

Scottsdale Unified School District

Return to Permissive Practice

Guidelines to be followed:

- All athletes must be cleared in Register My Athlete to participate
 - '19-'20 physical dated after 3/1/19 may be used by replacing pages 3-4 (doctor signed pages) into the '20-'21 AIA physical packet located in RMA and online – NO uniforms will be given until fee is paid
- Students or staff is sick or feels sick, STAY HOME
- At risk/vulnerable individuals, youth, or adult, should consider their participation
- All coaches and athletes must participate in a COVID-19 training
- Athletic Trainers will act as COVID-19 point of contact person on campus
- Emphasize the importance of proper hygiene including washing of hands frequently, avoid touching your face, and cover mouth to cough or sneeze
- Temperature checks for all participants upon arrival and anyone with a temperature above 100.4 needs to be asked to leave and parents notified
- Screen all participants upon arrival for symptoms of exposure such as fever, sore throat, cough, shortness of breath, close contact with someone with COVID
- Coaches or COVID-19 lead must maintain COVID-19 symptoms log daily
- All participants must wear a face covering, from car to car, during nonathletic activities
- Maintain social distancing and limit number of students in space to 30 maximum depending on size of the facility and create a one-way path so that students enter and exit in the same place
- Weight Rooms will be limited to 50% capacity at any time
- Utilize cohorts of athletes when possible for social distancing, symptoms log, and contact tracing
- Locker rooms and drinking fountains will remain closed until further notice
- Athletes must bring their own water – any community water must be provided by the Trainers and be contactless by all athletes
- Parents and spectators are not allowed to attend
- No touching that does not have to do with athletics such as high fives, chest bumps, etc.
- Equipment sanitization to be completed before and after use
- In the case of a COVID-19 concern SUSD will follow the COVID-19 Management Protocol as outlined by the CDC, AZ Department of Public Health under the guidance of Dr. Dean from AZ Sports Medicine, Arizona Athletic Trainers Association, and implemented by the SUSD Athletic Trainers
- All Coaches must review and implement into their sport the AIA Fall Sports Modifications – these modifications must be communicated with athletes and monitored



How to protect yourself and others

(Source: **Center for Disease Control** website, www.cdc.gov)

-Older adults and people who have severe underlying medical conditions like heart or lung disease, or diabetes seem to be at higher risk for developing serious complications or dying from COVID-19 illness.

Know how COVID-19 spreads:

- There is currently no vaccine to prevent coronavirus disease 2019 (COVID-19).
- **The best way to prevent illness is to avoid being exposed to this virus.**
- The virus is thought to **spread mainly from person to person.**
 - Between people who are in close contact with one another (within about 6 feet).
 - Through respiratory droplets produced when an infected person cough, sneezes ect.
 - These droplets can land in the mouths or noses of people who are nearby or possibly be inhaled into the lungs.
 - Some recent studies have suggested that COVID-19 may be spread by people who are not showing symptoms.

Everyone Should:

- Wash your hands often with soap and water for at least 20 seconds especially after you have been in a public place, or after blowing your nose, coughing, or sneezing
- If soap and water are not readily available, **use a hand sanitizer that contains at least 60% alcohol.** Cover all surfaces of your hands and rub them together until they feel dry
- **Avoid touching your eyes, nose, and mouth** with unwashed hands
- **Avoid close contact with people who are sick, even inside your home.** If possible, maintain 6 feet between the person who is sick and other household members
- **Put distance between yourself and other people outside of your home.**

- Remember that some people without symptoms may be able to spread virus
- Stay at least 6 feet (2 arms lengths) from other people
- Do not gather in groups and stay out of crowded places and mass gatherings
- Keeping distance from others is important for people who are at a higher risk of getting sick
- You could spread COVID-19 to others even if you do not feel sick.
- Everyone should wear a cloth face cover when they can't maintain social distancing
- The cloth face cover is meant to protect other people in case you are infected
- Do NOT use a facemask meant for a healthcare worker
- **If you are in a private setting and do not have on your cloth face covering, remember to always cover your mouth and nose** with a tissue when you cough or sneeze or use the inside of your elbow
- **Throw used tissues** in the trash and cover coughs and sneezes
- Immediately **wash your hands** with soap and water for at least 20 seconds. If soap and water are not readily available, clean your hands with a hand sanitizer that contains at least 60% alcohol

Clean and disinfect

- **Clean AND disinfect frequently touched surfaces daily.** This includes tables, doorknobs, light switches, countertops, handles, desks, phones, keyboards, toilets, faucets, and sinks

- **Then, use a household disinfectant.** Most common EPA-registered household disinfectants will work

- Solution should remain wet on mat for 4-10 minutes depending on the product being used. Exercise equipment shall be cleaned after each practice.

Following material cited from <https://www.cdc.gov/coronavirus/2019-ncov/community/cleaning-disinfecting-decision-tool.html>

Content source: [National Center for Immunization and Respiratory Diseases \(NCIRD\)](#), [Division of Viral Diseases](#)