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## Athletics Mitigation Plan

This document was developed as a plan for a safe reopening of EDUPRIZE Athletics for the 2020-2021 school year. We recognize the importance of getting kids back in sports for both their physical and mental well-being. The goal of this document is to help everyone involved in EHS Athletics implement measures to reduce the COVID-19 transmission while also meeting the needs of our student-athletes.

This plan has been developed with the guidance of the CDC, Arizona Department of Health, Canyon Athletic Association, Arizona Interscholastic Association, National Federation of High School Sports, and the National Strength & Conditioning Association.

### PREVENTION:

- Hand washing will occur before every practice begins by the student-athletes and coaches.
- Student-athletes will change for practices/games only with their team members three at a time.
- Student-athletes must wear face coverings while not actively participating in their sport; this includes walking to/from the sideline during games and leaving practices.
- Coaches must wear face coverings/shields during practices when they cannot socially distance from their team; games would be the exception.
- Student athletes exhibiting symptoms will be isolated in a designated location until they are picked up.
- Sharing of water bottles is prohibited.
- Student-Athletes must have their own water bottle and will use the no-touch filler stations on campus.
- Student-athletes and coaches will maintain social distance whenever possible.
- At the end of practices, student-athletes will re-mask, sanitize or wash hands.
- COVID-19 signage will be clearly posted for visiting teams.
- Fans will be limited and social distanced from each other; any indoor sports fans will be required to wear a mask.

### STUDENT-ATHLETE HEALTH AND WELLNESS EXPECTATIONS

- If a student-athlete has been sick they are asked to stay home until a full 24 hours fever free (without fever reducing medicine) no exceptions.
- If a student-athlete has been diagnosed with COVID-19, self-quarantine will occur and another COVID test needs to be completed showing negative results before returning to practice.
- If a student-athlete has been in contact with someone diagnosed with COVID-19, CDC guidelines will be followed.
- Wash hands often throughout the day with soap and water for at least 20 seconds.
- Hand washing will be required before practices and games begin.
- Hand washing (indoor sports) or sanitizer (outdoor sports) will be required after practice ends.
- When soap and water are not readily available, we will use an alcohol based hand sanitizer.
- Student-athletes should maintain a distance of 6 feet from others when possible.
- Student-athletes must wear face coverings while not actively participating in their sport; this includes walking to/from the sideline during games and leaving practices.
- Student-athletes must have clean practice clothes each day.
- Student-athletes must wash their game uniform after each game (by itself, cold, and hang to dry).
- Student-athletes should be considerate of their teammates by practicing good safety measures when away from EHS.

### **CLEANING PROTOCOLS**

- We will follow all leading organizations recommendations and guidelines for cleaning & sanitizing
- EHS has put into place strict cleaning and disinfecting measures.
- If pinnies are used in a practice, they will not be shared amongst the team, and the coach will wash them before having student-athletes wear them again.
- Coaches will be responsible for sanitizing the inflatables and equipment regularly.
- Coaches will place and pick up cones for drills.

### **RESPONSE TO CONFIRMED CASES**

- CDC protocols regarding reported cases and specific guidance from Maricopa County Department of Public Health will be followed.
- In accordance with state and local laws and regulations, athletic administrators and school administrators should notify local health officials of any case of COVID-19 while maintaining confidentiality in accordance with the Americans with Disabilities Act (ADA).
- As directed by CDC, AZ DHS, and/or Maricopa County Public Health and Pinal County Public Health, inform those who have had close contact with a person diagnosed with COVID-19 to stay home and self-monitor for symptoms, and follow CDC guidance if symptoms develop.

### **SPECTATOR LIMITS**

- Each school is allowed 2 spectators per athlete/coach until further notice at all CAA events.