

Rockcastle County Schools
Covid 19 Return to Participation in Sports Plan
Update 6/12/2020

ACTIVITY CANNOT BE MANDATORY OF ANY INDIVIDUAL AND ATTENDANCE CANNOT BE USED AS A CRITERION FOR FUTURE TEAM MEMBERSHIP.

General Expectations:

Facilities Cleaning:

- Prior to an individual or groups of individuals entering a facility, hard surfaces within that facility will be wiped down and sanitized (chairs, furniture in meeting rooms, weight room equipment, bathrooms, athletic training room tables, etc.).
- Individuals shall wash their hands for a minimum of 20 seconds with warm water and soap or hand sanitizer before touching any surfaces or participating in workouts.
- Hand sanitizer shall be plentiful and available to individuals as they transfer from place to place.
- Appropriate clothing/shoes shall be worn at all times to minimize sweat from transmitting onto equipment/surfaces.
- Any equipment such as weight benches, athletic pads, etc. having holes with exposed foam shall be covered.
- Students will be encouraged to shower and wash their workout clothing immediately upon returning to home.

Entrance/Exit Strategies

- Starting and ending times shall be staggered to prevent groups from gathering at entrances/exits to facilities to limit crossover and contact.
- Students will not have the option of changing clothes in the locker room at school. Practice clothing must be worn home.

Limitation on Gatherings

- No gathering of more than 10 people at a time (inside or outside) prior to June 29.
- Workouts should be conducted in groups of students with the same 5-10 students working out together weekly to limit overall exposure.
- There must be a minimum of 6 feet between each individual at all times
- The use of gymnasiums will be permitted beginning June 15th with strict social distance guidelines. This is for small group fitness workouts and exercise only.

Pre-Workout Screening

- All coaches and students should be screened daily for symptoms of COVID 19 prior to participating, including a temperature check. Anyone with a temperature of 100.4 degrees should not participate and should be sent home.
- Each coach and student will be screened daily and responses to screening questions will be recorded and stored.
- Any person with symptoms reported should not be allowed to participate, should self-isolate, and contact their primary care physician.
- If any student athlete or coach tests positive for Covid 19, contact tracing will take place and all exposed student athletes and coaches will be required to self-isolate for 14 days.
- Vulnerable individuals should not supervise or participate in any workouts

Face Coverings

- All coaches should wear a face mask at all times, unless doing so would represent a serious risk to their health or safety
- Cloth face masks are acceptable.
- Plastic shields will not be allowed during participation due to the risk of unintended injury to the person wearing the shield or to others.
- Youth athletes shall wear a mask when not actively participating in the athletic activity unless doing so would represent a serious risk to their health or safety.

Hydration

- All students will be provided with their own water bottle. Water bottles shall not be shared. Food shall not be shared. Hydration stations including water fountains shall not be utilized.

Specific Weight Room Expectations

- Each person entering the facility shall have their temperature checked upon arrival with any individual with a temperature registering 100.4 degrees or above not be permitted to stay
- Hands shall be washed or hand sanitizer used prior to entering the facility and touching any equipment
- Restrooms shall be sanitized before use and at the conclusion of the workout
- 2 people maximum on any one piece of equipment
- Spotters should wear a mask or cloth face covering
- Maintain social distance by being 6 feet apart
- Groups of 10 or less should be pre-determined
- Once groups are determined, students may not switch from one group to another
- Interaction between groups must be avoided
- Sessions can only include weightlifting, running, and exercises designed to promote physical fitness.

- Implement diligent and effective cleaning and disinfecting of frequently touched objects and surfaces following the guidance of the CDC
- Each piece of equipment shall be disinfected between each user of the equipment
- Hands should be washed or hand sanitizer used every 30 minutes
- Any equipment used should be disinfected every 30 minutes
- No shared hydrating bottles, towels, gloves, or any other personal equipment is permitted
- Coaches or other supervisory adults shall wear a mask or cloth face covering

KHSAA ADDITIONAL GUIDELINES	Segment 1 June 1 to June 14 KHSAA member high schools and affiliated middle schools	Segment 2 June 15 to June 28 (unless further altered by the Governor) KHSAA member high schools and affiliated middle schools	Segment 3 June 29 to July 12 (unless further altered by the Governor) KHSAA member high schools and affiliated middle schools	Segment 4 July 13 to July 31 (unless further altered by the Governor) KHSAA member high schools and affiliated middle schools
<p>Low touch, outdoor Baseball Bass Fishing Cross Country Golf Softball Tennis Track and Field</p>	<p>All activity on a Rockcastle County Schools' campus must be approved by the local board of education through the Superintendent of Schools and in consultation with the local health department.</p> <p>Focus of Rockcastle County Schools will be on acquiring appropriate PPE, signage and other cleaning supplies per CDC guidelines as well as contacting local Health Department to share plans and a process for communication as necessary.</p> <p>Restrictions remain in place for practice and competition (or simulated competition)</p>	<p>Rockcastle County Schools coaches may conduct activity that complies with the Governor's Youth Sports Orders for these sports</p> <p>All activity on a Rockcastle County Schools' campus must be approved by the local board of education through the Superintendent of Schools and in consultation with the local health department.</p> <p>All social distancing requirements must be followed.</p> <p>All involvement by students is voluntary without</p>	<p>Rockcastle County Schools coaches may conduct activity that complies with the Governor's Youth Sports Orders for these sports</p> <p>All activity on a Rockcastle County Schools' campus must be approved by the local board of education through the Superintendent of Schools and in consultation with the local health department.</p> <p>All social distancing requirements must be followed.</p> <p>All involvement by students is voluntary without repercussion for failure to attend</p>	<p>To Be Announced</p>

	<p>per the Governor’s order on youth sport. However, in person, face to face meetings may be conducted (1 on 1).</p> <p>School coaches can have face-to-face (1 on 1) contact with students, but no practices are allowed.</p> <p>All social distancing requirements must be followed.</p> <p>Exception: Participating in Bass Fishing (or other fishing events) shall be governed by the Governor’s guidelines for conducting tournaments that is effective June 1, 2020.</p>	<p>repercussion for failure to attend</p> <p>No activity can be a condition for inclusion on a future roster</p> <p>No competition or competition simulations are allowed</p> <p>Practice must focus on skill development and general conditioning, as well as instruction without game formation</p> <p>Weight training can take place under the above mentioned expectations</p> <p>No shared equipment including bats, catching gear, gloves, tennis rackets, or other frequently touched items.</p> <p>Balls should be rotated out as frequently as possible with minimal sharing and wiped and sanitized frequently.</p> <p>Exception: Participating in Bass Fishing (or other fishing events) shall be governed by the Governor’s</p>	<p>No activity can be a condition for inclusion on a future roster</p> <p>All groups must be compliant with the KY Healthy at Work guidance for groups of 50 or fewer.</p> <p>All officials/umpires should consider the feasibility and practicality of wearing masks during competition.</p> <p>All competitions are unofficial and must be approved by school officials.</p> <p>In baseball and softball, balls should be rotated out as frequently as possible with minimal sharing and sanitized as frequently as feasible.</p> <p>In track and field, batons should be rotated out as frequently as possible with minimal sharing and wiped with sanitizer as frequently as possible.</p> <p>For baseball and softball:</p> <p>The placement of the plate umpire must be behind the mound.</p> <p>Base coaches must be positioned to ensure they are able to maintain social distancing.</p>	
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		<p>guidelines for conducting tournaments that is effective June 1, 2020.</p>	<p>Balls must be rotated out frequently and sanitized between innings.</p> <p>No sharing of equipment.</p> <p>No community water coolers</p> <p>No spitting, chewing gum, or sunflower seeds</p> <p>Individual teams must use their own set of baseballs or softballs</p> <p>Social distancing must be observed in the dugouts and stands</p> <p>Exception: Participating in Bass Fishing (or other fishing events) shall be governed by the Governor’s guidelines for conducting tournaments that is effective June 1, 2020.</p>	
<p>High touch, indoor Basketball Competitive Cheer Volleyball</p>	<p>All activity on a Rockcastle County Schools’ campus must be approved by the local board of education through the Superintendent of Schools and in consultation with the local health department.</p> <p>Focus of Rockcastle County Schools will be on acquiring appropriate PPE, signage and other cleaning supplies per CDC guidelines as well</p>	<p>Rockcastle County Schools coaches may conduct activity that complies with the Governor’s Youth Sports Orders for these sports</p> <p>All activity on a Rockcastle County Schools’ campus must be approved by the local board of education through the Superintendent of Schools and in consultation with</p>	<p>Rockcastle County Schools coaches may conduct activity that complies with the Governor’s Youth Sports Orders for these sports</p> <p>All activity on a Rockcastle County Schools’ campus must be approved by the local board of education through the Superintendent of Schools and in consultation with the local health department.</p>	<p>To Be Announced</p>

	<p>as contacting local Health Department to share plans and a process for communication as necessary.</p> <p>Restrictions remain in place for practice and competition (or simulated competition) per the Governor's order on youth sport. However, in person, face to face meetings may be conducted (1 on 1).</p> <p>School coaches can have face-to-face (1 on 1) contact with students, but no practices are allowed.</p> <p>All social distancing requirements must be followed.</p>	<p>the local health department.</p> <p>All social distancing requirements must be followed.</p> <p>All involvement by students is voluntary without repercussion for failure to attend</p> <p>No activity can be a condition for inclusion on a future roster</p> <p>No competition or competition simulations are allowed</p> <p>Practice must focus on skill development and general conditioning as well as instruction without game formation</p> <p>Weight training can take place under the above mentioned expectations</p> <p>No more than 11 individuals should be permitted in any small group. For Rockcastle County this is 10 players and 1 coach</p> <p>Each entire group shall remain together including coaches</p>	<p>All social distancing requirements must be followed.</p> <p>All involvement by students is voluntary without repercussion for failure to attend</p> <p>No activity can be a condition for inclusion on a future roster</p> <p>No competition or competition simulations are allowed</p> <p>Practice must focus on skill development and general conditioning as well as instruction without game formation</p> <p>Weight training can take place under the above mentioned expectations</p> <p>Rockcastle County Schools coaches may conduct activity that complies with the Governor's Youth Sports Orders for these sports</p> <p>All activity on a Rockcastle County Schools' campus must be approved by the local board of education through the Superintendent of Schools and in consultation with the local health department.</p>	
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		<p>To minimize multi-group interaction, there is no use of "stations" allowed, where a coach might remain stationary and groups of athletes rotate.</p> <p>No Shared Equipment</p> <p>If individual opportunities are desired for dribbling or shooting, the athlete should utilize their own ball, or a ball should be assigned to that player only. No additional party may be used as a rebounder or retriever.</p> <p>Cheer Tryouts: Each school may establish its Bylaw 23 "Tryout" window for cheer during this segment. It that is utilized no additional tryout will be allowed prior to the official start of practice as defined within Bylaw 23.</p> <p>Tryouts may be done virtually or in person if the only person involved with the tryout is the prospective member of the team without additional support,</p>	<p>All social distancing requirements must be followed.</p> <p>All involvement by students is voluntary without repercussion for failure to attend</p> <p>No activity can be a condition for inclusion on a future roster</p> <p>No competition or competition simulations are allowed</p> <p>Practice must focus on skill development and general conditioning as well as instruction without game formation</p> <p>Weight training can take place under the above mentioned expectations</p> <p>Groups of 50 or fewer are permitted, divided into subgroups with no more than 11 individuals (10 players and 1 coach)</p> <p>Shared equipment is permitted with frequent sanitation</p> <p>If feasible, if individual opportunities are desired for dribbling or shooting, the athlete should utilize their own ball or should be assigned a ball to be used by that player and only that player (sanitized frequently)</p>	
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		<p>bracing, or stunting.</p> <p>If tryouts involve partners for support, bracing, or stunting then they may not take place until the official start of practice as defined within Bylaw 23.</p> <p>Because no activity during this period is mandatory, if squads hold tryouts during this period then additional tryouts must be offered once the official limitation of seasons period begins.</p>	<p>This period is specifically low-touch, medium sharing per the guidelines and there is only minimal physical contact permitted between athletes or coaches and athletes. No high fives, huddles, or other close contact is permitted.</p> <p>Cheer Tryouts: Each school may establish its Bylaw 23 "Tryout" window for cheer during this segment. If that is utilized no additional tryout will be allowed prior to the official start of practice as defined within Bylaw 23.</p> <p>Tryouts may be done virtually or in person if the only person involved with the tryout is the prospective member of the team without additional support, bracing, or stunting.</p> <p>If tryouts involve partners for support, bracing, or stunting then they may not take place until the official start of practice as defined within Bylaw 23.</p> <p>Because no activity during this period is mandatory, if squads hold tryouts during this period then additional tryouts must be offered once the official limitation</p>	
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			of seasons period begins.	
High touch, outdoor Football	<p>All activity on a Rockcastle County Schools' campus must be approved by the local board of education through the Superintendent of Schools and in consultation with the local health department.</p> <p>Focus of Rockcastle County Schools will be on acquiring appropriate PPE, signage and other cleaning supplies per CDC guidelines as well as contacting local Health Department to share plans and a process for communication as necessary.</p> <p>Restrictions remain in place for practice and competition (or simulated competition) per the Governor's order on youth sport. However, in person, face to face meetings may be conducted (1 on 1).</p> <p>School coaches can have face-to-face (1 on 1) contact with students, but no practices are allowed.</p>	<p>Rockcastle County Schools coaches may conduct activity that complies with the Governor's Youth Sports Orders for these sports</p> <p>All activity on a Rockcastle County Schools' campus must be approved by the local board of education through the Superintendent of Schools and in consultation with the local health department.</p> <p>All social distancing requirements must be followed.</p> <p>All involvement by students is voluntary without repercussion for failure to attend</p> <p>No activity can be a condition for inclusion on a future roster</p> <p>No competition or competition simulations are allowed</p>	<p>Rockcastle County Schools coaches may conduct activity that complies with the Governor's Youth Sports Orders for these sports</p> <p>All activity on a Rockcastle County Schools' campus must be approved by the local board of education through the Superintendent of Schools and in consultation with the local health department.</p> <p>All social distancing requirements must be followed.</p> <p>All involvement by students is voluntary without repercussion for failure to attend</p> <p>No activity can be a condition for inclusion on a future roster</p> <p>No competition or competition simulations are allowed</p> <p>Practice must focus on skill development and general conditioning as well as instruction</p>	To Be Announced

	<p>All social distancing requirements must be followed.</p>	<p>Practice must focus on skill development and general conditioning as well as instruction without game formation</p> <p>Weight training can take place under the above mentioned expectations</p> <p>No more than 11 individuals should be permitted in any small group. For Rockcastle County this is 10 players and 1 coach</p> <p>Each entire group shall remain together including coaches</p> <p>To minimize multi-group interaction, there is no use of "stations" allowed, where a coach might remain stationary and groups of athletes rotate.</p> <p>Shared equipment is not permitted.</p> <p>If individual opportunities are desired for throwing (without a receiver), kicking, etc, the athlete must utilize their own ball, or should be assigned a ball to be used by only that player. Ball</p>	<p>without game formation</p> <p>Weight training can take place under the above mentioned expectations</p> <p>Groups of 50 or fewer are permitted, divided into subgroups with no more than 11 individuals (10 players and one coach).</p> <p>Shared equipment is permitted in this segment per the guidelines with frequent sanitation.</p> <p>If individual opportunities are desired for passing, receiving, kicking, etc, the athlete should utilize their own ball or should be assigned a ball to be used by that player and only that player (sanitized routinely)</p> <p>This period is low-touch, medium sharing per the guidelines and only minimum physical contact is permitted between athletes, or between coaches and athletes. No high fives, huddles, or other close contact is permitted.</p> <p>Contact with other players is not allowed and there should be no use of tackling dummies/donuts/sleds</p> <p>No rules specific protective gear (helmets, shoulder</p>	
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		<p>must be sanitized frequently. Another party may not serve as a receiver and retrievers are not permitted.</p> <p>This period is specifically no touch. There is no opportunity for physical contact between athletes, or between coaches and athletes, and no opportunity for one on one, two on two, or any variation of person vs. person contact. This includes skill development drills.</p> <p>All individuals must avoid physical contact with others including high fives, huddles, or other close contact.</p> <p>Notes: No rules specific protective gear (helmets, shoulder pads, gear) may be provided to players</p>	<p>pads, gear) may be provided to student athletes</p>	
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