams.

Contests

Please see Appendix-A for more information regarding volleyball home games. Protocols and ticket information for away games will be sent to parents before each game. The protocols for cross country meets and football games, will be determined by the host school or venue. That information will also be sent to parents before each game.



APPENDIX A- Frassati Catholic High School Volleyball Game Day Protocols

The purpose of this document is to outline the protocols and procedures that will be followed for volleyball games on the campus of Frassati Catholic High School due to the COVID-19 pandemic. When this document refers to COVID-19 symptoms and close contact regulations, the current guidelines outlined by the CDC should be followed. Those guidelines can be found using the following links:

<https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/symptoms.html>

<https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/prevention.html>

Game Day Communication:

1. The Visiting Team will need to communicate via email to FCCHS athletics department that all participants coming to the match are COVID-19 symptom free and in compliance with COVID-19 close contact regulations. This communication should take place prior to 11:00 AM on the day of the game.
2. The Visiting Team will send this document to players' parents to inform them of the policies and procedures for the event.
3. Frassati Catholic High School will confirm to the visiting team that everyone involved with the match is COVID-19 symptom free, and also in compliance with COVID-19 close contact regulations. This includes all players, coaches, cheerleaders, managers, trainers, table crew, scorekeepers, ball handlers, and officials.

Visiting Team Arrival and Locker room use:

1. When arriving by bus, a coach or staff member on the bus will contact the administrator on duty (number will be provided) by phone shortly before arrival to campus. There will be a designated loading / unloading area for visiting busses directly behind the west side of the

gym. Upon arrival, the administrator on duty will take the temperatures of players, coaches, and team personnel as they enter the northwest gym doors. There will be designated chairs along the north and west walls for the teams to sit while waiting to play.

2. Players that ride with parents may enter through the front doors of the Student Life Building (where the gym is), with their parents. After having their temperature checked at the entrance to the gym, that player will proceed to the team area.
3. Please plan on arriving no earlier than 3:45pm, or 45 minutes before the first game.
4. We ask that players come dressed and ready to play, a locker room for changing or team meetings will not be available. There will be, however, a restroom in the locker room area available to be used only by the visiting team.
5. After the JV games, players may stay in the gym to watch the game, but must stay in the designated player area.
6. All players, coaches and other team personnel must wear a mask when in the building at all times. The only exception to this rule is that players may remove their mask immediately prior to entering the game.

Guidelines for Spectators:

1. All spectators will need to self-screen affirm they are COVID-19 symptom free
2. All spectators in accordance with Executive Order GA-29 will wear a face covering while in building
3. All spectators will have their temperature checked upon entering the building. Anyone with a temperature with 100.0 or higher will be asked to leave the building.
4. No concession stand will be available.
5. Spectators may bring a bottle of water (water fountains will not be available), but no other food or drinks will be allowed.

Admission to Games:

1. FCHS will provide 40 tickets for the visiting team's parents. This is for all games for the day. NO tickets will be available at the door. Tickets must be purchased in **sets of two** through the link provided:
2. All visiting spectators will sit in the bleachers in the designated visitors section.
3. Available seats within each section will be marked with green tape.
4. At this time, FCHS can not allow students (home or visitor) into home games.
5. Cheerleaders, in small groups may be allowed, but visiting team should contact the Frassati Catholic athletics staff in advance so that a space for them can be arranged.

Game Time Procedures:

1. Each bench will have 16 chairs (spaced apart) so that each coach and player can keep the same chair during the match.
2. A cooler of water and cups will be available for each team. It is up to each team to determine how/if they wish to use the water provided. It is recommended that players from each team bring their own water bottles.
3. Teams will not switch benches during the match.
4. Teams will not switch sides of the court.
5. A 3 ball rotation will be used for all Varsity and JV games.
6. Substitutions will be made at the service line.
7. All spectators will exit the gym and school building at the end of the match and wait for athletes outside. `