

## Practice Guidelines & Imperatives

**Purpose: To provide clear and explicit expectations of the mitigation strategies and procedures we will adhere to as a district athletic department.**

In accordance with the OCS D department of student services, the South Carolina High School League, the CDC, and DHEC, our athletic department will adhere to the following guidelines and imperatives for winter sports practices. Failure to adhere to these guidelines could result in the interruption and suspension of athletics.

- To successfully remain open for activities, everyone individually and collectively must actively participate in the core imperatives:
  - Self-isolation – if you are sick, stay home from practice.
  - Administer daily health screening of athletes, coaches, and staff by a health care professional or designated full-time district/school employee. If an individual answer YES to any of these questions, then they cannot participate on that day.
    - a. Fever at 100.0 or higher in the past 72 hours?
    - b. Cough, difficulty breathing, sore throat or new loss of taste or smell, vomiting or diarrhea?
    - c. Contact with a person known to be infected with COVID-19 within the previous 14 days?
    - d. Compromised immune system or chronic diseases that could be affected by the virus?
- Temperature screening will be done on each athlete, coach, and staff daily by a health care professional or designated full-time district/school employee. If temperature is 100.0 degrees Fahrenheit or higher, then that individual should not be allowed to stay on site. Keep readings confidential.
- Maintain minimum physical distancing of six feet between participants when not in active play. Face coverings are not substitutes for six feet physical distancing.
- Personal contact should be avoided amongst student-athletes, when possible. This includes but not limited to: handshakes, high fives, fist bumps, elbow bumps, chest-bumps, etc.
- Face coverings that completely cover the nose and mouth are required for everyone.
  - a. Athletes
    - i. Should wear a face covering when not actively participating in the sports activity.
    - ii. Face covering or masks should be worn in sports where the covering is not inhibitory.
    - iii. Face coverings should not be shared. Non-disposable face coverings should be cleaned and disinfected daily.

## b. Coaches and Staff

### i. Should always wear a face covering while on site.

- Athletic Training Rooms/Locker Rooms should be arranged to accommodate social distancing and an appropriate PPE should be worn while in these facilities.
- Student-athletes should wear practice gear to facilities, even if they need to place protective gear (warm-ups, etc.) on top.
- Basketballs or mats should be sanitized frequently throughout practice.
- Consider using multiple practice balls.
- When applicable, athletes, coaches and staff should remain with their assigned groups during daily workouts/practices to limit the number of people they come in contact with.
- Appropriate time is expected to be given between use of facilities to allow for thorough sanitation of the facility and equipment.
- Use of communal water devices is strongly discouraged and any non-disposable water bottles or cups are expected to be sanitized thoroughly before re-use. Best practice is for athletes to bring their own water. (Don't allow the sharing of bottles by squirting water or any sports drink in players' mouths.)
- Limit the number of athletes, coaches and staff allowed on campus each day to ensure that the facility can be cleaned thoroughly, and risk of transmission is reduced.
- Practice start and end times must be communicated in advance and kept on schedule to ensure student athletes have transportation properly scheduled and arranged.
- If there is to be a Huddle, participants should practice it with 6 feet separation between each other and face coverings worn. Consideration is given to the coach speaking, provided he/she is 6 feet apart from participants.
- Student-athletes are to leave the premises immediately after practice is over. Face coverings should be worn. Student-athletes that cannot do this, will not be able to participate.
- If coaches are speaking to each other, face coverings should be worn.
- If an administrator's/coach's meeting is required, social distancing should be used at all times and face coverings should be worn.
- All practices are closed to spectators.
- Ensure there are no unnecessary items left behind after practice so proper sanitizing and disinfecting can take place.

### **Other important general mitigation imperatives:**

- Wash hands frequently (20 seconds with soap and water or use of a sanitizer that contains at least 60% alcohol).
- Clean and disinfect frequently touched objects (e.g., keyboards, phones) and surfaces (e.g., handrails, workstations, sinks) or remove unnecessary frequently touched surfaces (e.g., trash can lid).
- Avoid touching of eyes, nose, and mouth with unwashed hands.