

# Appleton Area School District APPLETON WEST HIGH SCHOOL RETURN TO PLAY PLAN PHASE 1



Appleton West High School is pleased to announce that we are providing an opportunity for fall student-athletes to return to campus in a limited capacity in preparation for the beginning of the fall 2020 season. The *Return to Play* Phase 1 plan is a collaborative effort which included guidelines from local, state and county agencies. AASD is committed to preparing our student athletes to safely compete in their chosen sport while ensuring an environment that is as safe as possible in which to do so. The guidelines and protocols found in the *Return to Play* plan have been reviewed by AASD nurses and the city of Appleton health officer. The *Return to Play* plan was created using information from multiple health-related and medical experts. The plan is in alignment with WIAA suggested guidelines and what the plans of other local school districts. ***Please note that this plan can be altered or changed at any time based upon the most recent health information and recommendations from the city health department and AASD nurses.***

AASD Activities Directors will work directly with AASD coaches and Licensed Athletic Trainers (LAT's) to implement Phase I of the *Return to Play* plan with fidelity. This will ensure that all coaches are consistently following the guidelines that are in place to protect the safety of our student-athletes, coaches, families and community members. As part of the *Return to Play* plan, there will be an ongoing monitoring system in place that will include a daily check-in for each athlete. **Before any consideration of moving to Phase II of the *Return to Play* plan, a full review of Phase I will be completed.** This will include feedback and recommendations from AASD nurses, our city health department and the Emergency Operations Center (EOC).

## AASD KEY PRINCIPLES FOR ALL PARTICIPANTS

**Personal Interaction:** Face-to-face interaction and person-to-person contact will be limited to essential activities that cannot be performed in an alternative (virtual or remote) setting. When such activities are required, social distancing and other infection-spreading mitigating measures will be emphasized.

**Hygiene:** Hand washing will be emphasized before, during, and after activities when practical with hand sanitizer stations.

**Cleaning and sanitization:** Routine and enhanced cleaning and sanitization measures will be implemented.

**Facility access:** Facility entry and exit points will be coordinated to minimize personal interaction and facilitate social distancing.

**Groups:** All groups will always keep a maximum suggested 1:9 coach to student ratio or no more than 10 individuals in a designated area at one time.

**Screening:** Daily symptom and temperature screening assessments will be required of coaches and student-athletes.

## AASD LONG & SHORT TERM GUIDING PRINCIPLES

- Open the 2020-21 school year safely.
- Open the 2020 fall athletic season safely.
- Safely prepare student-athletes mentally and physically for their fall season.

# OVERVIEW OF PHASE 1

**Spaces Used:** West High School will use multiple spaces on our campus.

**Maximum Capacity:** Limited to 9 student-athletes with 1 coach in each space

**Dates of Phase 1:** July 6 - TBD (hopefully July 6-17)

**Days:** Monday - Thursday

**Time Frame:** 1 hour time slots beginning at 6:00AM. A schedule for time slots will be established at each host site. Students can only participate in 1 time slot per day up to 4 days each week.

**Who can participate?** Only coaches and incoming 9th-12th grade enrolled students who have successfully completed all screening protocols. No outside students, adults or others are permitted in this phase. No additional observers are permitted (ex: coaches viewing from the balcony or press box, injured athletes not actively participating, etc)

**Phase 1 Emphasis:** Strength training, individual drills & conditioning for all fall sports.

- No sport specific implements will be used in this phase, the emphasis will be on acclimatization to physical and mental conditioning.
- The swimming pools will NOT be available during this phase
- Spring and winter sports may be added in a future phase

# GENERAL GUIDELINES FOR PHASE 1

1. All staff and student-athletes are required to partake in the virtual orientation/educational program prior to participating. Staff will also review protocols with students when they meet face-to-face and on a continuous basis.
2. Each staff and student-athlete must have the waiver form completed prior to participation. This will be a paper form that must be brought on the first day of your workout.
3. Locker rooms will not be available. Restrooms will be available on a limited basis for emergencies only and one in-one out at a time.
4. Bubblers will not be available. Bottle filling stations will be available. Students must bring their own labeled water bottles. Water bottles should be cleaned everyday. **Students will not be admitted into the facility without a water bottle.**
5. All student-athletes should report to workouts in proper gear and immediately return home to shower at the conclusion of their workout. Students may not linger after the completion of their workout.
6. All coaches and student-athletes will be screened for signs/symptoms of COVID-19 prior to a workout. Screening includes a temperature check by our LAT or other designated personnel at the entry gate.
7. Responses to screening questions for each person will be recorded and stored so that there is a record of everyone present in case a student/coach develops COVID-19.
8. Any person with positive symptoms will not be able to participate that day until verification of a negative COVID 19 test or physician's clearance to play after a positive test.
9. Vulnerable individuals are strongly encouraged not to oversee or participate in any workouts.
10. Those athletes who are considered At Risk should evaluate their own priorities and personal comfort levels in participating. Choosing not to participate to protect their health WILL NOT be punished in any way. **At risk athletes include:** moderate to severe asthma, obesity, diabetes, heart conditions or other health concerns.

11. A workout will be 60 minutes in duration max.
12. Students may only participate in one 60 minute session per day. During Phase 1, they will only be able to participate in a maximum of 4 total sessions per week.
13. There must be a minimum distance of 6 feet between each individual at all times.
14. There should be no shared athletic equipment (towels, clothing, shoes, or sports specific equipment) between students.
15. All athletic equipment should be disinfected after each use by the user.
16. Resistance training should be emphasized as body weight, sub-maximal lifts and use of resistance bands and free weights. Free weight exercises that require a spotter cannot be conducted while honoring social distancing norms. Safety measures in all forms must be strictly enforced.
17. If a student is late for check in, they may miss the opportunity to workout that day. They must report no later than 10 minutes before your scheduled workout start time. (ex: 6AM start time, must report by 5:50am.
18. No spotting, shaking hands, partner workouts.
19. Student-athletes must bring their own mask. This must be worn when entering and exiting the facility.
20. While it is strongly encouraged, AASD will not require student-athletes wear masks during their workout. .

## ENTRY PROCEDURES FOR STUDENT-ATHLETES

1. Before leaving home, student-athletes must complete an online screening survey **every day** they come for a work out.
2. Student-athletes check-in at the tent by the pool parking lot gates. One person to a cone while waiting in line. Do not congregate in groups. Masks are to be worn during check-in.
3. **Every day you must bring:**
  - Your signed paper waiver ready to turn in (day one only)
  - a water bottle
  - a mask
4. Your temperature will be taken and recorded daily.
5. You will then be directed to your lead coach who will be waiting for you in the patio area. This coach will direct you to your workout area and then escort you out after 60 minutes.
6. Entry and Exit Routes will be different so that incoming and outgoing groups do not cross paths with each other.
7. Any athlete reporting symptoms or that has a temperature greater than 100.4 degrees Fahrenheit will be sent home WITH A MEMBER OF THEIR HOUSEHOLD. They cannot ride home with another student-athlete. If they were transported to campus by another athlete or athlete's family, that information will be recorded for the purposes of contact tracing.

### Online Screening Questionnaire will look like this

1. Have you had any contact with anyone who has been tested positive for COVID-19?
2. Do you have a new or worsening cough or shortness of breath/difficulty breathing?
3. Do you have a fever or temperature > 100.4 degrees? (It is suggested that you get in the habit of taking your own temperature at home daily)
4. Do you have at least one of the following symptoms: chills, repeated shaking with chills, muscle pain, headache, sore throat, new loss of taste or smell, diarrhea?

## STUDENTS WILL BE DENIED ACCESS...

1. If you are late for your check-in time
2. If you come at the wrong time
3. If you do not have a water bottle of your own
4. If the online screening survey or temperature check suggest your health is compromised
5. If you are not wearing a mask of your own.
6. If social distancing of 6' is not followed.
7. This is not an all inclusive list.

## STUDENT WORKOUT GROUP CONCEPT

Student-athletes will have the opportunity to pre-register for a group between July 1-3rd at noon. Final group assignments will be communicated by Noon on July 5. No walk-up students will be permitted. Groups of 9 students + 1 coach.

Students are to remain in the same group throughout Phase 1. The goal is to limit exposure to other students. (ex: a group of 9 students is planning to workout at 10am, but only 7 can make it. Then that group will only have 7 students that day. They are not able to add to or change a group until a future Phase.

## LICENSED ATHLETIC TRAINERS

Kayla Schneider, our Athletic Trainer, will be on site throughout Phase 1. Please communicate with her regarding health related questions. She will be contacting parents if student-athletes are denied access due to a compromise to their health. [SCHNEIDERKAYLA@ascd.k12.wi.us](mailto:SCHNEIDERKAYLA@ascd.k12.wi.us)  
Or 832-6219 ext 7421

**If a student-athlete is staying home due to Covid symptoms, they must connect Kayla Schneider that day with contact information for a parent or guardian.**

## DISINFECTING PROTOCOLS

1. Student-athletes will be required to disinfect all equipment with the resources provided in the facility after use.
2. Coaches will be responsible to disinfect all equipment once a group leaves the facility.
3. There will be a mandatory time of 10 minutes of cleaning, in addition to cleaning each time a new athlete is using a piece of equipment, as well as a 5 minute clear out period to prep for the next group coming in.
4. In this plan the time breakdown is as follows: 60 min workout, 10 min clean, 5 min clear out/exit
5. Jacks personnel will do a final cleaning of the entire facility at the conclusion of each day's workout.

## YOUR NEXT STEPS NOW

### Now - July 3 at Noon

1. View the video from Mr. McClowry (West Activities Director) regarding the AASD Return to Play Phase 1 Plan. **Link to Video:** <https://www.wevideo.com/view/1764260232>
2. Review the General Workout Schedule and determine which time slot you will request
3. By July 3 at Noon, request your time slot via this link: <https://bit.ly/WestTimeSlotRequestPhase1>
4. Print out the Covid Waiver. Be sure to sign it and bring it with you on your first day a check-in.
5. Be sure your Fall Head Coach has your email address so you can be added to each team's TEAMSNAAP Account. This is our main way to communicate with parents and student-athletes.
6. Reread this entire document and be sure you understand all the restrictions and expectations.

## YOUR NEXT STEPS - NEXT 2 WEEKS

### Starting July 6 - Phase 1 Completion

1. Bring your signed waiver on your first day to check-in.
2. Complete this screening survey **every day** before you leave your house to work out.  
**Daily Screening Survey:** <https://bit.ly/WestDailyScreeningPhase1>
3. Bring your full water bottle and mask with you.
4. Double check your start time and do not be late.

## WHAT IS COMING LATER IN JULY?

1. Fall Athletic Code Information along with actual fall sport registration processes.
2. Information on Phase 2 of the Return to Play Plan
3. Contract Day Information
4. Protocol for opening up the WIAA sport seasons for the fall

## CONTACT INFORMATION

Athletic Director	Jim McClowry	<a href="mailto:mcclowryjames@aad.k12.wi.us">mcclowryjames@aad.k12.wi.us</a>	
Athletic Trainer	Kayla Schneider	<a href="mailto:SCHNEIDERKAYLA@aad.k12.wi.us">SCHNEIDERKAYLA@aad.k12.wi.us</a>	(832-6219 ext 7421)

## WEST FALL HEAD COACHES

Football	Mitch Johnson	<a href="mailto:coachmitchjohnson@gmail.com">coachmitchjohnson@gmail.com</a>
Cross Country	Terry Gross	<a href="mailto:tsgross@new.rr.com">tsgross@new.rr.com</a>
Girls Swimming/Dive	Craig Kellenberger	<a href="mailto:KELLENBERGERCR@aad.k12.wi.us">KELLENBERGERCR@aad.k12.wi.us</a>
Girls Volleyball	John Richards	<a href="mailto:RICHARDSJOHN@aad.k12.wi.us">RICHARDSJOHN@aad.k12.wi.us</a>
Boys Volleyball	Tim Weis	<a href="mailto:WEISTIMOTHY@aad.k12.wi.us">WEISTIMOTHY@aad.k12.wi.us</a>
Boys Soccer	Tim Steubs	<a href="mailto:timstuebs05@gmail.com">timstuebs05@gmail.com</a>
	Megan Meuer	<a href="mailto:MEUERMEGAN@aad.k12.wi.us">MEUERMEGAN@aad.k12.wi.us</a>
Girls Golf	Shayne Porter	<a href="mailto:PORTERSHAYNE@aad.k12.wi.us">PORTERSHAYNE@aad.k12.wi.us</a>
Girls Tennis	Paul Endter	<a href="mailto:ENDTERPAUL@aad.k12.wi.us">ENDTERPAUL@aad.k12.wi.us</a>
	Brian Dimmer	<a href="mailto:DIMMERBRIAN@aad.k12.wi.us">DIMMERBRIAN@aad.k12.wi.us</a>
Dance	Laurie Wienert	<a href="mailto:lauriew920@gmail.com">lauriew920@gmail.com</a>
Cheer	Kristi Rice	<a href="mailto:kristicarol@icloud.com">kristicarol@icloud.com</a>