

Community Unit School District 300
Summer Athletic Camps Guidelines and Operations
COVID-19 IHSA Stage 1 - Conditioning/Reintegration
June 17 - July 3, 2020

As we look to begin Behind the Wheel under a Phase 3 reopening, we have developed the following procedures as derived from [IHSA Stage 1 of Return to Play](#) and the [Illinois Department of Commerce Youth Sports Guidelines](#) to provide a safe environment to do so.

Athletic Summer Camps, under a COVID-19 Phase 3 reopening, allows student athletics programs and activities to resume with strict social distancing and health and safety precautions. The Philosophy of Phase 3 summer camps is to provide students and coaches an opportunity to reconnect. It is an opportunity to transition back to athletics; however, it is not a full return to normal. Please note, it is perfectly appropriate for some coaches or athletes to continue preparing for their season at home via virtual meetings and personal workouts. Camps are optional for students and coaches.

NOTE: If a coach wants to run an in person session, they must follow the guidelines below. It is the sole responsibility of the coaches to adhere to all safety guidelines and requirements. Any deviation of these guidance, depending on severity, may result in disciplinary actions.

Session Parameters

Sessions will meet the following guidelines:

- Maintain social distance by being 6 feet apart;
- Wear masks when social distancing cannot be maintained;
- Follow gathering guidelines of groups of 10 or less including the coach and medical personnel;
- Pre-determine groups of 10 or less. Once groups are determined, students:
 - May not switch from one group to another based upon sport;
 - Participating in multiple sports for the year are encouraged to be grouped, for summer participation, in their fall sport.
- Provide first opportunity for participation to Seniors (class of 2021), followed by other varsity members as space and time allows;
- Avoid interaction between groups; and
- Implement diligent and effective cleaning and disinfecting of frequently touched objects and surfaces following the [CDC guidance](#).

Sessions can only include:

- Running; and
- Exercises designed to promote physical fitness.

Sessions may not include:

- Sport-specific drills;
- Sport-specific equipment;
- Free weight exercises that require a spotter and cannot honor social distancing norms.

Student Guidelines

Students must:

- Complete the appropriate registration form
 - [Dundee Crown Registration](#)
 - [Jacobs Registration](#)
 - [Hampshire Registration](#)
- Bring and use their own:
 - Fitness equipment;
 - Water bottle;
 - Shoes;
 - Towels; and
 - Other personal equipment, e.g., jump ropes, resistance bands, etc..
- NOT use:
 - Locker rooms;
 - Shared water coolers with cups; and
 - Water fountains.
- Wear a face mask when social distancing cannot be **maintained**;
- Maintain a distance of 6 feet from another person at all times;
- Wash their hands before and after participation; and
- Only use touchless drinking fountains.

Health and Hygiene Requirements

All coaches will be a D300 employee. No volunteer coaches will be allowed to participate prior to completing the necessary screening requirements.

All coaches will monitor their own health as follows:

- Follow the [On-Premise Guidance](#);
- Self-monitor against the [CDC symptom Checking / Screening](#);
- Perform temperature checks, as needed;
- Use telephonic medical resources to assist, if needed;
- Wear face coverings at all times;
- Follow hand hygiene instructions and/or wear gloves;
- Wipe down personal spaces;
- Follow high touch cleaning protocols to wipe down areas after use;
- Review the following health and safety training protocols:
 - [CDC-How to Protect Yourself and Others](#)
 - [KHD-Keeping your Workplace Safe from COVID-19](#)
 - [WHO-How to Wear a Mask](#)
 - https://www.youtube.com/watch?v=Yc_yKQryMIQ Consumer Reports (masks)
 - <https://www.youtube.com/watch?v=MNsJ-8wtqA8> Today Show (masks)
 - <https://www.youtube.com/watch?v=EQIyAOsltgo> Dr. Kumar (mask and gloves)
 - <https://www.youtube.com/watch?v=fbX0k6XJ0VU> Dr. Brad Thomas (masks)

All coaches will monitor student health as follows:

- Monitor athletes at the start of practice for temperature >100.4F with the [non-touch thermometers](#) and for [COVID-19 symptoms](#) (fevers, chills, cough, muscle aches, headache, sore throat, runny nose, nausea, vomiting, diarrhea, or loss of taste or smell);
- Complete and maintain a daily [Student Check In / Checkout Log](#) for every athletic session;
- Not allow students to participate in practice if they exhibit COVID-19 symptoms;
- Isolate students that are exhibiting symptoms;

- Symptomatic student(s) must stay under staff supervision while maintaining social distancing until picked up by a legal guardian.
- Refer students exhibiting symptoms to a physician for evaluation and testing.

Daily Cleaning Regimen

Coaches will:

- Sanitizes all shared fitness equipment **before and after use** with the district approved cleaning solution;
- Screen students upon arrival using the [Student Check In / Checkout Log](#);
- Ensure students wash hands throughout the session; and
- Have students use designated bathrooms that are more frequently cleaned.

Facilities Usage Parameters

Buildings will:

- Use outdoor facilities, whenever possible;
- Only use portions of the building that are essential for participation, i.e., locker rooms should not be used;
- Designate specific restrooms that will be used and cleaned during the sessions;
- Manage their own facility calendars specific to their hours of operation, construction projects and Title IX; and
- Follow the Daily Cleaning Regimen above.

FAQ

Can I charge for my summer camp?

-Not during Phase 3, upon Illinois moving to stage 4 and sport specific coaching may resume this option will be explored.

Will I be compensated?

-Not during Phase 3 as per IHSA no sport specific instruction shall be taking place. upon Illinois moving to stage 4 and sport specific coaching may resume this option will be explored.

If I work with a “pod” of 9 students may I work with another “pod” of students at another time.

-Yes, a coach may be allowed to work with a “pod” for a session and then another “pod” at another time of the day. Coaches cannot work with multiple pods simultaneously.

Example A: You **may work** with 9 students between 8-9 am and then another 9 students 9-10am.

Example B: You **can not** work with 9 students from 8:00-8:15 send the students to another station and work with a different 9 students from 8:15-8:30.

Can already graduating seniors come back and participate?

-No, Students who graduated are not longer D300 students and not eligible for participation

Will ATI services be available over the summer?

-There will not be ATI services over the summer. Emergency protocols shall be followed in case of an accident/injury.

Can we order a team lunch?

-No, to help limit the exposure of students they should not be having team meals.

Can we bring in awards to give to students (gatorade for a winner, trophy, etc.)?

No, we are trying to limit the sharing of items between people.

Can we order T-shirts?

-No we do not have the staff to be able to support getting T-shirts ordered and distribution

Can weight rooms be used?

-Not at this time. We cannot support the consistent cleaning of the variety of equipment that would need to take place

What should I do in case of an immediate accident/emergency?

-All COVID safety protocols must be followed; in the event the accident/emergency could cause significant harm, immediate student safety must take precedent.