

## Summer Workouts - OUTDOORS

1. Coaches must submit practice plans and schedules to the principal to be approved.
  2. Principals need to submit the practice plan to Assistant Supervisor of Athletics for approval
  3. Practice plans must address:
    - ALL CONDITIONING WORKOUTS ARE OPTIONAL - no one will be penalized if they choose not to participate***
    - a. All participants must have a valid physical form on file at the school
    - b. Group size - no more than 15 (including the coaching staff). Two or more groups can meet at the same time on campus as long as the groups are distanced and the athletes and coaches stay within their cohort.
    - c. Coaches must place athletes in groups or 'cohorts' - those groups cannot change. Limits exposure to other students.
    - d. Address how they will implement social distancing during the workout - 6 feet minimum. Establish a 6-foot marking system to visually demonstrate the recommended social distancing.
    - e. Staff shall wear face coverings at all times
    - f. When feasible, students are to wear face coverings (before and after workouts) Students can remove face coverings when exercising if they stay 6 feet apart.
    - g. Students' attendance will be tracked each day. Parent/Student must sign Acknowledgement Statement regarding COVID-19
    - h. No sharing of equipment. No sports equipment will be used, i.e. footballs, soccer balls, etc.
    - i. Students are to bring their own water bottle, clearly labeled and stored in locations away from others. No sharing of water bottles
    - j. Parents/guardians are to limit interactions - drop-offs and pick-ups only.
    - k. Athletes who are sick from COVID-19 may not attend a practice or training until they are cleared for release from isolation according to CDC guidelines and cleared to return by a healthcare provider.
    - l. Any staff or youth athlete exposed to a person with a confirmed or probable case of COVID-19 may not attend the program until they have completed quarantine following CDC guidelines.
  4. At any time, the athletic director, school administrator, or central office administrator may attend a practice or workout session to ensure that all protocols are followed.
- Gathering limitations and cleaning to be enforced by school administration and coaching staff.

**General concept: Get in, Get out and complete essential training.**

Considerations:

1. Consider staggered practice and training times to minimize bottlenecks at entrances and exits of outdoor facilities.
2. Make hand sanitizer, disinfecting wipes, soap and water, or similar disinfectant readily available to parents/guardians, staff, and athletes, including at the entrance of the outdoor facility and at bathroom facilities.
3. Restrict team huddles, high fives, and handshakes or other close contact activities.
4. Communicate with parents or guardians, staff, and youth athletes on the measures taken for their comfort and on the shared responsibility to monitor their health and stay home if not feeling well.

[CDC- How to Protect Yourself and Others](#)

[Stop the Spread - Poster](#)

[CDC - Stop the Spread](#)

[Please wear face covering](#)

[Help Protect Yourself and Others in Public - Poster](#)

[Proper Use of Face Coverings](#)

[Symptoms - Poster](#)

[CDC - Help Protect Yourself and Others](#)

[Stay at Home if you are sick](#)

1. Coaches must submit practice plans and schedules to the principal to be approved.
2. Principals need to submit the practice plan to Assistant Supervisor of Athletics for approval
3. Practice plans must address:  
***ALL WEIGHT ROOM PRACTICES ARE OPTIONAL - no one will be penalized if they choose not to participate***
  - a. All participants must have a valid physical form on file at the school
  - b. Group size - no more than 10 (including the coaching staff)(CDC recommendation)
  - c. Coaches must place athletes in groups or 'cohorts' - those groups cannot change. Limits exposure to other students.
  - d. Address how they will implement social distancing during the workout - 6 feet minimum. Establish a 6-foot marking system to visually demonstrate the recommended social distancing.
  - e. Staff and students shall wear face coverings at all times while indoors.
  - f. Students' attendance will be tracked each day. Parent/Student must sign Acknowledgement Statement regarding COVID-19
  - g. Maintain at least 6 feet of separation as much as possible in areas that may lead to close contact (within 6 feet) among other people, such as weight rooms, group fitness studios, pools and saunas, courts and fields, walking/running tracks, locker rooms, check-in areas, parking lots, and routes of entry and exit.
  - h. Don't shake hands, give high-fives, do elbow bumps, or touch others because close contact increases the risk of acquiring COVID-19.
  - i. Ensure weight room equipment is clean and disinfected. Wipe down machines and equipment with disinfecting wipes and use hand sanitizer that contains at least 60% alcohol before using machines. [CDC - Cleaning and Disinfecting](#). All benches, weights, dumbbells, etc. must be disinfected after each use
  - j. Do not share items that cannot be cleaned, sanitized, or disinfected between use, such as resistance bands and weightlifting belts.
  - k. Limit weight training activities to those that do not require a spotter.
  - l. Wash your hands before adjusting your face cover.
  - m. Students are to bring their own water bottle, clearly labeled and stored in locations away from others. No sharing of water bottles
  - n. Parents/guardians are to limit interactions - drop-offs and pick-ups only.
  - o. Athletes who are sick from COVID-19 may not attend a practice or training until they are cleared for release from isolation according to CDC guidelines and cleared to return by a healthcare provider.
  - p. Any staff or youth athlete exposed to a person with a confirmed or probable case of COVID-19 may not attend the program until they have completed quarantine following CDC guidelines.
4. At any time, the athletic director, school administrator, or central office administrator may attend a practice or workout session to ensure that all protocols are followed.

- Gathering limitations and cleaning to be enforced by school administration and coaching staff.

**General concept: Get in, Get out and complete essential training.**

Considerations:

1. Consider establishing a 6-foot marking system to visually demonstrate the recommended social distancing.
2. Consider staggered practice and training times to minimize bottlenecks at entrances and exits of indoor facilities.
3. Make hand sanitizer, disinfecting wipes, soap and water, or similar disinfectant readily available to parents/guardians, staff, and athletes, including at the entrance of the outdoor facility and at bathroom facilities.
4. Communicate with parents or guardians, staff, and youth athletes on the measures taken for their comfort and on the shared responsibility to monitor their health and stay home if not feeling well. (COVID-19 Awareness document)

[CDC- How to Protect Yourself and Others](#)

[Stop the Spread - Poster](#)

[CDC - Stop the Spread](#)

[Please wear face covering](#)

[Help Protect Yourself and Others in Public - Poster](#)

[Symptoms - Poster](#)

[CDC - Help Protect Yourself and Others](#)

[Stay at Home if you are sick](#)

Summer Workouts  
(Cheerleading, Dance teams)

1. Coaches must submit practice plans and schedules to the principal to be approved.

2. Practice plans must address:

***ALL CONDITIONING PRACTICES ARE OPTIONAL - no one will be penalized if they choose not to participate***

- a. All participants must have a valid physical form on file at the school
- b. OUTDOOR Group size - no more than 15 (including the coaching staff). Two or more groups can meet at the same time on campus as long as the groups are distanced and the athletes and coaches stay within their cohort.
- c. INDOOR (weight room only) Group size - no more than 10 (including the coaching staff) All athletes and coaches need to stay within their cohort.
- d. Coaches must place athletes in groups or 'cohorts' - those groups cannot change. Limits exposure to other students.
- e. Address how they will implement social distancing during the workout - 6 feet minimum. Establish a 6-foot marking system to visually demonstrate the recommended social distancing.
- f. Staff shall wear face coverings at all times
- g. Staff and students shall wear face coverings at all times while INDOORS.
- h. When feasible, students are to wear face coverings (before and after workouts) Students can remove face coverings when exercising if they stay 6 feet apart while outside..
- i. Ensure weight room equipment is clean and disinfected. Wipe down machines and equipment with disinfecting wipes and use hand sanitizer that contains at least 60% alcohol before using machines. [CDC - Cleaning and Disinfecting](#). All weight room equipment, benches, dumbbells, etc. must be disinfected after each use.
- j. Do not share items that cannot be cleaned, sanitized, or disinfected between use, such as resistance bands, poms and weightlifting belts.
- k. Limit weight training activities to those that do not require a spotter.
- l. Students' attendance will be tracked each day. Parent/Student must sign Acknowledgement Statement regarding COVID-19
- m. No group or partner stunting, spotting for tumbling/jumps, close choreography, kick lines, are permitted. All must abide by the 6 feet social distancing.
- n. Students are to bring their own water bottle, clearly labeled and stored in locations away from others. No sharing of water bottles
- o. Parents/guardians are to limit interactions - drop-offs and pick-ups only.
- p. Athletes who are sick from COVID-19 may not attend a practice or training until they are cleared for release from isolation according to CDC guidelines and cleared to return by a healthcare provider.
- q. Any staff or youth athlete exposed to a person with a confirmed or probable case of COVID-19 may not attend the program until they have completed quarantine following CDC guidelines.

3. At any time, the athletic director, school administrator, or central office administrator may attend a practice or workout session to ensure that all protocols are followed.

- Gathering limitations and cleaning to be enforced by school administration and coaching staff.

**General concept: Get in, Get out and complete essential training.**

Considerations:

Consider staggered practice and training times to minimize bottlenecks at entrances and exits of outdoor facilities.

Make hand sanitizer, disinfecting wipes, soap and water, or similar disinfectant readily available to parents/guardians, staff, and athletes, including at the entrance of the outdoor facility and at bathroom facilities.

Restrict team huddles, high fives, and handshakes or other close contact activities.

Communicate with parents or guardians, staff, and youth athletes on the measures taken for their comfort and on the shared responsibility to monitor their health and stay home if not feeling well.

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**COVID-19 Awareness**

**Parent/Student-Athlete Participation Acknowledgement Statements**

I \_\_\_\_\_, the parent/guardian of \_\_\_\_\_, acknowledge that I have received information on all of the following:

- What you should know about COVID-19 to protect yourself and others
- Share facts about COVID-19
- Multisystem Inflammatory Syndrome in Children (MIS-C)
- COVID-19 Frequently Asked Questions from the Maryland State Health Department.

<https://coronavirus.maryland.gov/#FAQ>

I \_\_\_\_\_, the parent/guardian of \_\_\_\_\_, will follow the requirements for in-person attendance at any extracurricular athletic and activity event.

- I will not send my child to extracurricular athletic and activities if they are exhibiting any signs/symptoms of COVID 19 or have been exposed to someone with COVID 19 (or presumed to have COVID 19) in the past 14 days.
- I will review symptoms with my child and monitor my child's symptoms every day that my child attends in-person activities/events.
- If my child becomes ill during any in-person activity/event, I will ensure they are picked up promptly. I will follow-up with an authorized health care provider/health department and comply with recommended quarantine or isolation as directed. If my child is ill, I understand that a release to return to in-person activity from an authorized health care provider will be required.

**Signs and Symptoms of COVID-19:**

- |   |                           |                     |
|---|---------------------------|---------------------|
| * Fever (100.4°F or greater) or chills        | * Cough                   | *Diarrhea           |
| * Shortness of breath or difficulty breathing | * Fatigue                 | * Sore Throat       |
| * Muscle or body aches                        | *Headache                 | *Nausea or vomiting |
| * New loss of taste or smell                  | *Congestion or runny nose |                     |

Students must be free of fever without the use of fever reducing medications.

**Parent/Guardian** \_\_\_\_\_ **Parent/Guardian** \_\_\_\_\_

**Print Name**

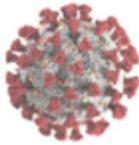
**Signature and Date**

**Student Athlete** \_\_\_\_\_ **Student Athlete** \_\_\_\_\_

**Print Name**

**Signature and Date**

# What you should know about COVID-19 to protect yourself and others



## Know about COVID-19

- Coronavirus (COVID-19) is an illness caused by a virus that can spread from person to person.
- The virus that causes COVID-19 is a new coronavirus that has spread throughout the world.
- COVID-19 symptoms can range from mild (or no symptoms) to severe illness.



## Know how COVID-19 is spread

- You can become infected by coming into close contact (about 6 feet or two arm lengths) with a person who has COVID-19. COVID-19 is primarily spread from person to person.
- You can become infected from respiratory droplets when an infected person coughs, sneezes, or talks.
- You may also be able to get it by touching a surface or object that has the virus on it, and then by touching your mouth, nose, or eyes.



## Protect yourself and others from COVID-19

- There is currently no vaccine to protect against COVID-19. The best way to protect yourself is to avoid being exposed to the virus that causes COVID-19.
- Stay home as much as possible and avoid close contact with others.
- Wear a cloth face covering that covers your nose and mouth in public settings.
- Clean and disinfect frequently touched surfaces.
- Wash your hands often with soap and water for at least 20 seconds, or use an alcohol-based hand sanitizer that contains at least 60% alcohol.



## Practice social distancing

- Buy groceries and medicine, go to the doctor, and complete banking activities online when possible.
- If you must go in person, stay at least 6 feet away from others and disinfect items you must touch.
- Get deliveries and takeout, and limit in-person contact as much as possible.



## Prevent the spread of COVID-19 if you are sick

- Stay home if you are sick, except to get medical care.
- Avoid public transportation, ride-sharing, or taxis.
- Separate yourself from other people and pets in your home.
- There is no specific treatment for COVID-19, but you can seek medical care to help relieve your symptoms.
- If you need medical attention, call ahead.



## Know your risk for severe illness

- Everyone is at risk of getting COVID-19.
- Older adults and people of any age who have serious underlying medical conditions may be at higher risk for more severe illness.



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[cdc.gov/coronavirus](https://cdc.gov/coronavirus)

# Share facts about COVID-19

Know the facts about coronavirus (COVID-19) and help stop the spread of rumors.

**FACT  
1**

Diseases can make anyone sick regardless of their race or ethnicity.

Fear and anxiety about COVID-19 can cause people to avoid or reject others even though they are not at risk for spreading the virus.

**FACT  
2**

For most people, the immediate risk of becoming seriously ill from the virus that causes COVID-19 is thought to be low.

Older adults and people of any age who have serious underlying medical conditions may be at higher risk for more serious complications from COVID-19.

**FACT  
3**

Someone who has completed quarantine or has been released from isolation does not pose a risk of infection to other people.

For up-to-date information, visit CDC's coronavirus disease 2019 web page.

**FACT  
4**

There are simple things you can do to help keep yourself and others healthy.

- Wash your hands often with soap and water for at least 20 seconds, especially after blowing your nose, coughing, or sneezing; going to the bathroom; and before eating or preparing food.
- When in public, wear a cloth face covering that covers your mouth and nose.
- Avoid touching your eyes, nose, and mouth with unwashed hands.
- Stay home when you are sick.
- Cover your cough or sneeze with a tissue, then throw the tissue in the trash.

**FACT  
5**

You can help stop COVID-19 by knowing the signs and symptoms, which can include:

- Fever
- Cough
- Shortness of breath

Seek medical attention immediately if you or someone you love has emergency warning signs, including:

- Trouble breathing
- Persistent pain or pressure in the chest
- New confusion or not able to be woken
- Bluish lips or face

This list is not all inclusive. Please consult your medical provider for any other symptoms that are severe or concerning.



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[cdc.gov/coronavirus](https://www.cdc.gov/coronavirus)



## Multisystem Inflammatory Syndrome in Children (MIS-C)

Updated May 20, 2020

MIS-C is a severe inflammatory syndrome where pediatric patients present with features similar to Kawasaki disease and toxic shock syndrome. The condition can cause problems with the heart and other organs and may result in hospitalization.

MIS-C appears to be rare and most children who get COVID-19 will not develop MIS-C, according to the Centers for Disease Control and Prevention (CDC). However, children with this syndrome may become seriously ill. If you have any concerns about your child's health, please call your child's doctor.

### What are the symptoms of MIS-C?

Symptoms of MIS-C might include persistent fever (temperature of 100.4 degrees F or 38.0 degrees C or greater), a rash or changes in skin color, red eyes or conjunctivitis, red cracked lips or red, bumpy tongue that looks like a strawberry, swollen hands and feet, abdominal pain or swollen lymph nodes.

### When should I get emergency care?

Call your child's doctor and [seek immediate care](#) if your child has:

- Persistent fever for several days
- Difficulty feeding (infants) or is too sick to drink fluids
- Severe abdominal pain, diarrhea or vomiting
- Dehydration with decreased frequency of urination
- Change in skin color or appearance — becoming pale, patchy or blue, swelling
- Trouble breathing, breathing is painful or breathing very quickly
- Racing heart or chest pain
- Acting unusually sleepy, dizzy or confused

If your child is severely ill, go to the nearest emergency room or call 911 immediately.

### Is MIS-C contagious?

MIS-C is not contagious, but it is possible that your child has COVID-19 or another infection that may be contagious.

### Is there a treatment for MIS-C?

Children with MIS-C are being treated with therapeutic medications to support the body's immune system and inflammatory response. Children may also receive medications to protect their heart, kidneys and other organs.

### How can I prevent my child from getting MIS-C?

You should take steps to prevent your child from being exposed to COVID-19. Stay home when you can, practice social distancing and wear a mask if you must go out and wash hands frequently. Children with underlying medical conditions can be at higher risk for poor outcomes of COVID-19.

For more information about COVID-19 in Maryland, visit [coronavirus.maryland.gov](https://coronavirus.maryland.gov).



