



Dear Parents and Athletes:

We are excited to have our athletes back on campus and working out starting on June 15! As we prepare for this, we want you to know what precautions will be taken to keep everyone safe. We have created a re-entry plan for student-athletes based on the guidelines recommended by the University Interscholastic League and other resources to help minimize the risk of injuries and illnesses while participating in the 2020 summer conditioning camps. This letter provides basic protocols being put in place to minimize the risk of injuries and illnesses.

### **COVID-19 Facts**

The virus that causes COVID-19 can infect people of all ages. Research from the Centers for Disease Control (CDC), among others, has found that while children do get infected by COVID-19, relatively few children with COVID-19 are hospitalized. However, some severe outcomes have been reported in children, and a child with a mild or even asymptomatic case of COVID-19 can spread the infection to others who may be far more vulnerable. While it is not possible to eliminate all risk of furthering the spread of COVID-19, the current science suggests there are many steps schools can take to minimize the risks to athletes, coaches, staff, and their families.

The virus that causes COVID-19 can be spread to others by infected persons who have few or no symptoms. Even if an infected person is only mildly ill, the people they spread it to may become seriously ill or even die, especially if they are 65 or older with pre-existing health conditions that place them at higher risk. Because of the hidden nature of this threat, everyone should rigorously follow the practices specified in these protocols, all of which facilitate a safe and measured reopening of Texas. The virus that causes COVID-19 is still circulating in our communities. We should continue to observe practices that protect everyone, including those who are most vulnerable.

The guiding principle behind social distancing and the use of face coverings is decreasing potential exposure to respiratory droplets. The use of cloth face coverings is meant to reduce the spread of respiratory droplets. For this reason, we strongly encourage the use of face coverings and the enforcement of social distancing at all summer conditioning locations.

### **Before Arrival**

Before arriving for workouts, we have instructed all athletes, coaches, and staff to self-screen for COVID-19 symptoms before coming onto campus. Athletes will self-screen by using the Garland ISD Athletic Screening Tool. Athletes who have signed up to take part in summer conditioning will have a QR code that will allow screening before their arrival. Any individual (staff or student) who experiences any

symptoms listed below will not be allowed to participate in workouts. Any athlete, coach, or staff member living with someone experiencing any of the symptoms of COVID-19, whether they have a positive COVID-19 test or not, should self-isolate for two weeks. If they do not experience any COVID-19 symptoms during that period, they can return to workouts. Athletes are required to bring a water bottle, and we strongly recommend the use of a face covering during all weight room sessions. Athletes who arrive without a water bottle will not be allowed to workout.

### **Self-screen Symptoms**

The CDC lists the following symptoms as possible indicators of COVID-19:

- Cough, chills
- Muscle pain
- Shortness of breath or difficulty breathing
- Repeated shaking with chills
- Headache
- Sore throat
- Loss of taste or smell
- Diarrhea
- Feeling feverish or a measured temperature greater than or equal to 99.6 degrees Fahrenheit
- Known close contact with a person who is lab-confirmed to have COVID-19

If any athletes or coaches experience these symptoms, they should not attend any workouts. Furthermore, underlying medical conditions may increase the risk of severe illness from COVID-19 for individuals of any age.

If any individual has an underlying medical condition listed below, that individual should not attend workouts unless the primary health care provider provides written permission to do so.

- People 65 years and older
- People who live in a nursing home or long-term care facility
- People of all ages with underlying medical conditions, particularly if not well controlled, including:
  - People with chronic lung disease or moderate to severe asthma
  - People who have serious heart conditions
  - People who are immunocompromised
    - Many conditions can cause a person to be immunocompromised, including cancer treatment, smoking, bone marrow or organ transplantation, immune deficiencies, poorly controlled HIV or AIDS, and prolonged use of corticosteroids and other immune weakening medications
- People with severe obesity (body mass index [BMI] of 40 or higher)
- People with diabetes
- People with chronic kidney disease undergoing dialysis
- People with liver disease

### **On-Campus Procedures for Checking-In**

When students arrive at workouts, they must wait six feet apart. The parent or guardian who brings the athlete to summer conditioning should not leave until the signal is given to leave. All coaches and students will be screened for signs/symptoms of COVID-19 before a workout. Screening includes a symptom questionnaire and temperature check. Any person with positive symptoms reported should not be allowed to take part in workouts. The athlete should return home and contact his or her primary care provider or another appropriate healthcare professional if warranted. Any person who has had a fever or cold symptoms in the previous 24 hours will not be allowed to take part in workouts and should stay home and contact his or her primary care provider or another appropriate healthcare professional, if warranted. Hand sanitizer will be available at each entrance, and students, coaches, and staff will be required to use it whenever they arrive and when they leave workout sessions.

### **Summer Workout Participation**

Attendance is optional. Workouts will be planned outdoors for the first two weeks, with a minimum distance of six feet or more between each individual at all times. The sport-specific instructional workouts will be held inside or outside based on the athlete's sport. All weight room sessions held indoors will be at 25% capacity to ensure adequate social distancing. Hand sanitizer will be plentiful and available. Coaches will be responsible for cleaning all equipment before and after each workout. Athletes will not be allowed to share water bottles, food, athletic towels, clothing, or shoes. Athletes will not be allowed to work out if they do not bring a water bottle. Hydration stations will not be accessible to athletes; however, coaches will be allowed to refill the student's water bottle, using safe practices such as wearing gloves and masks and maintaining social distance between the student and the coach. Athletes and coaches will use hand sanitizer after they have touched something another person recently touched. Students and coaches should strongly consider wearing a non-medical grade face mask or a cloth covering during indoor weight training sessions. Students who cannot attend summer conditioning have the option of requesting a virtual workout from the head coach.

### **Post-Workout Procedures**

When athletes are leaving workouts, they must use hand sanitizer and exit the workout facility using the exit strategy implemented at each location. One entrance and one exit strategy ensures social distancing. Athletes will be instructed to leave campus after their workout session. We strongly encourage parents to pick up their children as soon as the session is completed. Athletes should shower and wash their workout clothing immediately upon returning home. Coaches will clean and disinfect all equipment used after each workout to prepare for the next session or training day.

### **Athletics Workout Schedule**

Workout times for summer conditioning locations are forthcoming. If you have any questions, please contact the campus coordinator at your training location or Dr. Quentin Oliphant at [qmolipha@garlandisd.net](mailto:qmolipha@garlandisd.net). We look forward to seeing your son or daughter back on campus to prepare for the upcoming season.

Sincerely,

Dr. Quentin M. Oliphant, GISD Sports Medicine Coordinator

