



## **COVID-19 PHASE 3 – Guidelines**

### **Rationale**

Phase 3 will be the final phase of the summer recess period, which will conclude on August 28<sup>th</sup>. Once the previous phase (Phase 2) has been successfully completed and provided there has not been a significant change in health conditions indicating otherwise, progression to Phase 3 is medically appropriate.

Phase 3 allows for modified non-contact practices with increased team activities as it pertains to skills and drills development. In this Phase, student-athletes may engage in more rigorous and intense workouts, while also maintaining social distancing to the fullest extent possible. During this phase, schools may continue to use indoor facilities if approved by the school district.

Phase 3 will allow a maximum of fifty (50) student-athletes to participate in workouts together and will continue to permit the sharing of sports equipment between and among student-athletes within the new pod. Larger groups of student-athletes are permitted during this phase because student-athletes have worked out together in successive weeks without a confirmed case of COVID-19. As in Phase 2, it is imperative that all sports equipment be cleaned and disinfected in accordance with applicable guidelines.

### **Screening**

No Additions - follow general guidelines.

### **Positive COVID-19 Procedure**

No Additions - follow general guidelines.

### **Workouts**

1. Phase 3 allows for modified practices (no contact) with increased team activities as it pertains to skills and drills development.
2. Phase 3 permits schools to use indoor facilities if approved by the school district.
3. Workouts shall be no more than one hundred fifty (150) minutes in duration and shall include a ten (10) minute warm-up and a ten (10) minute cool down.
4. Phase 3 will last up to August 28<sup>th</sup>.
5. Only one workout per day is permitted during Phase 3.
6. There must be a minimum of 2 practices for every 7 days totaling 4 practices.
7. The maximum number of practices is 6 for every 7 days totaling 12 practices.
8. There must be one (1) day of rest per every seven (7) days.
9. For indoor workouts, care should be taken to provide good air circulation.

#### 10. Weight Room Guidelines.

- a. Resistance training should be limited to body weight, sub-maximal lifts, and use of resistance bands.
- b. Maximum lifts should be limited, and power cages should be used for squats and bench presses.
- c. Weight room touch points must be cleaned both before and after use by teams and specific equipment cleaned after each athlete's use.
- d. Appropriate clothing should be worn in the weight room to minimize sweat transmission to surfaces.
- e. Any exposed foam or porous surfaces should be adequately covered.

#### **Face Coverings**

No Additions - follow general guidelines.

#### **Pods**

1. The pods from phase 2 can be combined into a pod of 50 student-athletes.
2. For outdoor workouts:
  - a. All student-athletes and coaches must maintain 6 feet separation when possible. If not face coverings should be on.
3. For indoor workouts:
  - a. The total number of student-athletes permitted will be determined by the size of the area and by calculating the maximum number of student-athletes and coaches that can maintain 6 feet of social distancing at all times.
4. For indoor workouts in the weight room:
  - a. The total number of student-athletes permitted will be determined by the size of the area and by calculating the maximum number of student-athletes and coaches that can maintain 6 feet of social distancing at all times.
5. Consider using marks on the floor to maintain social distancing for all indoor workouts.

#### **Sports Equipment**

1. Balls may be used throughout Phase 3 as part of the workouts.
2. Balls can be dribbled, passed, caught, thrown, punted, handed off, etc.
  - a. If handoffs are part of a drill, at a minimum, the person handing off the ball must be wearing a face covering
3. All other equipment, like sticks, rackets, bats, etc. may be used if they are the student-athletes personal equipment and should not be shared.
4. Football & Lacrosse helmets may be worn during Phase 3, but mouthguards are prohibited.
5. Field Hockey goalie equipment may be worn, including the helmet during phase 3.
6. All sports equipment and touchpoints (e.g., balls, benches, agility cones, ladders, clipboards, etc.) must be cleaned and disinfected between users and after each workout with EPA approved cleaners and disinfectants against COVID-19.

#### **Locker Rooms/Restrooms**

No Additions - follow general guidelines.

#### **Hygiene**

No Additions - follow general guidelines.

#### **Forms**

No Additions - follow general guidelines.