

# Indianapolis Metropolitan High School Return to Sports Plan

Start Date: July 6, 2020

The Indiana High School Athletic Association, Inc. continues to monitor daily the events and determinations surrounding the COVID-19 pandemic. As the State of Indiana tenders guidance regarding the reopening of our State, the Association parallels this management with the potential restart of high school sporting activities. As we begin to reopen our sports programs around the state, the requirements have been broken down into phases. Beginning on July 6, 2020 and with the approval of our local school board and/or Superintendent, IHSAA member schools may conduct athletic activities under the provisions of Rule 15-3 of the by-laws. Timelines of phases are subject to change based on guidance by authorities or local determination by the school administration.

## Preparation for all Phases

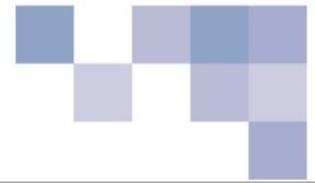
Prior to participation, all first-time student athletes are required to have an IHSAA pre-participation physical for the upcoming school year. Returning student athletes are not required to obtain a new IHSAA pre-participation physical, but should provide a [2020-21 IHSAA Health History Update Questionnaire and Consent & Release Certificate](#) prior to participation. If any of the questions on the questionnaire are answered in the affirmative, the student must have an updated physical on file prior to participation.

Prior to the opening of Phase 1, all coaching staff will be required to review and sign off on these procedures and participate in a walkthrough of the procedures with the Athletic Director.

## Phase 1 July 6- July 19 2020

Hours:

- Student athletes should be limited to 15 hours per week on campus.
- Individual student athletes are limited to 15 total hours of school contact activity per calendar week. (The Sunday Rule will be enforced)
- School contact activity includes conditioning and sport-specific activities.



- No sport may have more than two activity days per calendar week. Each sport must register their activity days in the office of the Athletic Director by July 2 or at least 10 days in advance. Sport-specific activity days may not occur on consecutive calendar days.
- Activity days are limited to three hours per day. (Six hours per calendar week.)
- Conditioning is limited to four days per week. Conditioning sessions may be held multiple times each day, each session limited to two hours. Student athletes may attend only one conditioning session per day.

Personal Protective Equipment (PPE):

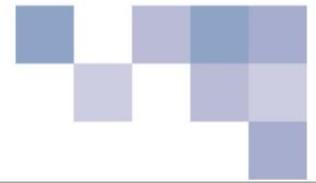
- Students, when not engaging in vigorous activity and when practical, are required to wear face coverings.
- Non-students, including coaches, medical-related staff, directors, security staff, supervisors, etc. are required to wear face coverings at all times unless under rigorous activity or poses a health risk

Pre- workout Screening performed by Coaches:

- All coaches and students should be screened for signs/symptoms of COVID-19 prior to a workout. Screening includes a no-contact temperature check.
- Responses to screening questions for each person should be recorded and stored so that there is a record of everyone present in case a student develops COVID-19.) [Here is the link to the form.](#) Forms will be stored in a designated bin inside the gym.
- Any person with positive symptoms reported should not be allowed to take part in workouts and should contact his or her primary care provider or other appropriate health-care professional. Coaches must report any suspected positive cases to the school administrator in charge who will report it to the Marion County Health Department and the [Indiana Department of Education's Return to School after Exclusion protocols](#) will be observed.
- Vulnerable individuals should not oversee or participate in any workouts during Phase 1.

Limitations on Gatherings:

- Gathering sizes should be decreased as much as possible to reduce risk. Workouts should be conducted in defined, smaller groups of students with the same students always together. Reduce gathering size by half capacity in large areas (weight room, band rooms, wrestling rooms, etc.).
- Locker rooms should not be utilized during Phase 1. Students should report to workouts in proper gear and immediately return home to shower at the end of the workout.
- Workouts should be conducted in "pods" of students with the same 5-10 students always working out together. Smaller pods can be utilized for weight training. This ensures more limited exposure if someone develops an infection.



- There must be a minimum distance of 6 feet between each individual at all times. If this is not possible indoors, then the maximum number of individuals in the room must be decreased until proper social distancing can occur.

Cleaning Protocol:

- Hard surfaces within the weight room and bathrooms will be cleaned by the Goodwill Janitorial crew following CDC protocols before each scheduled practice. PPE should be worn during cleaning.
- All Coaches will clean and disinfect any equipment used including balls, weight room surfaces or weights, etc after each use. PPE should be worn during cleaning.
- Individuals should wash their hands for a minimum of 20 seconds with warm water and soap before touching any surfaces or participating in workouts.
- Hand sanitizer should be plentiful and available to individuals as they transfer from place to place.
- Any equipment such as weight benches, athletic pads, etc. having holes with exposed foam should be covered.
- Students must be encouraged to shower and wash their workout clothing immediately upon returning to home.
- If athletic department staff do any laundry for students, PPE must be worn.
- Athletes will wash hands before participating and all shared equipment should be regularly cleaned.

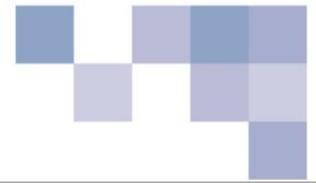
Physical Activity and Athletic Equipment:

- There should be no shared athletic equipment (towels, clothing, shoes, or sports specific equipment) between students.
- Resistance training should be emphasized as body weight, sub-maximal lifts and use of resistance bands.
- Free weight exercises that require a spotter cannot be conducted while honoring social distancing norms. Safety measures in all forms must be strictly enforced in the weight room.

Attire:

- Appropriate clothing/shoes should be worn at all times in the weight room to minimize sweat from transmitting onto equipment/surfaces.
- Students should wear their own appropriate workout clothing (do not share clothing) individual clothing/towels should be washed and cleaned after every workout.

Examples (including but not limited to):



- A basketball player can shoot with a ball(s), but a team should not practice/pass a single ball among the team where multiple players touch the same ball.
- A football player should not participate in team drills with a single ball that will be handed off or passed to other teammates.
- Contact with other players is not allowed, and there should be no sharing of tackling dummies/donuts/sleds.
- A volleyball player should not use a single ball that others touch or hit in any manner.
- Softball and baseball players should not share gloves, bats, or throw a single ball that will be tossed among the team. A single player may hit in cages, throw batting practice (with netting as backstop, no catcher). Prior to another athlete using the same balls, they should be collected and cleaned individually.
- Wrestlers may skill and drill without touching a teammate.
- Cheerleaders may not practice/perform partner stunts or building. (Chants, jumps, dances without contact are permissible.)
- Tennis players may do individual drills, wall volleys and serves.
- Runners should maintain the recommended 6 feet of distancing between individuals.

Hydration:

- All students shall bring their own water bottle. Water bottles must not be shared.
- Hydration stations (water cows, water trough, water fountains, etc.) should not be utilized.

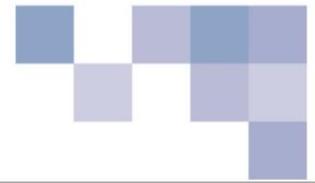
## Phase 2 July 20- Aug 15 2020

PPE:

- Any student who prefers to wear a face covering for activities should be allowed, if doing so will not cause a health risk.
- Students, when not engaging in vigorous activity and when practical, are required to wear face coverings.
- Non-students, including coaches, medical-related staff, directors, security staff, supervisors, etc. are required to wear face coverings.

Pre-Workout/Contest Screening:

- All coaches and students should be screened for signs/symptoms of COVID-19 prior to a workout. Screening includes a no-contact temperature check.
- Responses to screening questions for each person should be recorded and stored so that there is a record of everyone present in case a student develops COVID-19.) [Here is the link to the form.](#) Forms will be stored in a designated bin inside the gym.



- Any person with positive symptoms reported should not be allowed to take part in workouts and should contact his or her primary care provider or other appropriate health-care professional.
- Coaches must report any suspected positive cases to the school administrator in charge who will report it to the Marion County Health Department and the [Indiana Department of Education's Return to School after Exclusion protocols](#) will be observed.

#### Limitations on Gatherings:

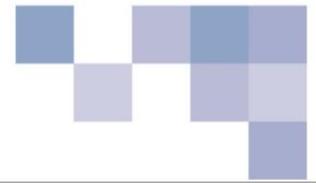
- If locker rooms or meeting rooms are used, 50 percent capacity is recommended.
- Gathering sizes should be decreased as much as possible to reduce risk.
- Workouts should be conducted in "pods" of students with the same 5-10 students always working out together. Smaller pods can be utilized for weight training. This ensures more limited exposure if someone develops an infection.
- Appropriate social distancing will need to be maintained on sidelines and benches during practices. Consider using tape or paint as a guide for students and coaches.

#### Cleaning Protocols:

- Hard surfaces within the weight room and bathrooms will be cleaned by the Goodwill Janitorial crew following CDC protocols before each scheduled practice. PPE should be worn during cleaning.
- All Coaches will clean and disinfect any equipment used including balls, weight room surfaces or weights, etc after each use. PPE should be worn during cleaning.
- Individuals should wash their hands for a minimum of 20 seconds with warm water and soap before touching any surfaces or participating in workouts.
- Hand sanitizer should be plentiful and available to individuals as they transfer from place to place.
- Appropriate clothing/shoes should be worn at all times in the weight room to minimize sweat from transmitting onto equipment/surfaces.
- Any equipment such as weight benches, athletic pads, etc. having holes with exposed foam should be covered.
- Students must be encouraged to shower and wash their workout clothing immediately upon returning to home.
- If athletic department staff do any laundry for students, PPE must be worn.

#### Physical Activity and Athletic Equipment:

- Lower risk sports practices and competitions may resume (see Potential Infection Risk by Sport below).
- Modified practices may begin for Moderate risk sports.
- There should be no shared athletic towels, clothing or shoes between students.



- Students should wear their own appropriate workout clothing (do not share clothing), and individual clothing/towels should be washed and cleaned after every workout
- All athletic equipment, including balls, should be cleaned intermittently during practices and contests by Athletic Director or Coach
- Hand sanitizer should be plentiful at all contests and practices.
- Athletic equipment such as bats, batting helmets and catchers gear should be cleaned between each use.
- Maximum lifts should be limited and power cages should be used for squats and bench presses. Spotters should stand at each end of the bar.

Hydration:

- All students shall bring their own water bottle. Water bottles must not be shared.
- Hydration stations (water cows, water trough, water fountains, etc.) should not be utilized.

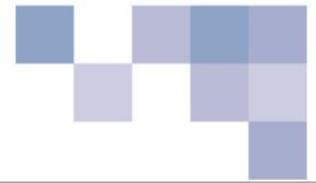
## Phase 3 August 15, 2020

PPE:

- Any student who prefers to wear a face covering for activities should be allowed, if doing so will not cause a health risk.
- Students, when not engaging in vigorous activity and when practical, are required to wear face coverings.
- Non-students, including coaches, medical-related staff, directors, security staff, supervisors, etc. are required to wear face covering.

Pre- Workout/Contest Screening

- All coaches and students should be screened for signs/symptoms of COVID-19 prior to a workout. Screening includes a no-contact temperature check.
- Responses to screening questions for each person should be recorded and stored so that there is a record of everyone present in case a student develops COVID-19.) [Here is the link to the form.](#) Forms will be stored in a designated bin inside the gym.
- Any person with positive symptoms reported should not be allowed to take part in workouts and should contact his or her primary care provider or other appropriate health-care professional.



- Coaches must report any suspected positive cases to the school administrator in charge who will report it to the Marion County Health Department and the [Indiana Department of Education's Return to School after Exclusion protocols](#) will be observed.
- Vulnerable individuals should not oversee or participate in any workouts during Phase 2.

#### Limitations on Gatherings:

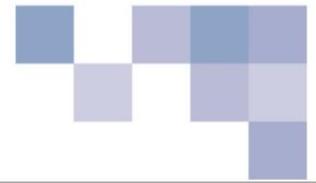
- If locker rooms or meeting rooms are used, 50 percent capacity is recommended.  
\*If the restriction to 50 percent capacity at competitive events creates hardship and impacts the hygiene or safety of students, a 50 percent or greater capacity is allowed.
- When not directly participating in practices 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.

#### Cleaning Protocol:

- Hard surfaces within the weight room and bathrooms will be cleaned by the Goodwill Janitorial crew following CDC protocols before each scheduled practice. PPE should be worn during cleaning.
- All Coaches will clean and disinfect any equipment used including balls, weight room surfaces or weights, etc after each use. PPE should be worn during cleaning.
- Individuals should wash their hands for a minimum of 20 seconds with warm water and soap before touching any surfaces or participating in workouts.
- Hand sanitizer should be plentiful and available to individuals as they transfer from place to place.
- Appropriate clothing/shoes should be worn at all times in the weight room to minimize sweat from transmitting onto equipment/surfaces.
- Any equipment such as weight benches, athletic pads, etc. having holes with exposed foam should be covered.
- Students must be encouraged to shower and wash their workout clothing immediately upon returning to home.
- If athletic department staff do any laundry for students, PPE must be worn.

#### Physical Activity and Athletic Equipment:

- Moderate risk sports practices and competitions may begin.
- There should be no shared athletic towels, clothing or shoes between students.
- Students should wear their own appropriate workout clothing (do not share clothing), and individual clothing/towels should be washed and cleaned after every workout.
- Hand sanitizer should be plentiful at all contests and practices.
- Athletic equipment such as bats, batting helmets and catchers gear should be cleaned between each use. Other equipment, such as hockey helmets/pads, wrestling ear guards, football



helmets/other pads, lacrosse helmets/pads/gloves/eyewear should be worn by only one individual and not shared.

- Maximum lifts should be limited and power cages should be used for squats and bench presses. Spotters should stand at each end of the bar.
- Modified\* practices may begin for Higher risk sports: \*Continue pre-practice screening as in Phases 1 and 2. Shower immediately after practices/contests. Re-assess epidemiology data and experiences in other states and other levels of competition to determine when Higher risk sports competition may resume.

#### Hydration:

- All students shall bring their own water bottle. Water bottles must not be shared.
- Hydration stations (water cows, water trough, water fountains, etc.) may be utilized but must be cleaned after every practice/contest by Athletic Director or Coach

## Contests

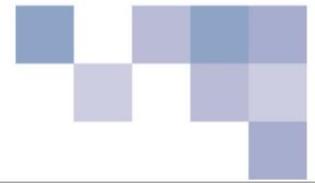
#### PPE:

- Any student who prefers to wear a face covering for activities should be allowed, if doing so will not cause a health risk.
- Students, when not engaging in vigorous activity and when practical, should wear face coverings.
- Non-students, including coaches, medical-related staff, directors, security staff, supervisors, and any other attendees including media and fans, must wear face coverings.

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 department) will need to be maintained on buses/vans. Thus, multiple buses/vans and/or parental/guardian transportation will likely be needed.

#### Social distancing during Contests/Events/Activities:

- Sidelines/benches: Appropriate social distancing will need to be maintained on sidelines/bench during contests and events. Tape or paint will be placed by the Athletic Director as a guide for students and coaches.
- The Athletic Director will work with the school administration to determine which tiers will be allowed at an event:
  - Tier 1 (Essential): Athletes, coaches, officials, event staff, medical staff, security.



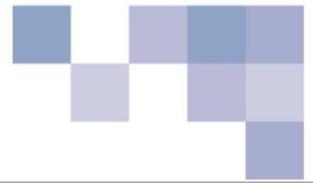
- Tier 2 (Preferred): Media
- Tier 3 (Non-essential): Spectators, vendors
- Only Tier 1 and 2 personnel will be allowed to attend events until state/local health departments lift restrictions on mass gatherings.

Considerations for Officials, Coaches, Other Personnel:

- Hygiene Basics:
  - Continue to practice good hygiene:
    - a. Wash your hands with soap and water or use hand sanitizer, especially after touching frequently used items or surfaces.
    - b. Avoid touching your face.
    - c. Sneeze or cough into a tissue, or the inside of your elbow.
    - d. Disinfect frequently used items and surfaces as much as possible.
    - e. Strongly consider using face coverings while in public, and particularly when using mass transit.
  - People who feel sick should stay home
    - a. Do not go to work or school.
    - b. Contact and follow the advice of your medical provider.
- Other Considerations
  - Wide availability of hand sanitizer at contests and practices.
  - Participants, coaches and officials should clean hands frequently.
  - Wiping down the ball and equipment frequently.
  - No pre-game and post-game handshakes/high-fives/fist bumps.
  - Officials and sideline volunteers should be given the option to wear face coverings (may use artificial noisemakers in place of whistle).
  - Athletic Department staff must wear PPE when laundering uniforms.
  - Concessions may be sold if food handlers and cashiers use appropriate PPE and only prepared, prepackaged food is available.

Appendix I: Potential Infection Risk by Sport (modified from United States Olympic and Paralympic Committee – Sports Medicine recommendations):

- Higher Risk: Sports that involve close, sustained contact between participants, lack of significant protective barriers, and high probability that respiratory particles will be transmitted between participants. Examples: Wrestling, football, boys lacrosse, competitive cheer, dance
- Moderate Risk: Sports that involve close, sustained contact, but with protective equipment in place that may reduce the likelihood of respiratory particle transmission between participants OR intermittent close contact OR group sports OR sports that use equipment that can't be cleaned between participants. Examples: Basketball, volleyball\*, baseball\*, softball\*, soccer, water polo, gymnastics\* (if equipment can't be sufficiently cleaned between competitors), ice



hockey, field hockey, tennis\*, swimming relays, pole vault\*, high jump\*, long jump\*, girls lacrosse, crew with two or more rowers in shell, 7 on 7 football \*Could potentially be considered “Lower Risk” with appropriate cleaning of equipment and use of masks by participants

- Lower Risk: Sports that can be done with social distancing or individually with no sharing of equipment or the ability to clean the equipment between use by competitors. Examples: Individual running events, throwing events (javelin, shot put, discus), individual swimming, golf, weightlifting, alpine skiing, sideline cheer, single sculling, cross country running (with staggered starts)