

LCC #TeamUpToBeatCOVID

The goal of reopening contact with athletic teams for the 2020 fall season is to do so in a safe and responsible manner. We will follow the recommendations that are currently in place on September 7th, 2020 and will continue to adapt. The recommendations below reflect the current recommendations for Phase 4 by the City of Milwaukee Health Department "Moving MKE Forward Safely". Additional sources consulted include [CDC Considerations for Youth Sports](#), [NFHS Guidance for Opening High School Athletics](#) and Activities, the [WIAA's guidelines](#) and in conjunction with our new conference, Lake City.

Phase 4 of Moving MKE Forward Safely allows gatherings including sporting events to have an occupancy: 50% total capacity, one person every 30 square feet, or 250 people, while youth programs can move to 75% capacity.

Due to widely conflicting social barometers measuring levels of risk, the Cristo Rey Jesuit Milwaukee Administration has directed us to move forward with a Pre-Workout /Pre-Contest Screening program that will then move to Workouts for Specific Sports using the High Risk Level Guidelines and then move to a Moderate Risk Level for the program.

At the time the Health Department deems it safe to move to a Low Risk Level of competition Cristo Rey Jesuit Milwaukee will continue to follow pre-participation and pre-game check-in protocols for each athlete until the Phasing Protocols for COVID-19 are no longer deemed necessary

Guidelines for Open Gyms & Contact Days:

1. All Coaches, parents and athletes will sign a waiver acknowledging the risk of participating with the presence of COVID-19. Everyone needs to acknowledge and understand that we CAN NOT eliminate the risk of COVID-19. It is up to parents and coaches to analyze the risk of participating and decide whether their child or the coach should participate.
2. We encourage all parents to ask their child's doctor if they feel their child should participate in the athletic activities at Cristo Rey Jesuit Milwaukee and if they are at risk for COVID-19. Parents and their doctor need to analyze the risk and make the decision. **None of these activities are required.**
3. All student-athletes will be screened upon arrival at a designated spot. This is true for any activity on campus, as well as planned activities at off campus training sites. Athletes should wait in a line with 6 foot distance between each other until summoned for screening. They will wear a mask to be screened and as they enter and leave any Cristo Rey Jesuit Milwaukee training facility. Masks are to be worn during all non-strenuous workout periods.
4. All coaches and athletes will be screened for signs/symptoms of COVID-19 prior to training and results will be recorded through google forms. This will include a temperature scan **Temps must be below 100.4 for participation on a given day.** Forms will be used for each group with the date and time of practice recorded and then will be maintained electronically. For those who commute via parental drop off, it would be advised that parents should wait until you have been cleared to participate. A "yes" response to any of the following questions will disqualify the student-athlete from participation for the day. **As an aside-athletes, if you know that you would have to answer "yes" to any of these questions, please stay home.** In that case, we strongly suggest you contact your primary care provider or other appropriate health care professional if you answer yes to any of the questions.

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5. Questions asked include:
 - a. Do you have a fever or chills?
 - b. Do you have a cough?
 - c. Do you have a sore throat?
 - d. Do you have shortness of breath or difficulty breathing?
 - e. Do you have nausea, vomiting or diarrhea?
 - f. Do you have a headache?
 - g. New or recent loss of taste or smell?
 - h. Do you have muscle or body aches?
 - i. Have you had close contact, or cared for someone with COVID-19 in the last 14 days?
 - j. Have you traveled to a COVID-19 hot spot in the last 14 days?

If a student is returning from exposure to COVID-19, they must be symptom free for 72 hours before returning to play. If a player has had respiratory illness and fever they will need written medical clearance to restart activity.

6. There will be a designated coach to be responsible for responding to COVID-19 concerns. This coach will not have a group to train, but will handle check ins, questions, and ensuring that all athletes are following protocols within their groups: 6ft apart, hydration breaks, sanitizing breaks, and enforcing masks before and after workouts.
7. In the event that an athlete comes to practice and has a fever of 100.4 and has attended previous workouts with their POD of 10 athletes, that POD of 10 athletes and the coach will be sent home to self-monitor for 72 hours and may return to practice if the individuals are symptom free. If an athlete comes in contact with a person outside of athletic training that has been confirmed for having COVID-19, the athlete will need to notify the coach of their POD or the Athletic Director and self monitor for 72 hours before returning to practice. The Athletic Director will immediately report this information to one of the school's COVID coordinators and in conjunction will issue communication to the families of that pod. As a precaution the POD that the athlete belongs to will also be sent home for 72 hours to self monitor before returning to workouts. Athletes that are sent home from the POD need to be free of fever (less than 100.4°F) AND respiratory symptoms (for example, cough, shortness of breath) for at least three days (72 hours) without the use of fever-reducing medicine. Athletes that have a symptom and/or experienced COVID are sent home for 14 days of workouts from when symptoms first appeared and are strongly encouraged to contact their physician.
8. Players and coaches should use hand sanitizer as they enter and leave the training facility and as they move from one training station to another training station.
9. No locker rooms will be available.
10. Weightroom will NOT be available.
11. All athletes, inside or out, will leave any bags, water bottles in a designated area with 6 feet between areas and may not go into anyone else's area. There are no longer bench areas for teams during breaks or rest time. These areas are all now 6ft apart spaces that are designated by cones throughout the facility for athletes to place water bottles and gym bags.
12. All athletes (indoor) will bring a personal filled water bottle and will only have access to touchless water bottle fillers located in the central lobbies. Athletes (outdoors) will have

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access to a touchless water trough and access to refill water bottles.

13. At this time, inside groups will be limited to:

a. Main Gym:

- i. Basketball - 2 people per basket-separate basketballs.
 1. 30 per training session, 3 pods of 10 athletes. (with social distancing)
- ii. Volleyball - 4 people per side on each court.
 1. Training - 30 per training session, 3 pods of 10 athletes. (with social distancing)

14. At this time, outside groups will be limited to:

a. Soccer Field: Up to 5 pods of 10 athletes each (with social distancing)

15. There must be a minimum of 6 feet between individuals as much as possible. This includes during drills and standing on the sidelines or bench area.

16. Student-athletes should wear their own clothing and have their own equipment and should not share. They may not share scrimmage vests. All personal clothing/towels and masks should be washed and cleaned after each workout by the student-athlete. Shirts are required at all times. Student-Athletes and coaches are encouraged to shower immediately when they get home and wash their practice clothes.

17. School issued equipment will be sanitized every day at the end of workouts.

18. All athletic equipment, including balls, should be cleaned prior to practice, intermittently during practice and after practice.

19. Hand sanitizer will be available and athletes and coaches will sanitize their hands before practice, after each break and at the end of practice. Coaches and student-athletes are encouraged to bring their own personal hand sanitizer.

20. Masks for coaches will be required and they will be encouraged for student-athletes during practice. Masks are required of student-athletes as they enter and leave all training facilities.

21. Unnecessary physical contact such as high fives, handshakes, fist bumps, and hugs are strongly discouraged.

22. No parents will be allowed to watch inside the building. Parents will be permitted to sit in their own car for outside sports, but not to be in the stadium or field areas.

23. Students will not be allowed into the non-training areas of the building. Athletes will be asked to leave the building or training facilities immediately after their session ends.

24. The gym doors will be propped open for less contact.

25. The gym floor will be cleaned and scrubbed daily in the morning before activities begin. Both entry and exit doors must be cleaned before entry and after leaving by coaches.

Each coach in charge will be responsible for:

- screening all assistant coaches and student-athletes in their program.
- overseeing social distancing.
- sanitizing equipment before, during and after all activities, as well as commonly touched areas.

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All coaches are responsible for complying with the above guidelines, preparing their particular sport guidelines which reflect the above guidelines and those sport specific to their activities which will be shared with all parents, student-athletes, and the Athletic Director prior to participation. **Specific sport guidelines may be more strict than the above guidelines but cannot be less strict.**

All training plans must be approved by the Director of Athletics before they are shared with student-athletes or families.

Stages of Return: Cristo Rey Jesuit and The Lake City Conference will consult with the local health department to determine when to progress to the next risk level safely. Continued consultation with the local health department should be used to determine when progression to the next risk level can be initiated.

Throughout the Phases all athletes must have completed the Consent Form and have it signed by a parent/guardian and have a completed Daily Participation Form with a temperature reading from the COVID-19 Athletic Administrator or Coach that day to participate.

High Risk Level - Drills that can be done during the High risk level to reduce exposure with social distancing or individually with no sharing of equipment or the ability to clean the equipment between use by teammates.

- Strength and conditioning
- Speed, Balance and agility drills
- Nutrition Education
- Individual Drills without sharing a ball
- Stretching and Flexibility

Moderate Risk Level - Drills that can be done during the Moderate risk level to reduce exposure, which involve close, sustained contact, with protective equipment in place that may reduce the likelihood of respiratory particle transmission between participants OR intermittent close contact OR group drills OR sports that use equipment that can be cleaned between participants.

- Strength and conditioning
- Speed, Balance and agility drills
- Nutrition Education
- Drills sharing a ball with maximum of 3 athletes with sanitizing breaks for athletes and equipment
- Walking through Defensive and offensive scenarios in group of 10
- Station Work
- Stretching and Flexibility

Low Risk Level - Drills that can be done during the Low risk level to reduce exposure, which involve close, sustained contact between participants, lack of significant protective barriers, and high probability that respiratory particles will be transmitted between participants.

- Strength and conditioning
- Speed, Balance and agility drills
- Nutrition Education

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- Full team Practice 10 in a group for Station Work
- Walking through Defensive and offensive scenarios
- Up to 5 v 5 scrimmages
- Stretching and Flexibility
- **With approval from School Administration and the Health Department:**
 - Intra-Squad Scrimmage
 - Game with consultation with health and school administration

Phase 1-FIRST DAY of FALL ATHLETICS *

- All protocols, processes, and procedures below are pending guidance from the City of Milwaukee: Moving MKE Forward Safely , DPI , WIAA and specific member school procedures. *As conditions allow and in concert with school administration, we would or would not advance to the next phase.*
- **Prior to arrival: All Athletes sign release form :**
[#1 & #2](#)
- **ArrivalScreening:**
 - Complete Google Form prior to arrival
 - All coaches and students will be screened for signs/symptoms of COVID-19 prior to each workout.
 - If anyone answers “YES” to any of the questions or has a temperature over 100.4 they will not be permitted on campus
 - Any person with positive symptoms reported will not be allowed to take part in workouts and should contact his or her primary care provider or other appropriate health-care professional.
 - Athletes that have a temperature of 100.4 degrees or higher will need to leave campus and talk to their doctor. The group of Athletes and Coaches with that Pod will need to leave campus and be symptom free for 3 consecutive days before returning to play or training.
 - Athletes will wear face covering when being checked into workouts and at the conclusion of workouts
- **Indoor facilities**
 - **Rules and Procedures**
 - Students will be placed in pods of 5-10 or less and rotate through various stations.**(the same 5-10 students always working out together)**
 - Maintain six feet of distance between persons
 - One point of entry and exit
 - Only one coach per session encouraged
 - No congregating in pairs/groups
 - No Locker Rooms (Athletes should arrive ready for activity with proper workout attire)
 - All students shall bring their own water bottle. Water bottles must not be shared.
 - There should be no shared athletic equipment (towels, clothing, shoes, or sports specific equipment) between students.
 - Face coverings are recommended when not engaged in vigorous activities
- **Outdoor facilities**
 - **Rules and Procedures**

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- Follow Phase # 1 rules and procedures
- **Sanitation and Prevention**
 - Athletes will use the provided CDC-approved hand sanitizer upon entry and exiting to any facility.
 - Staff will disinfect before, during, and after all training sessions and deep cleaning and sanitizing after hours.
 - Athletes will clean all weight room surfaces touched immediately after usage and before the next athlete uses the same piece of equipment.

Phase 2

- All protocols, processes, and procedures below are pending guidance from the City of Milwaukee: Moving MKE Forward Safely , DPI , WIAA and specific member school procedures. *As conditions allow and in concert with school administration, we would or would not advance to the next phase.*
- **All Athletes sign release form (See Phase 1)**
- **Arrival Screening (See Phase 1)**
- **Indoor facilities**
 - **Rules and Procedures**
 - Students will be placed in pods of 10 (increased from phase 1) or less and rotate through various stations.
 - Partner based and equipment can be shared (Max number in each group is 3).
 - When not directly participating in practices or partner activity, care should be taken to maintain a minimum distance of 3 to 6 feet between each individual
 - One point of entry and exit
 - Only one coach per session encouraged
 - No congregating in pairs/groups
 - No Locker Rooms (Athletes should arrive ready for activity with proper workout attire)
 - All students shall bring their own water bottle. Water bottles must not be shared.
 - All equipment must be sanitized after each session.
- **Outdoor facilities**
 - **Rules and Procedures**
 - Students will be placed in pods of 10 (increased from phase 1) or less and rotate through various stations.
 - Same as **phase 1** but will allow numbers to increase to 25. (NFHS allows 50. Max participants)
- **Sanitation and Prevention**
 - See Phase 1

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Phase 3

- All protocols, processes, and procedures below are pending guidance from the City of Milwaukee: Moving MKE Forward Safely , DPI , WIAA and specific member school procedures. *As conditions allow and in concert with school administration, we would or would not advance to the next phase.*
- **All Athletes sign release form (See Phase 1)**
- **ArrivalScreening (See Phase 1)**
- **Indoor facilities**
 - **Rules and Procedures**
 - Same as **phase 2** but will allow numbers to increase to 45.
- **Outdoor facilities**
 - **Rules and Procedures**
 - Gathering sizes of up to 45 individuals,(NFHS allows 50. Max participants)
 - When not directly participating in practices or contests, care should be taken to maintain a minimum distance of 3 to 6 feet between each individual.(Consider using tape or paint as a guide for students and coaches.)
 - **With approval from School Administration and the Health Department:**
 - Intra-Squad Scrimmage
 - Game with consultation with health and school administration
- **Sanitation and Prevention**
 - See Phase 1 & 2

Phase 4

- All protocols, processes, and procedures below are pending guidance from the City of Milwaukee: Moving MKE Forward Safely , DPI , WIAA and specific member school procedures. *As conditions allow and in concert with school administration, we would or would not advance to the next phase.*
- **All Athletes sign release form (See Phase 1)**
- **ArrivalScreening (See Phase 1)**
 - **Rules and Procedures**
 - Gathering sizes of up to 45 individuals,(NFHS allows 50. Max participants)
 - When not directly participating in practices or contests, care should be taken to maintain a minimum distance of 3 to 6 feet between each individual.(Consider using tape or paint as a guide for students and coaches.)
 - **With approval from School Administration and the Health Department:**
 - Intra-Squad Scrimmage
 - Game with consultation with health and school administration

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- **Sanitation and Prevention**
 - See Phase 1 & 2

Potential Competition Format:

At the time the Health Department deems it safe to move to a Low Risk Level of competition the Lake City Conference will continue to follow pre-participation and pre-game check-in protocols for each athlete for Phasing Protocols for COVID-19 and explore competition opportunities. For tracking purposes, and the acknowledgement and understanding that we CAN NOT eliminate the risk of COVID-19, we will follow the following guidelines for competitions. Each team will play the same team, home and away in the same week. Ex. Team A vs Team B and Team B vs Team A.

Competition Facilities

1. Players and coaches should abide by all pre screening protocols (see arrival screening above),
2. Players and coaches should use hand sanitizer as they enter and leave the competition facilities, and as athletes sub in and out of game situations.
3. Coaches will be required to wear masks at all times indoor and outdoor; athletes will need to wear masks for all activities conducted at indoors facilities and on the bench - masks are encouraged, but not required for athletes while participating in outdoor activities .
4. All athletes, inside or out, will leave any bags, water bottles in a designated area with 6 feet between areas and may not go into anyone else's area. There are no longer bench areas for teams during breaks or rest time. These areas are all now 6ft apart spaces that are designated specified markings throughout the facility for athletes to place water bottles and gym bags.
5. All athletes (indoor) will bring a personal filled water bottle and will only have access to touchless water bottle fillers located in the central lobbies. Athletes (outdoors) will have access to a touchless water trough and access to refill water bottles.

Social distancing during Contests/Events/Activities:

Sidelines/benches

1. Appropriate social distancing will need to be maintained on sidelines/bench during contests and events. Consider using tape or paint as a guide for students and coaches.
2. Who should be allowed at events? Group people into tiers from essential to non-essential and decide which tiers will be allowed at an event:
 - a. Tier 1 (Essential): Athletes, coaches, officials, event staff, medical staff, security
 - b. Tier 2 (Preferred): Media
 - c. Tier 3 (Non-essential): Spectators, vendors *Only Tier 1 and 2 personnel will be allowed to attend events until state/local health departments lift restrictions on mass gatherings.

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Transportation to events

Schools must consider social distancing requirements when scheduling contests and events for the fall. Social distancing (as required by state or local health departments) will need to be maintained on buses/vans. Thus, multiple buses/vans and/or parental/guardian transportation will likely be needed.

Coach will be responsible for:

- Tracking data; screening all assistant coaches and student-athletes in their program and providing data to host school of competition
- overseeing social distancing.
- sanitizing equipment before, during and after all activities, as well as commonly touched areas.