



SAISD Athletics Department Return to Play Playbook

This is a supplement to the [SAISD Safe School Start](#) that outlines districtwide safety and instructional guidelines. This Athletics Return to Play Playbook is intended to provide you with more details about our shared commitments and protocols specific to SAISD Athletics and Athletic Facilities.

Our SAISD Safe School Start 2022-2023

<https://www.saisd.net/page/SafeSchoolStart> is the district plan for school operations that has been developed around five major areas:

Accurate and Timely Communication

Reopening information for staff and families

Health and Safety

*Required practices to prevent the virus from entering district and athletic campus facilities.
Required practices to respond to a lab-confirmed case in district and athletic campus facilities*

Continuity, Mental Health and Well Being

Prioritizing continuity and the social, emotional and mental health of our families and staff.

High Quality Instruction

SAISD will ensure high quality academics in both in -person and remote-learning models.

Educational Equity

SAISD respects the cultural and linguistic heritages of our students, families and staff, and will ensure that human and financial resources are distributed in ways that meet their diverse and unique needs.

The SAISD Athletic Return to Play Playbook will focus on additional campus specific information and central site information around communication, prevention, and mitigation for Athletics.

The following policies and procedures related to SAISD Athletics are based on the UIL COVID Risk Mitigation Guidelines. The return to campuses by staff and athletes does carry risk of coronavirus spread. Implementing an action plan that follows TEA, UIL, State, County and local leadership directives can help contain coronavirus spread.

Accurate and Timely Communication

Reopening information for staff and families

Public Health Protective Measure Recommendations

Communication to Parents:

- Campuses will implement a communication plan for pre sport meetings with parents via for all rules and guidelines pertaining to practice and games/matches, the District goals for Return to Play, and Mitigation guidelines.
 - Protocols and procedure for daily health screening of students
 - Protocols and procedures for practice and game day drop-off/pick up times and locations
 - Protocols for positive COVID tests or COVID symptoms.
- Protocols and procedures for game day meal delivery, if applicable
- Share enhanced health and safety protocols, procedures and guidelines issued by SAISD, UIL, TEA and Governor Abbot's Executive Order GA-38
- Distribute materials for educating students and staff on good hygiene practices

Communication to Athletes and Staff:

- Implement a communication plan for staff and students to communicate COVID 19 protocol message to parents.
- Implement policies and procedures regarding high traffic areas on individual campuses.
- Implement policies and procedures to accommodate staff and students for duty/school/practice and daily health screenings
- Distribute cleaning protocols and guidelines for coaching staff (see powerpoint [COVID 19 Training for Cleaning and Disinfecting](#))
- Recognize and install signage necessary for new traffic flow, for COVID safety guidelines, for exit and entrance areas, etc.
- Implement laundry washing/drying protocols
- Ensure office workspaces and other areas allow for social distancing.
- Identify areas restricted for use – water fountains, locker rooms, restrooms, etc.

[COVID-19 Information — University Interscholastic League \(UIL\)](#)

<https://www.uiltexas.org/policy/2021-22-policy-info>

Prevention

Required practices to prevent the virus from entering the district athletic and campus facilities

Before I Come to Any District Athletic and Campus Facilities, I Will...

- Check my temperature and assess my symptoms; if I have a fever of 100.0° or higher, or any symptoms for COVID, or if I have been in direct contact with someone who has COVID, I will stay home and contact my medical provider.
- Wear a face covering if not actively involved in a competition or practice.

Safety at District & Campus Athletic Facilities

- Each staff, student, and patron will be required to self-check for symptoms. If you have any of the following symptoms you should stay home:
 - Symptoms are as follows: cough, chills, muscle pain, sore throat, diarrhea, shortness of breath/difficulty breathing, headache, loss of taste or smell, temperature greater than or equal to 100.0°, known close contact with a person who is lab-confirmed to have COVID-19, and/or travel outside the USA within the last 14 days.
- Spectators may be limited based on the seating capacity of the venue.
- Hand sanitation stations will be provided around each facility.

Transportation

- School buses, activity buses, and charters will be used to transport student-athletes to athletic events and follow district protocols.
- There will be hand sanitizer and disinfectant wipes available.
- Student athletes will have assigned seating and sit in the same seats to and from their away event.
- Overnight trips for all sports will have guidelines for all teams to follow
- Campus Bus drivers will clean the bus of trash and then use the Disinfectant that will be located behind the driver seat or at the back of the bus to clean/sanitize the seats and front area of the bus at the end of every trip.

Ticket Information

- ❑ Tickets for all of our SAISD events will be available for purchase on the **SAISD Website**. All tickets will be sold online – no ticket sales at the gate and no cash transactions.
- ❑ Campus tickets may be offered at a limited quantity based on seating availability.

Mitigation

Required and recommended practices to reduce the likely spread inside the district and athletic campus facilities.

Athletes, Coaches and Athletic Trainers Health and Safety

This is a supplement to the **SAISD Safe School Start** that outlines district wide safety and instructional guidelines. This Return to Play Playbook is intended to provide you with more details about our shared commitments and protocols specific to district athletic & campus facilities. All previous protocol for COVID safety, including the **SAISD Summer Strength & Conditioning Safety Protocols**, and **COVID Training for Cleaning and Disinfecting** will be followed. The focus of the Athletic Department is to allow our athletes the opportunity to participate in their sports this fall in a safe format.

COVID Testing

- The State of Texas has provided the San Antonio ISD the opportunity to conduct weekly testing of athletes who are currently in season. The tests will either be in the Rapid Test format or a PCR test conducted by a third party entity.
- As per SAISD, any athlete, manager or coach who will participate in a contest will be tested. An athlete, manager or coach who refuses to test will not be permitted to participate in the event.
- A student who has a positive test result will be required to isolate and follow the protocol for a positive COVID case.
- As per UIL Policy, any athlete who tests positive for COVID must have a doctor clearance and follow the Return to Play Protocol.

Athletic Training Services

- The district Athletic Trainers (ATs) are in position to play a vital role as sports returns following the pandemic.
- As health-care professionals, they will take lead roles in developing and implementing infection control policy throughout the school.
- It is necessary to tightly control the number of athletes, staff, and students in this facility. Athletic Trainers at the High Schools will determine the square footage of locker rooms and the training rooms to determine the number of students allowed in and out and to also determine the entrance and exit strategies per campus. The Campus Coordinators at the Middle Schools and Academies will do this on their campuses.
- Athletes are not permitted to come and go the Athletic Training Room (ATR) without purpose or an appointment. The ATR must be treated as a health care facility and any visits not directly related to athlete's health and safety should be eliminated.
- Athletic Trainers will sanitize their hands as well as the table, tools and equipment with an acceptable disinfectant before and after treatment.

- Faculty and campus staff visits to the ATR is discouraged. Videoconference or phone communication will be substituted for in person meetings.
- All entrants to the training room will be documented either electronically or on paper along with their temperature and results of symptom checks (before & after school).
- This document should include: name, date, time in, time out, and reason for visit.
- Infection control in and around the athletic training room is a shared responsibility among the Athletic Trainer, the student trainers, and the campus custodian.
- Signs will be posted reminding athletes of social distancing guidelines and markers/stickers will be placed on the floor to indicate where athletes will stand while waiting for services.
- All equipment, treatment tables, and taping tables must be cleaned between use.
- One cold whirlpool will be available for emergency heat related issues.
- Ice bags use will be for take-out only, flex wrap use determined by area being wrapped.
- Stim unit electrode pads should be assigned to athletes for personal use.
- Treatments will be scheduled on a google document. 15-minute time slots with 10-minute treatments and 5 minutes for cleaning. If a parent needs to pick up an injured athlete, parents should wait outside in your car.
- ATs will monitor the COVID Return to Play Protocol.

Hydration (Games/Practice)

- Football – Water will be provided on the field, however, students will not be allowed to share water bottles.
 - Hydration during games will be done by student trainers wearing masks.
 - Athletes will bring their own water bottles to be used during time outs and will be asked to bring larger one gallon jugs of water.
 - The district will purchase touchless water spigots for water coolers.
 - Student trainers will have trash bags to collect any used disposable water bottles.
 - Water breaks need to be by position to eliminate grouping during designated break times.
 - During practice on campus, water will be supplied according to the water access they have on campus/near football fields.
- All High School and Middle School Sports
 - Athletes are expected to bring their own water bottle and will be asked to bring a larger one gallon jug for water.
 - The district will purchase touchless water spigots for water coolers.
 - Water will be supplied according to the access they have at campus and district athletic facilities.

Weight Rooms/Campus Facilities

- Weight rooms and mat rooms will be utilized with appropriate social distancing guidelines. The Summer Strength and Conditioning Safety Procedures will be followed.
- The campus Coordinators and Athletic Trainers will create a plan for safe locker room usage.
- All athletes are encouraged to be dressed in their uniforms when traveling to their games/matches

Participation Numbers

- We are encouraging all athletes to return to athletics for Fall 2021.

Campus Athletic Operations

Follow Covid/District guidelines in place.

- Locker rooms
 - Face masks recommended.
 - Self-screening.
 - Hand sanitizer stations in locker rooms.
 - Staff disinfects lockers rooms every day.
 - Shower plan.
 - Assigned supervision.
 - Assignment of lockers.
- Coaches' office
 - Face mask recommended.
 - Hand sanitizer will be available.
 - Social distance will be practiced
 - Offices will be disinfected daily.
- Equipment
 - Disinfected after practice every day.
- Laundry
 - Campuses will develop a plan for mitigating risk of COVID when laundering items such as towels, practice clothes, and uniforms. This plan should include protocols for redistributing these items to students.
- Competition Gym/Field Seating
 - Enhanced cleaning.
 - Encourage spectators to skip every other row.
 - Hand sanitizer will be available around facilities.

- Signage will be used to provide high visibility of sanitation stations.
- Face mask recommended for spectators.
- Concessions will follow district protocols and policies.

Concessions

- Required to wear a face mask.
- Avoid leaving condiments, napkins, etc. unoccupied on the counter. Offer when requested.
- Regularly disinfect concession counters/areas.
- Follow screening protocol for all volunteers in the concession.

District Athletic Facilities Procedures

- **Alamo Stadium/Sports Complex**
 - All coaches, players, and personnel shall be wearing face masks upon arrival and departure.
 - Locker rooms will be cleaned, sanitized, and disinfected prior to team arrival.
 - No personnel will be allowed back into the locker rooms after halftime unless there is an emergency dictated by the team trainer or doctor.
 - Face coverings must be worn at all times while in locker rooms.
 - After the event, trainers, staff, or custodian personnel will clean, sanitize and disinfect both home and visitor locker rooms.
- **Alamo Convocation Center**
 - All coaches, players, and personnel shall be wearing face masks upon arrival and departure.
 - When a team arrives, the team will enter through the vomitorium of the gym and proceed to their locker room.
 - After the game teams will exit through the players' entrance doors and proceed to their bus to return to campus.
 - Teams that follow the first game will execute game one procedures. Exception would be to enter and sit in designated areas in the bleachers until instructed to go to their locker room.
- **Lanier Alumni Center**
 - All coaches, players, and personnel shall be wearing face masks upon arrival and departure.
 - When a team arrives, the team will enter through the lower side doors of the gym located by bus parking. Teams will proceed to their locker rooms.
 - After the game teams will exit through the same doors and proceed to their bus to return to campus.

- Teams that follow the first the game will execute game one procedures. Exception would be to enter and sit in designated areas in the bleachers until instructed to go to their locker rooms.
- **Mission Concepcion Gym**
 - All coaches, players, and personnel shall be wearing face masks upon arrival and departure.
 - When a team arrives, they will enter the main lobby of the gym and proceed directly to their assigned court.
 - After the game teams will exit through the same doors and proceed to their bus to return to campus. Teams cannot stay and scout.
 - Teams that follow the first game will execute game one procedures.
- **Natatorium**
 - Follow Covid/District guidelines in place.
 - Face masks recommended when not in the pool or actively exercising.
 - Hand sanitizers stations in locker rooms/coach's office.
 - Custodial staff disinfects lockers rooms every day.
 - Equipment
 - Personal swimming training equipment bags may be left overnight in the designated team area only.
 - All personal swimming training equipment must be labeled with athlete's name and school/group.
 - General use or facility equipment will be disinfected by coach/athletes after each use.
 - Movement within facility
 - Coaches/athletes/patrons will follow designated pathways while transitioning locations within facilities.
 - Arrival and departure times for teams/groups will be staggered to minimize contact and allow for adequate screening time.
 - Teams/groups will only practice within specified areas for that team/group.
 - Competitions
 - Facility will be disinfected before competition..
 - Hand sanitizer will be available.
 - Face masks for recommended for all spectators. Seating will be every other row with six (6) feet between spectators.
 - Teams will stagger arrival in order to minimize congregation and facilitate screening.
 - Athletes/coaches/officials will use designated, monitored restrooms during meets. Restrooms will be disinfected after each use.

- Spectators will use designated, monitored restrooms during competitions. Restrooms will be disinfected after each use.
- **Tennis Facilities (McFarlin and Fairchild)**
 - Follow Covid/District guidelines in place.
 - Self-screening.
 - Hand sanitizers stations in pro shops and common areas.
 - Custodial staff disinfects pro shops and common areas every day.
 - Restrooms
 - All athletes/coaches/spectators will use designated restrooms. Custodial staff will be following SAISD custodial guidelines as they pertain to frequency of cleaning restroom facilities.
 - Equipment
 - Personal tennis equipment will be assigned to a designated area during practice/competitions/programs.
 - All personal tennis equipment must be labeled with the athlete's name. Athletes must bring their own towel and water bottle/jug full of ice and water. Ice will not be available at tennis centers, but they may fill up their jugs with water at the bottle/jug refill stations.
 - General use or facility tennis equipment will be disinfected by staff after each use.
 - Movement within tennis facilities
 - Coaches/athletes/spectators will follow designated entry and exit gates while transitioning to and from parking lots and tennis facilities. Avoid entering or exiting the facility in groups. Social distancing of 6 feet away should be maintained.
 - Team movements will be staggered to minimize/eliminate contact between individuals at the facility.
 - Teams/groups/programs will only compete on assigned courts.
 - Congregating under the awning and shaded area next to the pro shops at both tennis facilities will not be allowed.
 - Guests are encouraged to bring in their own chairs, but must maintain 6 feet of social distancing throughout the viewing area of the tennis facilities.
 - Competitions
 - Tennis facilities will be disinfected before and after competitions.
 - Skip every other row. Six (6) feet between groups in a row.
 - Hand sanitizer will be available throughout both tennis facilities.

Individual Campus Facilities

Each campus will have guidelines specifically for their facilities and sports. These will be posted on their campus Website as well as the SAISD Athletic Website.

Screening Process (Staff, workers, spectators)

All patrons and athletes will be provided daily guidance on proper hand hygiene, respiratory etiquette, and social distancing.

Per SAISD, all athletes must wear a face mask, unless actively involved in a competition or practice.

Patrons are recommended to wear a face mask.

All athletes and patrons are encouraged to wash their hands and use hand sanitizer.

Physical Barriers and Guides

Staff and workers who will interact with patrons and athletes will wear district provided face masks.

Utilization of visual cues, signage, and barriers to direct traffic flow and demonstrate social distancing.

Arrival at District Athletic Facilities

Spectators may be limited based on the seating capacity of the venue.

Response

Recommended practices to respond to a lab confirmed case in district and athletic campus facilities.

We will implement district guideline procedures stated in the **SAISD Safe School Start** when responding to a suspected, presumptive, or confirmed COVID cases in any district or campus athletic facility.

Protocol with suspected/confirmed COVID athletes:

- If an individual has symptoms of or comes in contact with a confirmed case of COVID that individual should report the exposure to the athletic training staff as soon as possible. The Athletic Trainer will provide information of a student athlete to Gloria Davis, Director of Student Health Services gdavis@saisd.net. A Coach or Athletic Trainer will report to Toni Thompson.
- In the case of an individual who was diagnosed with COVID, the individual may return to school when all of the following criteria are met:
 - at least five days have passed since symptoms first appeared or test results confirmed positive.
 - As per UIL, an athlete must be cleared by a doctor prior to starting the Return to Play Protocol.
- If the individual was exposed to someone with COVID, the following quarantine protocols will ensue:
 - (a) If boosted or completed with primary series of vaccinations within 6 months (2 months for J&J), the athletes must
 - wear a mask for 10 days
 - Test on Day 5
 - If symptoms develop, test and quarantine
 - (b) If the primary series of vaccinations was completed over 6 months ago without being boosted (2 months for J&J), or if unvaccinated,
 - Quarantine for 5 days and wear a mask for 5 additional days
 - Test on Day 5
 - If symptoms develop, get a test and continue to quarantine.
 -
- **Close Contact:** Refers to an individual who is lab-confirmed to have COVID. The definition of close contact is evolving and individual scenarios should be determined by an appropriate public health agency. In general, close contact is defined as:
 - Being directly exposed to infectious secretions (e.g., being coughed on); or
 - Being within 6 feet for a cumulative duration of 15 minutes; however, additional factors like case/contact masking (i.e., both the infectious individual and the potential close contact have been consistently and properly masked), ventilation, presence of dividers, and case symptomatology may affect this determination.
 - Athletes and coaches who are fully vaccinated and have been in close contact may not have to quarantine

Return to Physical Activity after Positive COVID case:

As per UIL, it is STRONGLY RECOMMENDED that athletes who have tested positive get a doctor's clearance for any myocarditis concerns. The athlete will follow the SAISD COVID Return to Play Protocol to ensure that they will be acclimated for heat conditions as well as a gradual return to full physical exercise. This Return to Play Protocol will be posted on the SAISD Athletic Website.

There is concern of cardiovascular complications of some athletes affected by COVID . **It is strongly encouraged for athletes with symptomatic COVID positive infection with hospitalization to have cardiac screening (EKG) prior to return to play.**

Due to the evolving nature of the novel Coronavirus, this document is subject to change to reflect the guidelines of the CDC, the San Antonio Metro Health Advisory Board and the San Antonio ISD District protocols.

SAISD COVID Management Protocol 2022-2023

Return to Play Clearance Form

As per UIL Policy, if an athlete has tested positive for COVID, he/she must be cleared for progression back to activity by a physician or physician approved delegate.

SAISD RETURN TO PLAY PLAYBOOK

Athlete's Name: _____ DOB: _____ Date of Positive Test: _____
Athlete's School: _____

THIS RETURN TO PLAY IS BASED ON TODAY'S EVALUATION

Date of Evaluation: _____

- Athlete IS cleared to start full return to activity progression following a 24 hr acclimatization period evaluation.
- Athlete IS cleared, WITH COMPLETION OF RTP PROCEDURES LISTED BELOW.
- Athlete IS NOT cleared to return to activity

Medical Office Information (Please Print/Stamp):

Physician's Name: _____ Office Phone: _____

Physician's Address: _____

Physician's Signature: _____

SAISD 24 hour Acclimatization Period following COVID positive result (regardless of vaccination status)

- 5 days of isolation have passed since positive test result with no symptoms. Athletes must wear a mask for 5 additional days after isolation period ends.
- If symptoms or fever develop after testing positive, the 5 day isolation period starts over.
- No fever ($\geq 100.0F$) for 24 hours without the use of fever reducing medication
- 24 hour period during which the athletic trainer will put the athlete through a cardiovascular workout program. At the end of the period, the Athletic Trainer will determine whether the athlete may begin full participation or must complete further evaluation.

SAISD Return to Play (RTP) Procedures after COVID positive result (Minimum 3 days)

Athletes must complete the progression below without development of chest pain, chest tightness, palpitations, lightheadedness, pre-syncope, or syncope. If these symptoms develop, patient should be referred to the evaluating provider who signed the form.

- 5 days of isolation have passed since positive test result (asymptomatic) or 5 days of isolation have passed once symptoms develop, along with improvement of symptoms (cough, shortness of breath, tightness in chest). Mask must be worn for additional 5 days after isolation period ends.
- No fever ($\geq 100.0F$) for 24 hours without the use of fever reducing medication
 - Stage 1: Light Activity (Walking, Jogging, Stationary Bike) for 15 minutes or less at intensity no greater than 70% of maximum heart rate. NO resistance training.
 - Stage 2: Add simple movement activities (EG. running drills) for 30 minutes or less at intensity no greater than 80% of maximum heart rate
 - Stage 3: Full Practice Day before competition. Modified to no contact for football. After practice athlete will be evaluated by Athletic Trainer

Cleared for Full Participation by School Athletic Trainer:

Athletic Trainer Name

Date

SAISD COVID Management Protocol Return to Play Clearance Form

For Physician's use only – do not return to school.

Note: This clearance is NOT declaring that the student athlete is COVID negative. The purpose is to check on possible myocarditis conditions.

As per UIL Policy, if an athlete has tested positive for COVID, he/she must be cleared for progression back to activity by a physician or a physician approved delegate.

Athlete's Name: _____ DOB: _____

Date of Positive Test: _____

THIS RETURN TO PLAY IS BASED ON TODAY'S EVALUATION

Date of Evaluation: _____ Criteria to return (Please check below as applies)

5 days of isolation have passed since positive test result (whether they are symptomatic or asymptomatic), along with improvement of symptoms (cough, shortness of breath, tightness in chest).

No fever ($\geq 100.0F$) for 24 hours without the use of fever reducing medication

Athlete was not hospitalized due to COVID infection.

Chest pain/tightness with exercise YES NO

Unexplained Syncope/near syncope YES NO

Unexplained/excessive dyspnea/fatigue w/exertion YES NO

New palpitations YES NO

Heart murmur on exam YES NO

Cardiac screen negative for myocarditis/myocardial ischemia (Any yes ABOVE will require a Cardiac Follow up)

NOTE: If any cardiac screening question is positive or if athlete was hospitalized, consider further workup as indicated. May include CXR, Spirometry, PFTs, Chest CT, Cardiology Consult