

Frassati Catholic High School
COVID-19 Protocols and Procedures
Spring Sports 2020-2021

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. Athletes will be asked to follow the same guidelines for the types of masks worn as listed in the school COVID-19 Protocols and Procedures document.
3. For Spring sports practices, (softball, baseball, golf, tennis, and track and field), due to the amount of space available and being outdoors, players will not be required to wear masks while actively practicing. Practices will be structured in such a way that minimizes, as much as possible, the chance for close contact between players. Players will be required to wear masks when having team meetings, or are required to be in a confined space, such as a dugout.
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 when not at least 6ft apart from others.

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 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.
9. TAPPS and district rules may have additional procedures and protocols that are tailored to each sport.

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.
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

With all of our spring sports practicing and competing off-campus during the spring, it will not be possible to operate the buses at 50% capacity. However, measures will be taken to keep teams separate from each other in order to reduce the risk of transmission from one team to another.

If you would prefer to transport your child to a game instead of having them ride the bus, please let your coach and Mrs. Wilson in the athletics department know of your intentions well in advance.

Note: Each host school or venue 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 of each 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. Coaches will record where each student is sitting for contact tracing purposes.
4. Students must wear masks at all times on the bus, so there will be no eating allowed on the bus.
5. 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.
6. 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. Students will be asked to move in and out of the locker rooms as quickly as possible.
4. Coaches will be monitoring locker rooms at all times to ensure safety and social distancing.
5. 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. Daily attendance, along with notes regarding practice days when close contact has occurred, will be taken for all sports teams.

Contests

Our spring sports contests will all take place at private off-campus venues. All Frassati Catholic athletes and fans are required to adhere to all rules and regulations at each of our host facilities, including all COVID-related requirements. Those rules will be communicated to each team.

Students may attend “home” games, but should wear masks while in attendance.

The protocols for away games will be determined by the host school or venue. Protocols and ticket information for away games will be sent to parents before each game.