

Lake Dallas Guidelines Related to Athletic Activities

Scott Head, A.D., has appointed the head coach of each sport to be dedicated to ensuring health protocols are being successfully implemented and followed at LDHS and LDMS. They will follow all requirements of state and local authorities based on public health situations, recommendations from UIL, TEA, CDC and other federal guidelines.

Strength and Conditioning and Sport Specific Instruction:

Lake Dallas ISD Athletic personnel will continue to offer "Falcon Pride" as our summer workout program. We have implemented a detailed plan using guidance from the University Interscholastic League (UIL) prior to the start of any summer athletic camp. Measures initiated include temperature checks, social distancing, face coverings, hand sanitizing, personal water bottle use only, frequent sanitation of any equipment being handled, and daily sanitation of all camp facilities. For the purposes of summer workouts, we will require students, staff, to wear face coverings when entering and exiting facilities and practice areas, **and when not actively exercising**. Parents are asked not to attend workouts or remain in your vehicles. Students who are actively exercising may remove face coverings **as long as they maintain at least six feet of distance from other students and staff who are not wearing face coverings**. Students and staff must wear face coverings as they get into positions that allow them to maintain safe distancing.

If a student-athlete tests positive for COVID-19, the Denton County Health Department will be contacted. All identified close contacts, will be notified and a letter will be sent out requiring self-quarantine for the next 14 days. We will ask all athletes to watch for the following symptoms that may occur 2-14 days after the exposure:

- Feeling feverish or a measured temperature greater than or equal to 100.0 degrees
- Cough
- Shortness of breath or difficulty breathing
- Fatigue
- Muscle or body aches
- Headache
- Chills
- Shaking or exaggerated shivering
- New loss of taste or smell
- Sore throat
- Congestion or runny nose
- Diarrhea
- Nausea or vomiting

If an athlete feels ill or has a positive test, we are asking that you let your child's coach know, immediately. We will attempt to keep all students protected in every way possible. For more

information on what to do if your child is sick, please see the information sheet found on the district [Health Services page](#). (You should provide this form to your doctor)

Practices:

- All students will be required to have temperature taken by the head coach or assigned assistant and answer the screening questions before entering the lockerroom to get dressed for practice.
- Masks must be worn in the locker room at all times (unless the athlete is showering).
- There will be supervision in each locker room to insure athletes get in, get dressed and get out in a timely manner. No congregating will be allowed.
- Athletes must bring their own water bottle or canteen for practices. Label the container with the athletes name so it is not confused with other similar containers.
- **During practices that do not allow for social distancing, athletes are asked to wear a mask.**
- Full face shields will be available for purchase if a parent wants to purchase a face shield to be placed on their child's helmet, for football. Otherwise, the normal helmet will be issued without a face shield attached.
- After practices, athletes will be required to place their practice gear on their laundry strap, as they leave the locker room, the strap will be placed in the washing machine by the athlete, preventing anyone from having to handle dirty laundry. (Some sports may require the athlete to take practice gear home to be washed)
- Laundry that has been washed will be hanging in the athletes locker the next day upon their arrival.
- All practice equipment will be sprayed with a disinfectant after each practice by the assigned coach
- Athletic trainers will be available on the sidelines wearing masks and gloves in case blood needs to be cleaned and bandaged.
- Student athletic trainers **will not** be allowed to handle water bottles or provide towels to players. If a player needs a towel, he must bring his own and keep it with his water container.

- If there is an injury that occurs during practice, one of the ATs will evaluate the injury when it occurs on the field, the parent will be notified and referral to a physician will be made or a home exercise plan (HEP) will be provided.
- We will provide bands for the athlete to take home if he/she needs one for the HEP.
- Students **will not** be allowed to come in the athletic training room to rollout on foam rollers, stretch with bands, or use heat packs due to the small area and the contagious nature of COVID-19. Ice will be provided on the sidelines after practices.
- Athletic training rooms will be available by **appointments only** and will be made on an individual basis, (reserved mainly for athletes who have a serious injury or have had surgery and need formal rehab prescribed by a physician).
- All other rehab, that can be done from home, will be monitored and assisted on the sidelines/courtside if an athlete is unable to practice.
- Mask will be required at all times in the athletic training room
- Ankle braces will be provided, if available, to athletes with sprained ankle to prevent the need for taping.
- When taping is necessary, it will be done on the sidelines by an athletic trainer wearing a mask and athlete wearing a mask
- The following treatments will not be available in the athletic training room until further notice:
 - ★ Cold Whirlpools
 - ★ Warm Whirlpools
 - ★ Game Ready machine (except for prescribed by doctor for serious injuries or surgical patients)
 - ★ Ultrasound
 - ★ Electric Stimulation (unless the athlete has individual electrodes)
 - ★ Stretching bands and yoga mats
 - ★ Foamrollers
 - ★ Exercise bands
- Ice will be provided after practices, on the sidelines or courtside.
- Parents are asked to stay in their vehicles and not to be in the field house, sidelines or stands during practices.

Identifying Possible COVID-19 Cases during a practice session:

1. We will immediately separate any student who shows COVID-19 symptoms until the student can be picked up by a parent or guardian.
2. We will clean the areas used by the individual who shows COVID-19 symptoms (student, teacher, or staff) as soon as is feasible.
3. Students who report feeling feverish will be given an immediate temperature check to determine if they are symptomatic for COVID-19.

Games:

- Before each game, contest, or event, we will follow the screening protocols described above to screen all staff members, contractors, volunteers, sports officials, contest judges, and any individuals otherwise involved in working the event. These individuals should also self-screen as described in the screening protocol.
- We will have a temperature check and answer COVID-19 screening questions for all LD athletes prior to entering the locker room.
- Locker rooms will be monitored for: "Get in, get dressed, get out". No socializing or congregating.
- Masks will be worn in meeting rooms by coaches and athletes at all times that 6' social distancing is not possible. We will make hand sanitizer and disinfecting wipes readily available in these areas.
- When traveling to away games, there will be no more than two students per seat. Other travel arrangements can be made by the Head Coach of each sport.
- Hand sanitizer and wipes should be available on the bus and athletes should be allowed to enter from both the front and the back of the bus when loading.
- Athletes will provide their own water and container to be kept on the sideline near their seat they utilize when not playing. (Court side, or Offensive bench / Defensive bench).
- Athletic trainers will tape football players outside in an open area prior to football games. While waiting to be taped, players will social distance and wear a mask while being taped.
- Pregame and post-game gestures of sportsmanship will be conducted between teams and sports and contest officials in ways planned to help reduce the risk of spread of COVID-19.

- For Varsity football only, during timeouts on the field or when there is a 1st downs, cups of water will be provided to players who can not go to the sidelines for a drink, using the following protocol:
 - ★ One hydration station will be filled by an assigned athletic trainer #1 who will be wearing a mask and gloves. The hydration station will be blocked from all others by a plexiglass barricade and only touched by SATA#1. AT#1 will fill plastic cups and place them in a water cup tray that holds 15 cups.
 - ★ SATA#2 will be assigned to carry the water cup holder onto the field for timeouts and 1st downs. SATA#2 will be wearing gloves and a mask. Each player from the huddle will take one cup of water to drink. The cup will not be placed back in the tray after being touched by a player.
 - ★ SATA#3, wearing gloves and a mask, will carry a plastic trash liner onto the field where each empty water cup will be disposed of in the trash bag.
 - ★ Hand sanitizer and wipes will be provided on the sidelines for ATs, coaches and players who will be encouraged to use the supplies each time they come off of the field.
- There will be a treatment table on the sidelines to evaluate injuries and MedaCide or CDC-10 will be used to clean the surface each time a player gets off of the table prior to another evaluation..
- It is very important that players make the AT aware of possible injuries when they happen so after evaluation, an appointment can be scheduled if needed on Saturday morning.
- We will limit the number of students and staff given access to the playing areas and ensure protocols for entering and exiting the playing areas are in place. Personnel on the sidelines will be limited to necessary participants only. ATs, doctors, media, yearbook staff, etc. will be allowed on the sidelines but will be required to stay out of the box. Only the coaches, players, chain personnel, two ball boys, and 3 student athletic trainers will be allowed in the box. Everyone on the sidelines will be required to wear a mask.

Volleyball will follow the guidelines below:

- Teams will not change sides after each game. They will remain on the same side for the entire match:
 - ★ Home team chooses the side they want and their fans will be across the gym from the team or directly behind the team in the stands.

- ★ Visiting team gets to serve first - if there is a 5th game, the teams will flip to determine which team will serve.
- Warmup will last 7 minutes with 1 minute of serving. There will be no shared warmup time.
- Benches will be spread out and athletes will be allowed to stand behind the bench to better social distance.
 - ★ Coaches and support staff will be allowed to sit on the bench
 - ★ Athletes who are injured or have a need to sit will be allowed.
- All teams will be required to wear masks in the building and on the sidelines.
 - ★ Wearing a mask **during play** is left up to each team's schools policy.
 - ★ LDHS will wear gators or masks during play.
 - ★ Coaches, support staff, volunteers and Athletic Trainers will wear masks or gators at all times.
- Each team will bring their own balls
 - ★ Visiting teams will bring 2-3 game balls and their own warmup balls
 - ★ Home teams will provide 2-3 game balls for own team as well as warm up balls
 - ★ Home team will provide sanitation station at the end of each bench for the designated person on the team to sanitize the volleyballs
 - ★ Each team will designate an individual to clean the volleyballs between serves, games and matches. This individual must wear gloves and a mask.
- The home team will sanitize balls, net, poles, and floor at the conclusion of all matches.
- Introductions will be made from the endline of each side of the court to allow social distancing
 - ★ No moving off of the endline
 - ★ No shaking hands
- All fans will be required to answer the screening questions using the provided QR code
 - ★ Temperatures of fans will not be taken but should be self reported on symptom check
- Each team will be required to screen their own team
 - ★ Coaches will screen their team before they enter the locker room for home games.
 - ★ Visiting teams should screen their team prior to departing for a game
- Each player, coach and support staff will be required to bring their own water container and towel (if needed) for the game.
 - ★ Additional water may be purchased at the concession stand or filled at the water fill stations that are replacing the water fountains.
 - ★ There will not be water provided at the end of the bench.

- ★ Athletic Trainers will not provide towels for players ... they will need to bring their own towel from home and take it home to wash after the game.

All sports will abide by the following:

- Nobody will be allowed on the field or court after the game, including parents, siblings, girlfriends, boyfriends, previous players etc. All groups should remain distanced from one another (band, cheer, high steppers, etc)
- Interviews after the game will be conducted with face mask and 6' social distancing.
- No lingering after the game ends. All participants will be provided with entry and exit plans for contest areas that maintain separation from non-participants and fans. Individuals not essential to the team or group should not be given access to contest areas, performance areas, courts, or fields at all before, during, or after contests and events.
- After arriving home from the game, athletes will remove uniforms and place them in the laundry basket, all other clothing will be placed on laundry straps and deposit them in the washing machine in the same fashion as after practices, during the week.

For more detailed information concerning the UIL's recommendations for school districts, you may review the following link:

<https://www.uil texas.org/policy/covid-19/2020-2021-uil-covid-19-risk-mitigation-guidelines>