

Community Unit School District 300
Summer Athletic Camps Guidelines and Operations
COVID-19 Illinois Phase 4 and IHSA Stage 2 - Summer Camps
July 6th-July 31st, 2020

As we look to begin Summer Camps under a Phase 4 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 4 reopening, allows student athletics programs and activities to resume with strict social distancing and health and safety precautions. The Philosophy of Phase 4 summer camps is to provide students and coaches an opportunity to prepare for their 2020-2021 season on beyond. Although we are one step closer to normal; 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 50 or less including the coach and medical personnel;
- Pre-determine groups of 50 or less.
- Avoid interaction between groups of 50;
- Implement diligent and effective cleaning and disinfecting of frequently touched objects and surfaces following the [CDC guidance](#).

Session Guidelines:

- Sport-specific drills;
- Sport-specific equipment;
- Coaches are encouraged to use a staged approach to build back up to full summer contact activity and competitions.
- Athletes who did not participate in Stage 1, are encouraged to follow the fall acclimatization schedule for any sport.
- Athletes should maintain their summer acclimatization schedule, per IHSA By-Law 3.157.
- There should be no shared athletic towels, clothing, or shoes between students.
- Hand sanitizer or hand washing stations should be plentiful at summer contact events.
- Athletic equipment such as bats, batting helmets and catchers gear should be cleaned between each use. Other equipment, such as hockey helmets/pads, wrestling wear guards, football helmets/other pads, lacrosse helmets/pads/gloves/eyewear should be worn by only one individual and not shared.
- Shared equipment such as athletic balls, thud pads, sleds should be cleaned frequently during practice and competitions.

- In Stage 2 spotters for weightlifting are allowed. Maximum lifts should be done only with power cages for squats and bench presses. Spotters should stand at each end of the bar.

Student Guidelines

Students must:

- Complete the appropriate registration process by registering in 8-18 and paying in the D300 webstore. [Click Here](#) for registration steps.
- 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 unless it is a no-touch water fountain.
- 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=EQlyAOsltgo> 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?

-Yes, at this point this should have already been communicated with your athletic director dates, times, ages and price. If you have not done so, you cannot charge for your summer camp but run a free open gym following all IHSA Stage 2 health and safety guidelines and students shall still complete registration for documentation purposes.

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.

Can a student participate in multiple sports camp if they are a multi-sport athlete?

-Yes, a student may participate in multiple athletic camps.

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 be ATI services over the summer. However there are limited number of service hours. Please work with your Athletic Director if you have specific athletic trainer needs. Emergency protocols shall still 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

Are we allowed to compete?

Are we allowed to travel outside of the state of Illinois to compete?

Are we allowed to hold camp within what was previously considered the "dead week"

-Although IHSA allows teams to practice during the dead week, D300 will not. The rationale is in the event of an outbreak during the last week of camp, it allows 14 days until the first day of school.

Can weight rooms be used?

-Yes. 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.

Can student volunteer in kid camps.

Sheila marching band