



# GUERIN CATHOLIC ATHLETICS DEPARTMENT



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## ATHLETICS RE-OPENING (JULY 2020)

It is a top priority of the Guerin Catholic Athletic Department to follow all state and local guidelines and best practices set out by authorities, health officials along with information provided by the CDC, IDOE, IHSAA and other professional organizations and recommendations. By the time July 6 approaches, the State of Indiana will have ended its phases for re-opening. The purpose of this plan is to gradually phase student-athletes back into an environment where they can regain strength, rebuild routines and get back into shape. This will take time and we urge a high level of patience from July 6 onward.

Presented below is an outline of agreements for student-athletes and coaches as we prepare for a fall season return. If precautions are not taken seriously upon the return on July 6, this could result in missed parts of seasons in the fall. It is the expectation that social distancing and other precautions will become habits for all stakeholders to follow. Guerin Catholic and the Athletic Department reserve the right to discontinue practices at any time should they feel safety expectations are not being met.

### Check-in Procedures

- All indoor sports should enter through main entrance (Door 1)
- Parents should pick up near football entrance outside of Door 20
- Student athletes should exit indoor facilities through Door 20 or Grotto doors
- Parents/Guardians should remain in their vehicle at drop-off and pick-up

### PRACTICES/WORKOUTS - PHASE 1 (JULY 6-JULY 19)

- All student-athletes, support staff and coaches should not participate in workouts if they exhibit any symptoms whatsoever
- All student-athletes turn in **IHSAA Health Questionnaire** prior to participation
- All student-athletes must have **physicals and registration** on file (returning student-athletes do not need new physical)
- All student-athletes must wash their hands prior to and following practices
- 2 days/week (which means sport specific activity) cannot happen on consecutive days
- 4 day maximum - conditioning
- 15 hours maximum/week
- Drills should be in small groups and same groups always together

### PRACTICES/WORKOUTS - PHASE 2 (JULY 20-AUGUST 14)

IHSAA summer rules will apply with official practice starting on August 3rd for all sports except for girls golf (July 31st)



# ATHLETICS DEPARTMENT

## GUERIN CATHOLIC JULY 2020 ATHLETICS RE-OPENING (CONT.)

### Masks

- Student-athletes must have a mask on them at all time and worn during non-rigorous activity
- Coaches will wear masks when interacting with student-athletes when social distancing cannot be practiced

### Contact

- There should be no physical contact between athletes during practices and workouts during Phase 1
- Contact may occur during practices starting in Phase 2

### Formal Competition

- Any competitions held before August 15th cannot have fans in attendance
- IHSAA defines competition as “competition without fans”

### Locker Rooms

- Locker Rooms will not be available all of July until first day of practice (August 3rd)
- After August 3rd, locker rooms can be used at 50% capacity

### Athletic Training

- All outdoor sports will have preventative treatment done outside Door 20 under a tented area
- Indoor training room will also be open for indoor sports (only 2 student-athletes permitted at one time)
- All treatment (rehab, wrapping, etc.) will be done by appointment by an email to [arumer@guerincatholic.org](mailto:arumer@guerincatholic.org)

### Strength and Conditioning

- During Phase 1, all workouts will occur outside in a grass area behind Kinesiology classroom
- All student-athletes should report directly to Coach Jaime Waymouth outside

### Outdoor Sports

- Outdoor sports should remain outdoors at all times during the month of July. Only under unique circumstances should entry to the building happen and a member of the Athletic Department should be notified.
- Student-athletes should come dressed ready to practice and workout
- Port-o-lets will be provided outside

### Water

- All players are encouraged to bring their own large water bottles to last the entire workout. Water will be provided, but only in case of emergency.
- If refill is necessary, one designated manager/coach will be responsible for dispensing water to fill up bottles, but players are encouraged to bring water jugs or bottles that will last the entire workout

### Inclement Weather

- Designated areas inside the building will be used in case of inclement weather for outdoor sports.

### Sanitization

- School support staff will be in charge of helping sanitize areas but on some occasions, student-athletes will be asked to sanitize their own area (strength and conditioning in particular)
- Wipes and hand sanitizer will be provided, but families should be encouraged to bring their own.

### Shared Equipment

- There should be no shared athletic towels, clothing, or shoes between students at any time. They can also bring a bag that they will keep with them. Shared athletic equipment such as racquets, bats, and batting helmets should be cleaned between each use. Other equipment, such as football helmets/ pads, lacrosse helmets/pads/gloves/eyewear should be worn by only one individual and not shared. Weight room equipment will be disinfected by students and staff after each use.

### Procedure for Positive Covid-19 Test

- Any positive test will be reported to Athletic Department, School Administration and State Department of Health immediately
- Communication will be sent to program email list informing them a positive test has occurred and parents will have the option at that point to make a decision about further participation in workouts.

### Practice Arrival Time

- Student-athletes should arrive no earlier than 10-15 minutes prior to a scheduled activity, and should not hang out in lobbies or outside before or after.
- Only exception is student-athletes who have contacted athletic training about treatment