

BCHS Summer 2020

Athletic Participation Guidelines

GENERAL GUIDELINES FOR ALL SPORTS

1. All summer activity is completely VOLUNTARY. Any student-athlete, or parent of a student-athlete, who does not feel that it is in their best interest to participate is free to exclude themselves from any and all workouts, practices, etc. Voluntary participation will serve as assumption of risk and agreement that Brownstown Central High School will not be held responsible for any illnesses that may occur.
2. All students and staff will be trained and screened for signs/symptoms of COVID-19 prior to participating in workouts and practices. Any coach or student-athlete experiencing any symptoms related to COVID-19 will not be allowed to return to participation until he/she 1) has no fever for 72 hours without medication, symptoms have improved, and 10 calendar days have passed since the symptoms began; 2) can show proof 2 negative COVID-19 tests at least 24 hours apart; or 3) has a medical release from a medical provider. We are consulting CDC guidelines and are aware that these are changing as this virus evolves and will continue to monitor and update as needed.
3. Prior to participation, all first-time student athletes are required to have an IHSAA Pre-Participation Physical for summer activities and the upcoming school year. Returning student-athletes are not required to obtain a new physical, but must provide the [2020-21 IHSAA Health History Questionnaire and Consent & Release](#)
4. All athletes and parents will self-monitor the athlete's health each day prior to sending the athlete to the school for workouts. This self-monitoring will include checking for fever and any symptoms of illness. If the athlete has a fever of 100.4 F or greater or is experiencing any symptoms of illness, the parent agrees that the athlete will not attend workouts that day and will not return until they have met the requirements of #2 above.
5. Any student-athlete noticing a rash on any body surface needs to report it immediately to their coach and seek medical attention either from the athletic trainer and/or physician before returning to practice/play.
6. According to IDOE guidelines, between July 6 and July 19, student-athletes are limited to 15 total hours per week on campus including conditioning and sport-specific activities.

7. Between July 6 and July 19, no sport may have more than two activity days per calendar week (3 hours per day/6 hours per week) and those activities may not occur on consecutive days. Contact sports may have NO CONTACT activities during "Phase I." Conditioning is limited to four days per week (2 hours per session/8 hours per week).

8. The use of locker rooms will be strictly prohibited. Student-athletes should come dressed in the necessary attire for their practice or workout, and take all clothing items and personal equipment home with them to be washed before returning to practice/play.

9. Restroom usage will be restricted to specific locations. The designated restrooms will be thoroughly cleaned each day that usage occurs.

10. Each student-athlete shall bring his/her own water bottle and towel, clearly marked with the student's name, for use. Bottles may be refilled at designated hydration stations on campus that will be cleaned daily.

11. Coaches will be responsible for sanitizing any/all equipment used during a given practice or workout, especially equipment that is shared such as footballs, volleyballs, softballs, handheld pads, weight equipment, etc.

12. Any athlete who prefers to wear a face covering for activities should be allowed, if doing so does not cause a health risk. Non-athletes, including coaches, managers, medical staff, etc. should wear face coverings at all times unless under rigorous activity or it poses a health risk.

13. Coaches will be responsible for the cleaning of any facility that requires it before and after a practice or workout occurs (i.e. weight room, gym floor, benches, etc.).

14. BCHS will not be hosting or traveling to the campus of any other school for the purpose of scrimmages, practices, or contests during summer activities.

15. All facility usage, both indoor and outdoor, must be approved and scheduled in advance with school administration.

16. Only essential student athletes, student participants, coaches, medical staff, related supervisors, and directors should be in attendance at any activities from July 6 to Aug. 15, the beginning of "Phase III." (exception - Girls Golf)

17. Coaches and student-athletes are to not engage in any other social activities before or after any summer practice/workouts.

SPORT SPECIFIC GUIDELINES

CROSS COUNTRY

All Phases: July 1st - Start of Season

- Practice times determined by the Athletic Director.
- IHSA Pre-Participation Physical or IHSA Health History Update Questionnaire will be mandatory for all student-athletes prior to summer participation.
- Coaches and student-athletes shall attempt to maintain a minimum of six feet of separation from each other at all times.
- All practices and workouts shall be completed outside. In the event of inclement weather, practices and workouts may be moved to an available gym as long as proper social distancing and all other guidelines for indoor activity are met. There will be no running or entry into the school/classroom Hallways.
- Use the gym's water fountains and public restrooms.

FOOTBALL

Phase 1: July 6 - July 19

- Practice times to be determined by the Athletic Director.
- IHSA Pre-Participation Physical or IHSA Health History Update Questionnaire will be mandatory for all student-athletes prior to summer participation.
- No contact activities are allowed in Phase 1.
- Coaches and student-athletes shall attempt to maintain a minimum of six feet of separation from each other at all times.
- No scrimmaging or game play. Drills should be conducted individually or in smaller groups.
- Emphasis will be placed on physical conditioning as well as individual skill that does not require the use of protective football gear. Shared equipment and balls will be sanitized. Student-athletes should wash/sanitize hands and arms at each break.
- All practices and workouts shall be completed outside. In the event of inclement weather, practices and workouts may be moved to an available gym as long as proper social distancing and all other guidelines for indoor activity are met.
- Use FB watering station and public restrooms on the north end of the weight room.

Phase 2: July 20 - Start of Season

- Practice times to be determined by the Athletic Director.
- IHSA Pre-Participation Physical or IHSA Health History Update Questionnaire will be mandatory for all student-athletes prior to summer participation.
- Coaches and student-athletes shall attempt to maintain a minimum of six feet of separation from each other at all times when not engaged in gameplay or group drills.
- Emphasis should be placed on stopping gameplay/group drills and disinfecting footballs and equipment that have been touched by multiple student-athletes as often as possible. Student-athletes should also take measures to wash hands and arms at those times.
- All practices and workouts shall be completed outside. In the event of inclement weather, practices and workouts may be moved to an available gym as long as proper social distancing and all other guidelines for indoor activity are met.
- Use FB watering station and public restrooms on the north end of the weight room.

GOLF

All Phases: July 6 - Start of Season

- Practice times to be determined by the Athletic Director.
- IHSA Pre-Participation Physical or IHSA Health History Update Questionnaire will be mandatory for all student-athletes prior to summer participation.
- Coaches and student-athletes will adhere to all CDC guidelines for golf courses including social distancing practices, the use of one's own golf balls and equipment, and not touching pin flags.
- All practices and workouts shall be completed outside. In the event of inclement weather, practices and workouts may be conducted in an approved indoor location as long as proper social distancing and all other general guidelines for indoor activity are met.

TENNIS

All Phases: July 6 - Start of Season

- Practice times to be determined by the Athletic Director.
- IHSA Pre-Participation Physical or IHSA Health History Update Questionnaire will be mandatory for all student-athletes prior to summer participation.
- Coaches and student-athletes shall attempt to maintain a minimum of six feet of separation from each other at all times.
- Normal game play may occur as long as there is no sharing of rackets.
- All practices and workouts shall be completed outside. In the event of inclement weather, practices and workouts may be moved to an available gym as long as proper social distancing and all other guidelines for indoor activity are met.

- Use the press box's public restrooms and water.

VOLLEYBALL

Phase 1: July 6 - July 19

- Practice times to be determined by the Athletic Director.
- IHSA Pre-Participation Physical or IHSA Health History Update Questionnaire will be mandatory for all student-athletes prior to summer participation.
- Coaches and student-athletes shall attempt to maintain a minimum of six feet of separation from each other at all times.
- Drills should be conducted individually or in smaller groups.
- Breaks from drills or practice will be taken frequently, and shared equipment or volleyballs will be sanitized. Student-athletes should wash/sanitize hands and arms at each break.
- Emphasis will be placed on physical conditioning as well as individual skill development.
- Use the gym's water fountains and public restrooms.

Phase 2: July 20 - Start of Season

- Practice times to be determined by the Athletic Director.
- IHSA Pre-Participation Physical or IHSA Health History Update Questionnaire will be mandatory for all student-athletes prior to summer participation.
- Coaches and student-athletes shall attempt to maintain a minimum of six feet of separation from each other when not engaged in drills and game play.
- Scrimmaging and game play will be allowed, but emphasis should be placed on stopping gameplay and disinfecting volleyballs that have been touched by multiple student-athletes as often as possible. Student-athletes should also take measures to wash/sanitize hands and arms at those times.
- Use the gym's water fountains and public restrooms.

BASKETBALL

Phase 1: July 6 - July 19

- Practice times to be determined by the Athletic Director.
- IHSA Pre-Participation Physical or IHSA Health History Update Questionnaire will be mandatory for all student-athletes prior to summer participation.
- Coaches and student-athletes shall attempt to maintain a minimum of six feet of separation from each other at all times.
- Drills should be conducted individually or in smaller groups.
- Breaks from drills or practice will be taken frequently, and shared equipment or basketballs will be sanitized. Student-athletes should wash/sanitize hands at each break.
- Emphasis will be placed on physical conditioning as well as individual skill development.

- Use the gym's water fountains and public restrooms.

Phase 2: July 20 - July 31

- Practice times to be determined by Athletic Director
- IHSAA Pre-Participation Physical or IHSAA Health History Update Questionnaire will be mandatory for all student-athletes prior to summer participation.
- Coaches and student-athletes shall attempt to maintain a minimum of six feet of separation from each other when not engaged in drills and gameplay.
- Scrimmaging and game play will be allowed, but emphasis should be placed on stopping gameplay and disinfecting basketballs and equipment that have been touched by multiple student-athletes as often as possible. Athletes should also take measures to wash/sanitize hands at those times.
- Use the gym's water fountains and public restrooms.

BASEBALL/SOFTBALL

Phase 1: July 6 - July 19

- Practice times to be determined by the Athletic Director.
- IHSAA Pre-Participation Physical or IHSAA Health History Update Questionnaire will be mandatory for all student-athletes prior to summer participation.
- Coaches and student-athletes shall attempt to maintain a minimum of six feet of separation from each other at all times.
- Emphasis will be placed on physical conditioning as well as individual skill development.
- Drills should be conducted individually or in smaller groups.
- All practices and workouts shall be completed outside. In the event of inclement weather, practices and workouts may be conducted in an approved/available indoor facility as long as proper social distancing and all other general guidelines for indoor activity are met.
- Use the press box's public restrooms and water.

Phase 2: July 20 - July 31

- Practice times to be determined by the Athletic Director.
- IHSAA Pre-Participation Physical or IHSAA Health History Update Questionnaire will be mandatory for all student-athletes prior to summer participation.
- Coaches and student-athletes shall attempt to maintain a minimum of six feet of separation from each other when not engaged in drills and gameplay.
- Scrimmaging and game play will be allowed, but emphasis should be placed on stopping gameplay and disinfecting baseballs/softballs that have been touched by multiple student-athletes as often as possible. Student-athletes should also take measures to wash/sanitize hands at those times.

- All practices and workouts shall be completed outside. In the event of inclement weather, practices and workouts may be conducted in an approved/available indoor facility as long as proper social distancing and all other general guidelines for indoor activity are met.
- Use the press box's public restrooms and water.

TRACK & FIELD

Phase 1: July 6 - July 19

- Practice times to be determined by the Athletic Director.
- IHSAA Pre-Participation Physical or IHSAA Health History Update Questionnaire will be mandatory for all student-athletes prior to summer participation.
- Coaches and student-athletes shall attempt to maintain a minimum of six feet of separation from each other at all times.
- Student-athletes shall not share equipment (i.e. shot puts or discs) and may not use landing pads (i.e. high jump and pole vault)
- Emphasis will be placed on physical conditioning as well as individual skills.
- All practices and workouts shall be completed outside. In the event of inclement weather, practices and workouts may be conducted in an approved/available indoor facility as long as proper social distancing and all other general guidelines for indoor activity are met.
- Use the gym's water fountains and the public restrooms attached to the weight room.

Phase 2: July 20 - July

- Practice times to be determined by the Athletic Director.
- IHSAA Pre-Participation Physical or IHSAA Health History Update Questionnaire will be mandatory for all student-athletes prior to summer participation.
- Coaches and student-athletes shall attempt to maintain a minimum of six feet of separation from each other at all times.
- Any shared equipment or padding used must be sanitized after each use. Student-athletes should also take measures to wash hands, arms, and any other body part that came in contact with equipment or padding at this time.
- All practices and workouts shall be completed outside. In the event of inclement weather, practices and workouts may be conducted in an approved/available indoor facility as long as proper social distancing and all other general guidelines for indoor activity are met.
- Use the gym's water fountains and the public restrooms attached to the weight room..

CHEERLEADING

Phase 1: July 6 - July 19

- Practice times to be determined by the Athletic Director.

- IHSAA Pre-Participation Physical or IHSAA Health History Update Questionnaire will be mandatory for all student-athletes prior to summer participation.
- Coaches and student-athletes shall attempt to maintain a minimum of six feet of separation from each other at all times.
- Emphasis will be placed on physical conditioning as well as individual skill.
- No builds or stunting that requires physical touching and no sharing of equipment.
- Practices and workouts may be conducted inside or outside. In the event of inclement weather, practices and workouts may be conducted in an approved/available indoor facility as long as proper social distancing and all other general guidelines for indoor activity are met.
- Use the gym's water fountains and public restrooms.

Phase 2: July 20 - Start of Season

- Practice times to be determined by the Athletic Director.
- IHSAA Pre-Participation Physical or IHSAA Health History Update Questionnaire will be mandatory for all student-athletes prior to summer participation.
- Coaches and student-athletes shall attempt to maintain a minimum of six feet of separation from each other at all times when not engaged in builds or stunting.
- After builds and stunting, student-athletes should take measures to wash hands, arms, and any other body part that came in contact with another student-athlete.
- Practices and workouts may be conducted inside or outside. In the event of inclement weather, practices and workouts may be conducted in an approved/available indoor facility as long as proper social distancing and all other general guidelines for indoor activity are met.
- Any equipment used will need to be disinfected immediately after its use.
- Use the gym's water fountains and public restrooms.