

Dear Indy Met Families,

We know that you are eager to learn more details about our plan for the return to school for the 20-21 year. Our schoolwide plan is anticipated to be shared late next week via School Messenger calls and emails and on our website. In the meantime, we are excited to announce that Athletics are resuming with athletes back on campus and working out starting on Monday, July 6, 2020!

The Summer Open Facility workouts are open to any students who attends Indy Met. Workouts during the summer follow the IHSAA Summer Open Facility policies under Rule 15-3 and participation is strictly voluntary. Even if you have not participated in sports before, you are invited to attend!

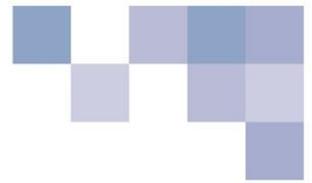
Indianapolis Metropolitan High School has prepared a three-phase plan for our return to sports and we want you to know what precautions will be taken to keep you safe and how these protocols will affect athletes. We are about to begin **Phase I** as indicated by the [Indiana Department of Education's Re-Entry Guidance](#). Once social distancing requirements are further relaxed, we will enter Phase II and communication will be provided to parents and athletes at that time. The full plan and the calendar for Summer Open Facility workouts is posted on our website at [www.indianapolismet.org/athletics](http://www.indianapolismet.org/athletics).

**COVID-19 Facts:** The virus that causes COVID-19 can infect people of all ages. However, some severe outcomes have been reported in children, and a child with a mild or even asymptomatic case of COVID-19 can spread the infection to others who may be far more vulnerable. The virus that causes COVID-19 can be spread to others by infected persons who have few or no symptoms. Because of the hidden nature of this threat, everyone should rigorously follow the practices specified in these protocols.

**Self Screening at Home:** Prior to arriving for workouts, athletes and coaches will self-screen for COVID-19 symptoms before coming onto campus. Any individual (coach or athlete) who experiences any symptom listed below will not be allowed to take part in workouts and should contact his or her primary care provider or other appropriate health-care professional. [Return to practice would need to follow the guidelines from the IDOE for return from exclusion.](#)

**Self-screen Symptoms:**

- Cough
- Chills
- Muscle pain
- Shortness of breath or difficulty breathing
- Repeated shaking with chills
- Headache



- Sore throat
- Loss of taste or smell
- Diarrhea
- Feeling feverish or a measured temperature greater than or equal to 100.0 degrees Fahrenheit
- Known close contact with a person who is lab confirmed to have COVID-19

**Phase 1: July 6-19, 2020**

To be eligible for participation in the Summer Open Facility program, students must have completed the [20-21 Pre-Participation Physical Evaluation & Consent Form](#). Returning student athletes are not required to obtain a new IHSAA pre-participation physical if their 19-20 form is on file, but should provide a [2020-21 IHSAA Health History Update Questionnaire and Consent & Release Certificate](#) prior to participation.

**Pre-Workout Procedures:**

- Students should complete self-screening as outlined above.
- All athletes should bring a mask with them; if they don't have one, Coach or AD will provide one for them.
- All athletes must bring their own water bottles. Water fountains will NOT be available and water bottles may not be shared.
- All Student Athletes will enter through Door 10 where they will be greeted by the Coach to begin the screening process before entering the gym:
  - Students will be asked screening questions.
  - Each student's temperature will be taken with a no contact thermometer
  - If a student shows any signs of COVID-19, they will need to leave the campus immediately and see a healthcare professional.

**During Workout Procedures:**

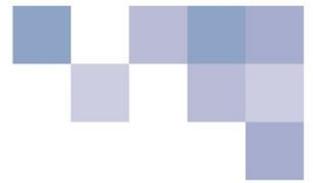
- Students should wear masks when not engaged in vigorous activity
- Students should keep 6 feet between themselves and others.
- All equipment must be cleaned after each use, including balls, weight room surfaces, etc.

**Post Workout Procedures:**

- Students will exit at Door 10 and should leave immediately after the conclusion of the practice.
- Students are asked to shower and wash their workout clothing immediately at home. Clothing



# INDIANAPOLIS METROPOLITAN HIGH SCHOOL



and towels may not be shared.

We are looking forward to getting back to some kind of normalcy in sports at Indianapolis Metropolitan High School and we will continue to provide information and updates to athletes and parents via School Messenger calls and emails and the website.

If you have any questions or concerns, please reach out to either of us with questions:

- Athletic Director James Turner - [james.turner@Indianapolismet.org](mailto:james.turner@Indianapolismet.org) or 317-414-2444
- Principal Christina Lear - [clear@indianapolismet.org](mailto:clear@indianapolismet.org) or 317-524-4000

With Puma Pride,

Ms. Lear and Mr. Turner