

Introduction & Acknowledgements:

-The Ohio High School Athletic Association will continue to work in collaboration with Governor DeWine, Lieutenant Governor Husted and the Ohio Department of Health to adhere to any and all state orders and/or recommendations.

-Each OHSAA member school's athletic department will operate with the approval of their school leadership in moving forward through any and all "Return to Play" guidance throughout the summer.

-The governmental leadership in the state of Ohio, or that of the school district, may halt or regress the phases described below if deemed necessary.

-The OHSAA believes it is essential to the physical and mental well-being of student-athletes in grades 7-12 to return to physical activity and build team relationships with their peers and coaches.

-Until there is a cure, vaccine, or effective treatment is readily available, social distancing and other preventative measures will be the 'new normal' during any aspect of sport in Ohio.

-“Vulnerable individuals” are defined by the Center for Disease Control (CDC) as people age 65 and older and others with serious underlying health conditions. These conditions include, but are not limited to: high blood pressure, chronic lung disease, diabetes, obesity, asthma, and those whose immune systems that are compromised by chemotherapy for cancer, and other conditions requiring such therapy.

-Due to the nature of the outbreak, there will be inequities due to geography within the state of Ohio. It is unlikely that all students will be able to return to- and sustain- athletic activity in all schools/communities at the same time. OHSAA's goal for this summer is to allow students to participate in scholastic athletics and activities in any and all situations where it can be done safely.

-Every school/program should start at **Phase One** of this program and remain there for at least 14 calendar days. If there is a downward/flat trajectory of documented cases within a 14-day period, a school may progress to **Phase Two**, where a new 14-day period of tracking of cases should begin. If there is another 14- day downward/flat trajectory of cases, schools may progress to **Phase Three**.

- Summer participation (starting May 26, 2020) in workouts/training sessions is voluntary and may not be used toward team or program selection.

RESOURCES

- Center for Disease Control and Prevention: <https://www.cdc.gov/>
- National Federation of State High School Associations (NFHS): <https://www.nfhs.org/>
- Ohio Department of Health-Covid-19 Site: <https://coronavirus.ohio.gov/wps/portal/gov/covid-19/home>
- Ohio Department of Health -Sector Specific Operating Requirements: <https://coronavirus.ohio.gov/wps/portal/gov/covid-19/responsible-restart-ohio/Sector-Specific-Operating-Requirements/>
- Ohio High School Athletic Association: <https://www.ohsaa.org/>

VOLUNTARY CONDITIONING, STRENGTH & SKILLS TRAINING FOR ALL ACTIVITIES

PHASE ONE

Pre-Workout/Contact Screening:

- Coaches & participants will do a self-symptom check before going to the training/practice session.
- All participants & coaches must complete the Covid-19 monitoring log before EACH session.
- Responses to screening questions will be recorded and stored for contact tracing purposes if a COVID-19 infection occurs.
- **Anyone with positive responses on the screening must stay home** and should contact their medical provider.
- Vulnerable individuals (as defined above) should not oversee or participate in any workouts during Phase One.
- Coaches must wear cloth face coverings during indoor instruction.
- Coaches may choose to not wear cloth face coverings during outdoor instruction, while maintaining a **6ft radius** spacing distance from others. (Note: The louder you are the more space you need.)
- Students will not be required to wear cloth face coverings during training.

Limitations on Gatherings:

- Locker rooms are closed during Phase One. Students report to workouts in proper gear and should immediately return home to shower at the end of the workout.
- Workouts are conducted in “pods” of students with the same 5-10 people (including coaches) always working out together.
- There is a minimum of a **6ft radius** spacing distance between individuals at all times. Coaches will designate space for each student to maintain this **6ft radius** spacing.
- No-touch rule is in effect. All individuals must avoid physical contact with others including high fives, huddles, or other close contact occurring before, during, and after sessions unless the contact is for the purpose of safety. *Scrimmages and games are not permitted.*
- Time will be allotted between sessions to allow groups to exit fields/facilities prior to new groups arriving.
- No congregation will occur before or after the training/practice session.
- No additional spectators are permitted.

Facilities Cleaning, Physical Activity & Equipment:

- Hard Surfaces, equipment and items related to the activity must be sanitized before, during and after every event. If equipment cannot be sanitized during the activity, only participants of a single team will use equipment and items related to the activity.
- Individuals will wash their hands for 20 seconds with warm water and soap or use hand sanitizer **before and after** touching any surfaces and/or participating in a session.
- Weight equipment will be wiped down thoroughly before and after each individual uses the equipment.
- Shirts and shoes are worn at all times.

- After each session students are encouraged to shower and wash their workout clothing/towels immediately upon returning home.
- There is no shared athletic equipment between students. (towels, clothing, shoes, or sport specific equipment)
- All athletic equipment, including balls, will be cleaned after each use and prior to the next workout. Include light switches, door handles, etc.
- Individual drills requiring the use of athletic equipment is permissible, but the equipment must be cleaned between use of each individual.
- All indoor facilities will be cleaned by maintenance daily.
- No sunflower seeds or spitting.
- No food in the training area.

Hydration:

- All students must bring their own water bottle. Absolutely no sharing!
- No open drinks or Hydration stations will be used. (water fountains, cups, etc.)

PHASE TWO

Pre-Workout/Contact Screening:

- Coaches & participants will do a self-symptom check before going to the training/practice session.
- All participants & coaches must complete the Covid-19 monitoring log before EACH session.
- Responses to screening questions will be recorded and stored for contact tracing purposes if a COVID-19 infection occurs.
- **Anyone with positive responses on the screening must stay home** and should contact their medical provider.
- Vulnerable individuals (as defined above) should not oversee or participate in any workouts during Phase Two.
- Coaches must wear cloth face coverings during indoor instruction.
- Coaches may choose to not wear cloth face coverings during outdoor instruction, while maintaining a **6ft radius** spacing distance from others. (Note: The louder you are the more space you need.)
- Students will not be required to wear cloth face coverings during training.

Limitations on Gatherings:

- Locker rooms **may** be used during Phase Two. If locker rooms or meeting rooms are used, there is a minimum of a **6 feet radius** spacing distance between individuals at all times.
- If Locker rooms are not used. Students report to workouts in proper gear and should immediately return home to shower at the end of the workout.
- Indoor sessions are conducted in “pods” of students with the same 5-10 people (including coaches) always working out together.

- There is a minimum of a **6ft radius** spacing distance between each individual at all times. Coaches will designate space for each player to maintain this **6ft radius** spacing. (Outdoor gatherings can increase to a maximum of 50 people provided 6ft radius spacing is maintained).
- No-touch rule is in effect. All individuals must avoid physical contact with others including high fives, huddles, or other close contact occurring before, during, and after sessions unless the contact is for the purpose of safety. *Scrimmages and games are not permitted.*
- Time will be allotted between sessions to allow groups to exit fields/facilities prior to new groups arriving.
- No congregation will occur before or after the training/practice session.
- No additional spectators are permitted.

Facilities Cleaning, Physical Activity & Equipment:

- Hard Surfaces, equipment and items related to the activity must be sanitized before, during and after every event. If equipment cannot be sanitized during the activity, only participants of a single team will use equipment and items related to the activity.
- Individuals will wash their hands for 20 seconds with warm water and soap or use hand sanitizer ***before and after*** touching any surfaces and/or participating in a session.
- Weight equipment will be wiped down thoroughly before and after each individual uses the equipment.
- Shirts and shoes are worn at all times.
- After each session students are encouraged to shower and wash their workout clothing/towels immediately upon returning home.
- There is no shared athletic equipment between students. (towels, clothing, shoes, or sport specific equipment)
- All athletic equipment, including balls, will be cleaned after each use and prior to the next workout. Include light switches, door handles, etc.
- Individual drills requiring the use of athletic equipment is permissible, but the equipment must be cleaned between use of each individual.
- All indoor facilities will be cleaned by maintenance daily.
- Lower risk sports practices may resume.
- Modified practices may begin for Moderate Risk sports/activities.
- No sunflower seeds or spitting.
- No food in the training area.

Hydration:

- All students must bring their own water bottle. Absolutely no sharing!
- No open drinks or Hydration stations will be used. (water fountains, cups, etc.)