

Athlete Return to Campus Plan for Jesuit Dallas Summer Strength and Conditioning Camp and Sports Skills

Guidelines are in conjunction with UIL, State, Local and Jesuit guidelines. Attendance for athletes is optional. No athlete is required to attend strength and conditioning or summer sports skills workouts.

We will expect staff and athletes to take steps to protect themselves and those around them from the spread of COVID-19. The policies in our plan are designed to minimize risk for yourself and others. It is critical to everyone's health and safety that all athletes and staff fully understand this at all times and take responsibility for following these guidelines seriously.

Key Principles:

- Limiting personal interaction (face-to-face interaction) and person-to-person contact. When such activities are required, social distancing and other infection-spreading mitigating measures will be emphasized.
- Hygiene—hand washing will be emphasized before, during, and after activities when practicable.
- Cleaning and sanitation—routine and enhanced cleaning and sanitation measures will be implemented.
- Safe access / exit to facilities—Facility entry and exit points will be coordinated to minimize personal interaction and facilitate social distancing.
- Screening Procedures for Student-Athletes – Daily symptom and temperature screening assessment will be required of student-athletes upon entry of campus.
 - Staff will continue to be screened daily

Athlete Requirements

- Athletes will check in and complete the screening process each day.
- Athletes should stay home if they answer “YES” to any screening questions or if they do not feel well.
- Athletes will wear masks at all times except when directly involved in exercise.
- Athletes will park or be dropped off at the **Anderson Lot**.
- Athletes will get in check in line and keep social distancing (6 ft apart) at all times.
- Physical Contact – Limit physical contact with others. **Do not** shakehands, hug, fist-bump or highfive.
- Athletes will use hand sanitizer before entering the facility, during workouts, and when exiting the facilities.

- Restrooms - Student-athletes are required to wash hands; sanitize hands after exiting; trash cans will be placed near doors to encourage student-athletes to open the door with the paper towel used to dry hands. Other than designated RR, locker room and shower use is not allowed for any reason.
- Hydration –Water will not be provided for student athletes. Student-athletes will be required to bring their own individual labeled water bottles. They are prohibited from sharing water bottles.

Sanitization

Disinfection and Sanitation

- Facilities Cleaning—athletic facilities will be disinfected and sanitized per industry guidelines, before, during, and after activities.
- Equipment like bar bells will be sanitized after each use and before a new athlete uses it. Spray bottles and paper towels will be at each station so that athletes can spray and wipe after use the bar.

Screening Process - Daily

Every student will be asked the following questions. If a student knows the answer is “YES” on any question they should stay at home and call their coach to let them know.

All student-athletes are required to complete the COVID-19 Daily Screening.

- Screening questions:
 - Have you had any contact with a person who is/was positive for COVID–19?
 - Any signs of new or worsening cough or shortness of breath/difficulty breathing?
 - Any symptoms of the following: chills, repeated shaking with chills, muscle pain, headache, sore throat, new loss of taste or smell, diarrhea?
- A temperature check is required on first entry into the screening check point. If a student-athlete has a temperature above 99.5, they will be sent to the Athletic Trainer on duty for further assessment and the athlete’s parents will be notified.

Entry Procedure

- All student-athletes are required to enter Jesuit facilities from the Anderson Lot and then thru the emergency gate along Inwood Road.
- Entering indoor facilities via the doors to the Athletic Tower (South). These are THE ONLY permissible entry for student-athletes. All other entry points will be inaccessible.

Exit Procedure

- Student-athletes must exit the indoor facility through the north side of the weightroom stairwell and exit the building through the doors to Xavier Mall (by the cafeteria), while practicing social distancing and avoiding contact with other student-athletes and staff.
- Exiting the outdoor facilities will be along the west side of campus (home stands) and thru the walk thru gate on Willow Lane.
- Parents must stay in their cars in the Anderson Lot during the pickup process.

Social Distance Group

- Before the start of all camps, athletes will be assigned into groups that will remain in place throughout the summer. Changing of groups will be extremely limited.
 - For outdoor groups (strength and conditioning & Baseball and Lacrosse skills) groups will be limited to a max of 15 athletes per coach.
 - Indoor skills groups (Basketball) will be limited to a max of 10 per coach.
- The Dell Athletic Performance Center is allowed a max of 50 people at one time, including coaches. This will allow us to handle 3 groups of 15 max at one time

COVID – 19 Protocol

We will be following:

-If a positive case is identified among a participant in these summer activities, either staff or student, then all of the students and staff with whom the confirmed individual had close contact shall be removed from workouts for two weeks.

For example: If a student in one group tests positive for COVID, the student and staff member in that group must isolate for two weeks.

-Any staff member or student experiences any of the symptoms of COVID (listed below) they should self-isolate until the below conditions have been met.

- at least three days (72 hours) have passed since recovery (resolution of fever without the use of fever-reducing medications);
 - and the individual has improvement in respiratory symptoms (e.g., cough, shortness of breath);
 - and at least ten days have passed since symptoms first appeared;
- OR
- If the individual has symptoms that could be COVID-19 and wants to return to camp before completing the above self-isolation period, the individual must obtain a medical professional's note clearing the individual for return along with TWO negative COVID test results.

-Any student or staff member living with someone who experiences any of the symptoms of COVID or have tested positive to COVID, they should self-isolate for two weeks. If they do not experience any COVID symptoms during that period they can return to summer workouts. If they experience symptoms, they must self-isolate until the conditions outlined above have been met.

COVID Symptoms for Screening

• Cough • Shortness of breath or difficulty breathing • Chills • Repeated shaking with chills • Muscle pain • Headache • Sore throat • Loss of taste or smell • Diarrhea • Feeling feverish or a measured temperature greater than or equal to 100.0 degrees Fahrenheit • Known close contact with a person who is a lab confirmed to have COVID-19

Frequently Asked Questions:

Do I have to wear a mask? Will camp workers be wearing masks?

- The UIL is encouraging but not requiring mask usage. Jesuit policy is masks will be worn at all times except when actually working out.

What if my attendee does not follow these UIL Guidelines?

- If attendees are found breaking our Guidelines and rules, they will first receive a verbal warning. If they are caught a second time they will be asked to leave the current session, and they will have to meet with a Jesuit supervisor before returning to camp. If an attendee continues breaking guidelines after suspension, he will be asked to not return for the remainder of camp.

What if someone in my son's training group gets sick?

- We are taking every precaution possible to reduce the possibility of cross-contamination between athletes of different training times. If an attendee does end up testing positive for COVID-19, the students of his group and the employee supervising will be put on a 2 week quarantine. At the conclusion of two weeks, all involved must meet the return to activity protocol (no symptoms). If an attendee starts to show symptoms of COVID-19, that athletes and all associated with him in camp will be released from camp until they are symptom free for 72 hour (3 days).

Can my child pay for camp on campus?

- No, in order to keep our social distancing guidelines, we need accurate head counts to get the proper amount of supervisors. We ask all sign up and payment take place online before camp begins