



## **LONGVIEW ISD ATHLETIC DEPARTMENT**

**John King-Athletic Director/Head Football Coach**

P.O. Box 3268 Longview, TX 75606  
(903) 381-3950 FAX: (903) 663-2985

### **2020 SUMMER STRENGTH AND CONDITIONING & SKILLS TRAINING LONGVIEW ISD ATHLETICS**

Longview ISD Athletics is providing this document as an outline for the return of our student-athletes to in-person on campus training. The purpose of the guidelines set for on-campus summer activities are to help prevent workplace exposures to the coronavirus disease (COVID-19) for all student-athletes, coaches and staff. These guidelines are subject to daily review and change as more information becomes available.

The Longview ISD Summer guidelines were compiled with the assistance of the Longview ISD athletic administration, our Licensed Athletic Trainers, school nurses, head coaches and the guidelines of the University Interscholastic League. Longview ISD Athletics will continue to work closely with the UIL, campus administration, the State of Texas, Gregg County and the City of Longview to gain accurate information and make appropriate responses.

**Athletes and staff are expected to conduct themselves as if they are contagious.** The policies in our plan are designed to minimize the risk for all stakeholders. It is vital to the health and safety of everyone that our athletes and staff are conscious of this at all times and take responsibility of following these guidelines seriously.

#### **A. Key Principles**

- a. Limit personal interaction - person to person contact should only be for essential activities that cannot be performed in an alternative fashion (virtual or remote).
- b. Hygiene – handwashing and hand sanitizing will be emphasized before, during and after all activities.
- c. Cleaning and sanitation – routine cleaning will be implemented
- d. Access to facilities – Facility entry and exit points will be coordinated to minimize personal interaction and facilitate social distancing.
- e. Student to coach ratio – 15 to 1
- f. Athletes, coaches and staff will be screened daily
  - i. Daily symptoms Q&A
  - ii. Temperature check

#### **B. Sanitation**

- a. Disinfection and Sanitation
  - i. Longview ISD Athletic Maintenance and / or Southeast Service Corporation (SSC) custodians will be present and maintaining sanitization during summer conditioning and skills.
  - ii. Facility cleaning – Athletic facilities will be disinfected and sanitized per industry guidelines before, during and after each group. Emphasis will be placed on high touch surfaces and surfaces used by multiple student-athletes, disinfecting between users. (Check list for custodians and staff)

- iii. Spray bottles and paper towels will be at each weight station for athletes and coaches to spray and wipe down bars.
- iv. Skills equipment will be cleaned and disinfected between groups
- b. Athletes and Staff
  - i. Athletes and staff will sanitize their hands before, during and after workout. Multiple handwashing and hand sanitizing stations will be spread out in all areas of conditioning, weight training and skills training.
  - ii. Physical contact such as hand shaking, high fives, hugs, fist bumps and back slaps will not be permitted.
  - iii. Social distancing guidelines
    - 1. 6 feet when not actively exercising
    - 2. 10 feet when actively exercising.
  - iv. Masks or face coverings are recommended when not actively exercising, but are not mandatory. Athletes are encouraged to wear face coverings while spotting in the weight room.

#### C. Student Athlete Requirements

- a. Athletes will check in and complete screening process each day before being allowed to participate.
- b. Athletes will stay home if they answer “YES” to any screening questions or do not feel well.
- c. Athletes should maintain social distancing guidelines at all times.
  - i. Check in
  - ii. Weight groups
  - iii. Lift Groups
  - iv. Common areas
- d. Athletes will park or be dropped off / picked up at their designated areas.
  - i. Female athletes will park in the upper coliseum parking lot
  - ii. Male athletes will park in the student parking lot
  - iii. Drop offs and pick-ups will be in the Lobo Circle located between the softball field and the main building or under the breezeway.
  - iv. (see map attached for all parking areas and entrances)
- e. Athletes should limit physical contact with others. No hand shaking, high fives, hugs, fist bumps and back slaps will be permitted.
- f. Athletes should use hand washing and hand sanitizing stations before entering the facility, after workouts / skill sessions and before receiving meal for Longview ISD Food Service.
  - i. Restroom access will require the “one in; one out” model. Athletes should sanitize their hands before exiting restroom.
- g. Athletes will be required to provide their own individual hydration bottle. Bottles should be labeled with athletes name and hydration bottles are not to be shared.
- h. Athletes will be required to come dressed in appropriate attire for workouts. Locker rooms will not be available. Workout clothes and towels cannot be provided nor laundered.
- i. Athletes are encouraged to bring a draw string back pack (labeled) to store personal items such as footwear, hydration bottle, face masks, etc.
- j. Athletes are required to have a medical history form and physical exam on file with the Longview ISD Athletic Training Staff.
  - i. Athletes that do not have documents on file, must provide them before being cleared for workouts

#### D. Longview ISD Staff Requirements

- a. Staff will check in and complete screen process daily. (LAT conduct screening)
- b. Staff will stay home if they answer “YES to any screening questions or do not feel well.
- c. Staff should maintain social distancing guidelines at all times.
- d. Staff should use hand washing and hand sanitizing stations before entering the facility and after workouts / skill sessions.
- e. Staff will be required to bring their own labeled water bottle.

- E. Daily Check-In / Screening Process for athletes and coaches
- a. An on-line form will be provided for student-athletes to complete the check in process prior to leaving home. The form is located on the LISD Athletic Webpage. <https://w3.lisd.org/athletics/> Athletes without access to the google form or fail to check in on-line will be screened upon arrival and checked in by athletic staff.
  - b. Athletes should plan to arrive 30 minutes prior to training / skills session for screening.
  - c. Screening Locations for athletes
    - i. Male athletes – Longview HS turf room
    - ii. Female athletes – Lobo Coliseum (upper level)
  - d. BEFORE arriving to facility – Athletes should self-screen for any symptoms of COVID-19. If a student answers “YES” to any question they should stay at home and call their coach to let them know.
    - i. Screening Questions
      1. Any contact with person who is / was positive for COVID-19 or
      2. New or worsening cough or shortness of breath / difficulty breathing; or
      3. Fever (subjective or >100): or
      4. Two or more of: chills, muscle pain, headache, sore throat, loss of taste / smell, diarrhea.
  - e. **Temperature check will be mandatory on entry to screening check point. Temperature check points will be staffed by coaches and athletic trainers wearing PPE.**
  - f. Hand washing and hand sanitizing stations will be set up outside check point areas. All student athletes should sanitize their hands prior to entering facility.
- F. Entry Procedures to Check In Station
- a. All student-athletes are required to enter facilities via entrance predetermined by athletic staff. Parking will be assigned for each group to minimize interaction when student athletes are arriving and departing.
  - b. Athletes should practice social distancing guidelines while waiting to be screened for check in.
  - c. Female athletes will enter at upper coliseum between coliseum and PE gym
  - d. Male athletes will enter at LHS Turf Room on the south side of building near the SRO office / Elevator.
  - e. **Parents must stay in their cars during drop off / pick up process.**
- G. Exit Procedures
- a. Athletes must exit route predetermined in their group and learned during orientation of Summer S&C Guidelines.
  - b. Athletes must sanitize their hands when they exit the facility.
  - c. Athletes should practice social distancing guidelines and avoid contact with other athletes / coaches when exiting the facility.
  - d. **Parents must stay in their cars during drop off / pick up process.**
- H. Controlled groups for S&C / Skills
- a. LISD Staff will coordinate workout groups and skills groups for athletes. Athletes will remain with their controlled group for all activities – indoors / outdoors.
  - b. When an athletes develops symptoms for COVID-19, all athletes in that controlled groups will be removed until the athlete is cleared.
  - c. Indoor capacity – 25% of building occupancy
  - d. Indoor groups will be limited to no more than 10 athletes. Groups must stay 10 feet apart from other groups.
  - e. Outdoor groups will be limited to no more than 15 athletes. Groups must stay 10 feet apart from other groups.

I. Work-out Procedures / Policies

a. Workout sessions will be as follows:

Time	Male athletes (grades 7-12)	Female athletes (grades 7-12)
8:00am	Training	Sport Specific Skills
	Indoor / outdoor activity	(one hour limit per day)
10:00am	Sport Specific Skills	Training
	(one hour limit per day)	Indoor / outdoor activity
5:00pm	**By request of athlete**	**By request of athlete**
	**Request must be communicated / approved through Group coach**	

b. Scheduled work out days

- i. Grades 9-12 fall of 2020 - Monday, Tuesday, Thursday and Friday
- ii. Grades 7-8 fall of 2020 – Monday, Tuesday and Thursday

**1. Middle School Athletes in grades 7-8 for fall of 2020 will begin the Summer S&C program on Monday, June 15<sup>th</sup>.**

c. Dead Dates for no activity at LISD facilities

- i. July 3<sup>rd</sup>
- ii. July 7<sup>th</sup> and 8<sup>th</sup>
- iii. July 20<sup>th</sup> and 21<sup>st</sup>

d. Athletes and staff will sanitize their hands before, during and after workout. Multiple hand sanitizing stations will be accessible for training sessions and skill sessions.

e. Athletes and staff should maintain proper social distancing guidelines at all times.

f. Weight Room:

- i. Spotting is allowed but recommended that the spotter cover their mouth and nose with a cloth face covering.
- ii. Weight equipment and high touch surfaces will be disinfected between groups.

g. S&C / Sport Specific Skills Development

- i. Athletes may attend only one 2 hour training session per day.
- ii. Athletes may attend only 90 min / day of skill specific training with no more than 60 minutes in one sport per day.
  - 1. Multi-sport athletes can divide their time between sports up to 90 minutes per day.
- iii. Sport specific skills can use sports equipment but contact equipment is not allowed.
- iv. Equipment and high touch surfaces will be disinfected between groups.
- v. No competitive drills are allowed – Offense vs Defense
  - 1. 1 on 1 / 3 on 3 / 7 on 7 etc.

J. Positive Cases and Staff or Students Showing COVID-19 Symptoms

a. Cases of COVID-19 symptoms or positive test will be managed by Longview ISD Athletic Administration, Longview ISD Athletic Trainers and Longview ISD Assistant Superintendent for Pupil Services, Dennis Williams. Management will include testing, isolation and symptom management as well as clearance to return to summer program.

b. If a **positive case** is identified among a participant in these summer activities, either staff or student, the group to which that staff or student was assigned and in contact with must be removed from the sessions while all members of the group self-isolate. If the confirmed individual regularly had close contact outside a single group, then all of the students and staff with whom the confirmed individual had close contact shall be removed from workouts for two weeks.

- i. Schools should consider having students remain with a single group or cohort to minimize the number of students and staff that must isolate if a case is confirmed.
    - ii. For example: If a student in one cohort tests positive for COVID, the student and that one cohort must isolate. If that student was part of several cohorts, then the student and all of the cohorts they were a member of would have to isolate.
  - c. Any staff member or student who experiences any of the symptoms of COVID (listed below) should self-isolate until the below conditions have been met.
    - i. In the case of an individual who was diagnosed with COVID-19, the individual may visit when all three of the following criteria are met: at least three days (72 hours) have passed since recovery (resolution of fever without the use of fever-reducing medications); and the individual has improvement in respiratory symptoms (e.g., cough, shortness of breath); and at least ten days have passed since symptoms first appeared; or
    - ii. In the case of an individual who has symptoms that could be COVID-19 and does not get evaluated by a medical professional or tested for COVID-19, the individual is assumed to have COVID-19, and the individual may not return to work until the individual has completed the same three-step criteria listed above; or
    - iii. If the individual has symptoms that could be COVID-19 and wants to return to work before completing the above self-isolation period, the individual must obtain a medical professional's note clearing the individual for return based on an alternative diagnosis.
  - d. Any student or staff member living with someone who experiences any of the symptoms of COVID, whether they have a positive COVID test or not, should self-isolate for two weeks. If they do not experience any COVID symptoms during that period, they can return to summer workouts. If they experience symptoms, they must self-isolate until the conditions outlined above have been met.

#### K. Parent / Guardian Communication Plan

- a. The COVID-19 pandemic has placed our school district in unprecedented times. We are currently in a "fluid" situation that is subject to daily review and change from Longview ISD Administration, local health authorities and local / state government.
- b. Information regarding the Summer S&C Guidelines will be provided to parents / guardians and student-athletes by virtual meetings, emails and the Longview ISD website.
- c. Coaches will educate athletes and parents via zoom meetings before day 1 of summer program.

#### L. Preparing Facilities

- a. Longview ISD will have sanitation supplies delivered, installed and placed in predetermined locations.
- b. Trash cans will be placed strategically for paper towel use.
- c. Produce and install social distancing signs, rest room signs, and hand washing signs.
- d. Produce and install check in signs.
- e. Hand washing and hand sanitizing stations will be set up to accommodate indoor and outdoor activities.
- f. Longview ISD Athletic Maintenance and / or Southeast Service Corporation (SSC) will disinfect and sanitize work-out facilities before and after each work-out group.

#### M. Preparing Staff

- a. All Longview ISD head coaches and athletic staff will meet with Longview ISD Athletic Director and Athletic Trainers to be trained on procedures and protocols for summer program.
- b. Longview ISD athletic staff will be screened for COVID-19 symptoms prior to June 8<sup>th</sup> start date.
- c. Longview ISD athletic staff will group athletes based on gender, sport(s), skill level and confirmation of summer participation from athlete.
- d. Longview ISD Athletic Administration will assign job descriptions for check in procedures and work-out groups



# LONGVIEW LOBOS

## STRENGTH & CONDITIONING



*Summertime drop-off and pick-up locations*



These guidelines are subject to daily review and change as more information becomes available.