



Archuleta School District 50 JT

Pagosa Springs High School & Middle School

STAGE 2

Activity General Guidelines



OVERVIEW:

- **All off-season participation is strictly voluntary.**
- Reassessment will occur when new guidelines are released by the state and/or upon the 2 week conclusion of Stage 2. **All dates and procedures below are subject to change, contingent on keeping the spread of COVID-19 at a manageable level in our community.**
- If at any given time an athlete/coach has tested positive for COVID-19, the San Juan Basin Public Health Department will follow-up with the family and determine next steps. All workouts for the associated sport(s) will cease until further direction is provided by the ASD Administration.
- Guidelines below were taken from the CHSAA/NFHS guidelines for safe “Return to Conditioning – Return to Play” procedures and follow the guidelines set forth by San Juan Basin Public Health, NFHS, SMAC (Sports Medicine Committee), the June 1 and June 5 Executive Orders by Governor Polis, and the recommendations listed on the website of the Colorado Department of Health & Environment.

PREWORKOUT SCREENING:

- Face coverings are required indoors for both coaches and participants (face coverings may be removed while performing high intensity exercises that make wearing a face covering not practical or safe, but need to be worn all other times).
 - Coaches and participants must provide their own masks. Any masks left behind at the school facility will immediately be discarded.
- Coaches and participants will be screened prior to each session using the NFHS Coach Monitoring Checklist (temperature checks, COVID-19 general health questions).
 - If a participant has symptoms or answers yes, coaches will contact parents and the student will not be allowed to participate or stay for the activity. Coaches should contact Marcie Ham (PSHS AD) or Josh Sanchez (PSMS AD) when this occurs. The district ADs will reach out to the families to provide current formal guidance from San Juan Basin Public Health and resources around testing as appropriate.
 - This will assist at contact tracing during Stage 2.
 - Attendance will be taken and kept on file, for all sessions.
 - Each participant will receive a copy of the COVID-19 Warning page (one time during summer practices.)
 - **Athletes who are late and miss screening will not participate that day and must leave the premises.**

LIMITATIONS ON GATHERINGS:

- Indoors and outdoors there may be up to 25 participants (excluding coaches) in the area doing the same activity. Participants will then be divided into pods of up to 10 participants within the 25 total.
- Spectators (parents, media, non-participating students, etc.) or non-essential individuals will not be allowed to attend or observe sessions, including any unapproved “volunteer coaches”.
- A participant can only be a part of two different pods (if they play multiple sports) and need to stay in the same pods for the duration of Stage 2.
- A sport may only practice two times per week.
- The weight room is an exception and will be limited to 10 participants (excluding coaches) at any given time.
- Social distancing per local health agency guidelines must be adhered to during all sessions.
 - Minimum distance of 6 feet between participants at all times.
 - Minimum distance of 20 feet between pods.



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FACILITIES, EQUIPMENT & SANITATION:

- Signage will be displayed in highly-visible areas that emphasizes the risk of COVID-19
- At PSHS, coaches and participants enter through the main entrance each day and will exit through the commons exit by the kitchen. At PSMS, coaches and participants should enter through the doors on 4th Street and exit through the foyer doors on Lewis Street. Mingling is discouraged by anyone.
- All participants must have a personal water bottle. No team jugs or water fountains may be used. Water fountains will be covered.
- No use of locker rooms or shower facilities. Coaches and participants should report to sessions dressed to participate and immediately depart after training.
- Use of restrooms will be limited to one student at-a-time with mandatory handwashing.
- Restrooms and floors will be sanitized daily by custodians.
- All other areas will be sanitized by the coach prior to participants entering and again after participants exit.
- All participants and staff will wash hands both prior to and after the activity.
- There will be no shared athletic towels, clothing, or shoes between students.
- Students will wear their own appropriate workout clothing (do not share clothing), and individual clothing/towels will be washed and cleaned after every workout.
- All athletic equipment, including balls, will be cleaned between practices.
- Hand sanitizer will be plentiful at all practices.
- Athletic equipment such as bats, batting helmets and catchers gear will be cleaned between each use.
- Access will be limited to parts of the building that are necessary. Only the single restrooms across from the weight room and the commons restrooms will be used during Stage 2 at the high school. Only restrooms in the foyer will be used at the middle school. NO LOCKER ROOM access in Stage 2.
- Sessions should not be scheduled with outside groups. It is important that the school environment remain controlled and monitored.

POST WORKOUT:

- Workout area will be cleaned up of all belongings and trash.
- Athletes MUST take any item brought in, out of the area. (bottles, clothing, etc.)
- Students will wash hands on the way out of the exit while maintaining social distancing.
- Coaches/ Sponsor will assure that all participants leave the premises in a timely manner.
- Upon return home, participants are encouraged to shower and wash workout clothes immediately.

WEIGHT ROOM SPECIFIC GUIDELINES

- One user per station.
- Safety bars for weight training are recommended during a weight training session in order to meet all social distancing guidelines.
- Weight room equipment will be wiped down between each participant's use and the entire area will be sanitized by the coach after the group is finished.
- Exercises that require a spotter will not be allowed.

On June 25, administrators will meet with head coaches to review guidelines & address any questions or concerns. Head coaches will be required to add sessions to the master schedule at least 3 days prior to the session. Head coaches are responsible for the thermometers, assistant coaches, & maintaining accurate records outlined in the guidelines above.