



May 29th, 2020

FROM: San Antonio ISD Athletic Department

TO: Parents and Athletes

We are excited to have our SAISD student athletes back on campus and working out beginning Monday June 8th. As we prepare for this, we want you to know what precautions we will be taking to keep our student athletes safe. We are currently in Phase 2 as indicated by the National Federation of High School Sports. Once social distancing requirements are further relaxed, we will enter Phase 3 and updated communication will be provided to parents and athletes at that time. All updates can be found on the SAISD Athletics Webpage and from your campus Athletics Google Classrooms.

COVID 19 FACTS

The virus that causes COVID 19 can infect people of all ages. Research from the Centers for Disease Control, among others, has found that while children do get infected by COVID 19, relatively few children with COVID 19 are hospitalized. However, some severe outcomes have been reported in children, and a child with a mild or even asymptomatic case of COVID 19 can spread the infection to others who may be far more vulnerable. While it is not possible to eliminate all risk of furthering the spread of COVID 19, the current science suggests there are many steps schools can take to reduce the risks to athletes, coaches, staff and their families significantly.

DECIDING TO RE-OPEN

The decision to re-open is based on the following criteria:

- Re-opening is consistent with state and local orders
- All school districts in the greater San Antonio area will be re-opening for SS&C the week of June 8th.
- To protect athletes and coaches at higher risk for severe illness, these individuals should remain at home
- Student athletes and coaches will be screened prior to and upon arrival for symptoms and history of exposure
- Recommended health and safety actions are in place
- Healthy hygiene practices such as hand washing and coaches wearing masks is promoted
- Cleaning, disinfection and ventilation is intensified
- Social distancing through increased spacing, small groups and limited mixing between groups will be promoted
- The coaching staff will be trained on health and safety protocols
- Ongoing monitoring is in place
- Procedures to check for signs and symptoms of students and coaches daily upon arrival have been developed and will be implemented
- Anyone who is sick must stay at home

- A plan has been developed for if students or coaches get sick while at workouts
- Regular communication and monitoring developments with local authorities, employees and families regarding cases, exposures, and updates to policies and procedures is in place.
- Consult with the local health authorities will occur if there are cases in the facility or an increase in cases in the local area.

PRIOR TO ARRIVING

Prior to arriving for workouts, athletes and staff will self screen for COVID 19 symptoms on a Google document prior to coming to campus. Any individual who experiences the symptoms below will not be allowed to take part in workouts and should contact his/her primary care provider or other appropriate health care professional. Any athlete or coach living with someone who experiences any of the symptoms of COVID 19, should self isolate for two weeks. If they do not experience any COVID 19 symptoms during that period, they can return to summer strength and conditioning.

Self-Screen Symptoms:

Excessive chronic cough

Shortness of breath or difficulty breathing while at rest

Repeated shaking with chills

Loss of taste or smell

A measured temperature greater than or equal to 100F

Known close contact with a person who is a lab confirmed COVID positive.

In addition, an individual with underlying medical conditions should not attend workouts.

ONCE ON CAMPUS

- When athletes arrive on campus, they must wait six feet apart in the designated entry area
- All coaches and athletes will have a temperature check
- Any person with positive symptoms will not be allowed to take part in workouts and should contact his/her primary care provider
- Any person who has a fever is not permitted to take part in workouts and will be sent home. The athlete or coach will be permitted to return after showing no fever without fever reducing medication, for the past 24 hours. (Must skip a full day)
- Hand sanitizer will be available at each entrance and facility being used for Summer Strength and Conditioning and Sport Specific training. Everyone will be required to use it.
- Individuals will wash their hands for a minimum of 20 seconds with warm water and soap before touching any surfaces or participating in workouts.
- Athletes are not permitted to share water or food with each other

PARTICIPATION

- Attendance at Summer Strength and Conditioning and Sport Specific Training is optional.
- Workouts will be planned with a social distancing area of 10 feet per athlete while exercising.
- Hand sanitizer will be plentiful and available
- Students must provide their own towel, water bottle and workout clothing
- There will be no shared towels, clothing or shoes between students
- Students are not permitted to use the Locker Rooms or showers on campus. They should immediately return home to shower at the end of the workout.
- Coaches will wear face masks during Phase 2.
- Athletes may wear a face covering, but it is not recommended during exercise
- No parents or media are permitted in the facilities or on the fields during workouts.

POST WORKOUT PROCEDURES

- When students are leaving their sessions, they must maintain social distancing and wait for pick up six feet apart at the designated exit location.
- Parents must remain in their car during the pick up process.
- Students should shower and wash their workout clothing immediately upon returning to home
- Facilities will be deep cleaned and sanitized after workouts.

IMPORTANT DATES FOR SUMMER STRENGTH AND CONDITIONING TRAINING

First day of Summer Strength & Conditioning COVID Training and Student Education: June 1st, 2020

First day of Summer Strength & Conditioning on campus: June 8th, 2020

Last Day of Summer Strength & Conditioning: August 3rd, 2020

Period of No Activity: Monday June 29th – Friday July 3rd, 2020 **

Tuesday July 7th and Wednesday July 8th, 2020

Monday July 20th and Tuesday July 21st, 2020

WORKOUT SCHEDULE

Your child will receive a specific workout schedule from his/her coach during the week of June 1-June 8th. Students will be placed in small groups for the month of June and will only be permitted to workout with that same group of students every day. Although there may be other workouts throughout the day, athletes may only report to their designated time slot.

We look forward to getting back to work with our student athletes in athletics and we will continue to provide information and updates to athletes and parents via the Athletics Google Classroom for your campus. Please contact your campus Coordinator with any questions, or the Athletic Department at 210-554-2655.