

Phase 4 Protocols for Summer Camps-Hinsdale District 86

As a result of the Governor's Restore Illinois Plan, as regions reach Phase 4 on June 26th or after, IHSA member schools are permitted to begin use of voluntary summer contact days. School districts should work with their local health departments on current restrictions in their area prior to beginning contact. Local school administration determines the permitted activities at their school. Prioritizing the health and safety of all students and staff must remain the focus of each IHSA member school.

*Phase 3 of the IHSA RTP Plan correlates to Phase 3 of the Restore Illinois Plan.
Phase 4 of the IHSA RTP Plan correlates to Phase 4 of the Restore Illinois Plan.*

The following are best practices when conducting [summer contact days](#):

Students are limited to 5 hours of participation per day.

Registration:

- Once approved students would register online from the Athletic Websites. Parents would fill out all paperwork and waivers. Coaches would then be able to group students (For sport of more than 50 participants) and then send them there group and time to show up to camps. Maximum number for each group (Pod) is 50 including coaches.
- Rosters would be created for trainers and coaches to track and document medical checklists.
- Cost of camps would be based on length of camps, equipment/supplies purchase and coaches pay. Similar to what we have done in the past.

Pre-Workout:

- Schools must maintain a daily record of what athletes are participating, when, symptoms they may present (see attachment).
 - Athletes should be screened at the start of practice for temperature >100.4F/38C or symptoms of COVID-19 (fevers, chills, cough, muscle aches, headache, sore throat, runny nose, nausea, vomiting, diarrhea, or loss of taste or smell).
 - Any person with symptoms (refer to attached form) or a positive COVID-19 test, should not participate in practice, competition, or conditioning and should be referred to a physician for evaluation and only return after clearance to do so from a physician.
 - Signage about [symptoms](#) and [transmission](#) of COVID-19 should be posted around facilities.
- Gatherings of up to 50 individuals, indoors or outdoors, are allowed. Thirty feet of space must be maintained between gatherings of 50 when outdoors. Indoors limits of 50 individuals is the maximum no matter the spacing.
 - When students are not actively participating in a drill, practice, or contest, care should be taken to maintain social distance between individuals.
- No Locker rooms except for use as bathrooms.

- Individuals should sanitize or wash their hands for a minimum of 20 seconds with warm water and soap, or use alcohol based hand sanitizer and rub until dry before touching any surfaces or participating in workouts.
- Appropriate clothing/shoes should be worn at all times in the weight room to minimize sweat from transmitting onto equipment/surfaces.
- Students must be encouraged to shower and wash their workout clothing immediately upon returning to home.

Facilities Cleaning:

- Main gym will have the floor and bleachers cleaned before and after each use by a group of athletes or coaches when B&G are not available. All equipment that is used should be cleaned in between all drills and after each session.
- Restrooms will be cleaned between sessions.
- Prior to an individual or groups of individuals entering a facility, hard surfaces within that facility should be wiped down and sanitized (chairs, furniture in meeting rooms, locker rooms, weight room equipment, bathrooms, athletic training room tables, etc.).
- Hand sanitizer will be available to individuals as they transfer from place to place.
- Weight equipment (if available) will be wiped down thoroughly before and after an individual's use of equipment.

Physical Activity and Athletic Equipment:

- When DuPage County reaches Phase 4, and Hinsdale District 86 begins camps, 20 summer contact days could begin. Coaches are encouraged to use a staged approach to build back up to full summer contact activity.
 - Athletes who did not participate in phase 3, are encouraged to follow the [fall acclimatization schedule](#) for any sport.
 - Football players should maintain their summer acclimatization schedule, per [IHSA By-Law 3.157](#).
- There should be no shared athletic towels, clothing, or shoes between students.
- Hand sanitizer or hand washing stations should be plentiful at summer contact events.
- Athletic equipment such as bats and batting helmets should be cleaned between each use. Other equipment, such as catchers gear, hockey helmets/pads, wrestling ear guards, football helmets/other pads, lacrosse helmets/pads/gloves/eyewear should be worn by only one individual and not shared.
- Shared equipment such as athletic balls and sleds should be cleaned frequently during practice and competitions.
- In phase 4 spotters for weightlifting are allowed while masked. Maximum lifts should be done only with power cages for squats and bench presses. Spotters should stand at each end of the bar.
- Classrooms (Film)- Not available at this time

Hydration:

- All students shall bring their own water bottle. Water bottles must not be shared.
- Hydration stations (water cows, water trough, water fountains, etc.) may be utilized to fill individual water bottles but must be cleaned after every practice/contest.

PPE:

- Coaches are required to wear masks for the camps
- Coaches and athletes should wash/sanitize their hands between drills
- Athletes are required to wear masks for the camps (Outside and social distanced masks are optional)

Students/Coaches who may become COVID-19 Positive:

- If a participant becomes positive for covid he/she should notify the athletic office immediately.
- Any pod(s) they were part of will be notified and begin quarantine. The Pod will have a 14 day quarantine period.
- A positive covid participant will only be allowed to return once they have a note from a doctor allowing them to return safely after 14 days.

Sport Drills Allowed (examples):

- Badminton-
 - Racquets and shuttlecock use allowed
 - Singles and doubles play
- Baseball
 - Sharing of catcher's gear, gloves, etc. not allowed
 - Bats and helmets wiped down and disinfected between uses
 - Usage of dugouts not allowed
- Basketball
 - Allowed to share basketballs
 - 5-on-0 (or air)
 - No contact allowed; no one-on-one/three-on-three/five-on-five
- Bowling
 - Not meeting at this time
- Cheer
 - Usage of mats allowed
 - Sideline cheers, tumbling
 - No stunting
- Cross Country
 - Allowed to run off-campus, must check in on campus
 - Stagger groups remain socially distanced
- Dance
 - No lifts

- Football
 - Helmets only allowed - acclimatization
 - No contact allowed; no one-on-ones
 - Can hit a sled, but no person can hold a pad
 - Footballs have to be frequently cleaned
- Golf
 - Maintain social distancing at all times
- Gymnastics
 - Not meeting at this time
- Lacrosse
 - Footwork, ball drill allowed
 - No contact allowed; no one-on-one
 - Shooting vs. goalie allowed
 - Helmets for goalie only
- Soccer
 - Footwork, dribbling, ball drill allowed
 - No contact allowed; no one-on-one
 - No header drills allowed
 - Shooting vs. goalie allowed
- Softball
 - Sharing of catcher's gear, gloves, etc. not allowed
 - Bats and helmets disinfected between uses
 - Usage of dugouts not allowed
- Swimming/Water Polo
 - No locker rooms
 - Come ready to swim
 - Social distance in pool and on deck
 - 5 swimmers per lane/ 30 total in pool and deck allowed
- Tennis
 - Racquet and tennis balls allowed
 - Singles/Doubles allowed
- Track & Field
 - Not meeting at this time, see Cross Country
- Volleyball
 - Hitting drills allowed with partner or group
 - No blocking drills or in-game blocking allowed
- Wrestling
 - No contact allowed; no one-on-one

Weight Room Expectations:

- Social distancing required
- Masks are required during lifting by all student-athletes and coaches
- Spotters should be at the end of each bar for bench, squat, and power-lifts
- Student-athletes will wipe down equipment before rotating for each lift

Entrance/Exit and Meeting location-Areas of Use (30 feet buffer zones between groups):

- **Central- Main Gym-**
 - Everyone will enter through the main doors on Grant St. and proceed 1 way to the designated area in the balcony. They will be checked in the balcony and then proceed to the main floor. Everyone will exit through the main gym doors. No access to the hallway. Locker Rooms to be used as bathrooms only (2 people at a time max).
- **South Stadium**
 - Students/Staff will park on the south end of the Stadium lot and enter the field by the southeast gate. They will be checked by the ticket booth and proceed to the field.
- **South Practice Turf**
 - Students/Staff will park on the south end of the Stadium lot and walk down 75th street to the field. They will be checked in on the east side of the fieldhouse and then proceed to the practice turf.
- **Central Veeck Field**
 - Pod A- Field 1 Designated Parking and Drop off in parking lot next to field
 - Pod B- Field 2 Designated Parking and Drop off in parking lot next to field
- **Central Grant St./Cross Country**
 - Everyone will enter through the main doors on Grant St. and proceed 1 way to the designated area in the balcony. They will be checked in the balcony and then proceed to the main floor. Everyone will exit through the main gym doors. No access to the hallway. Locker Rooms to be used as bathrooms only (2 people at a time max).

General

- Pods would be assigned consistent session time for all camps.
- Block of time includes check in, temperature check, and completion of monitoring form.
- Sessions will allow time for athletes checkin, enter and exit.
- Temperature Check and symptom check will be completed by the Athletic Trainer/Coaches
- The following Check in Procedure must be followed:

Daily Symptom Check-in Procedure:

A COVID-19 Monitoring google form must be completed for each participating student daily by the coach or trainer only-who must wear a mask at all times during the check.

1. While waiting for their check-in, students are to remain in a single file line with at least 6 feet of space between students. The front of the line should be 20 feet from the area where the check-in is being conducted (modicum of privacy)
2. While in line, students are to use hand-sanitizer
3. The coach (or trainer) conducting the check should use the thermometer to check for a fever. The standard is 100.4 degrees. **IMPORTANT**-Only record the temperature on the google form if the student's temperature is greater than 100.4 degrees.
4. The coach (or trainer) should then proceed to make inquiries about any other symptoms on the checklist on the google form. It is important that the Symptom Check be completed in a fashion that does not allow for those waiting to overhear any information.
5. Should a student have a temperature greater than 100.4 degrees or experience other symptoms, they should be sent home immediately. In circumstances where a student needs to wait for transportation, they should be isolated from the other students (discreetly, if possible). A general guideline is for that student to maintain a distance of 25 feet from others. (They should remain in visual contact of the coach for supervision purposes until their transportation arrives.)
6. The parent/guardian of any student identified with a fever or symptoms should be contacted immediately. They should be informed of the symptoms, that their student may not participate for 14 days (and must be fever and symptom free without medication for the last 72 hours) before returning- or they must have tested negative for COVID-19 twice
7. The athletic director must then be immediately notified and a determination about the close contact (within 6 ft for 10 or more minutes) with that student and others within the group will be made.
8. Those deemed to have been "in close contact" will have parents contacted and will also be subjected to the non-participation parameters (14 days)

Additional Considerations:

1. Masks are to be worn at all times except when outside and social distancing.
2. Hands should be washed/sanitized when arriving AND when leaving. Whenever possible during camp.
3. Water bottles, towels, pens, paper, etc should not be shared
4. Restroom use in the buildings are for emergencies only. These are the PE lockerrooms in the Gym.
5. Gloves are optional, but encouraged if there is a need for physical contact (Ex. attend to injury, etc.)

COVID-19 Athlete/Coach Monitoring Form

Name	Time	Circle Yes/No below										Temp (if greater than or equal to 100.4°F)
		Fever, Cough, Chills, and/or muscle aches		Sore throat, runny nose, and/or loss of taste or smell		Nausea, vomiting, and/or diarrhea		Shortness of Breath and/or headache		Close contact, or cared for someone with COVID-19		
		Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	
		Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	
		Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	
		Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	
		Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	
		Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	
		Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	
		Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	
		Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	
		Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	

Accountabilities:

Athletic Director

- Educate coaching staff on RTP Phase 4 and District Requirements.
- Ensure compliance of all requirements.
- Communicate RTP plan requirements to parents/guardians.
- Create a facility usage calendar, including designated parking and drop off/pick up areas, identifying all groups and supervising staff members.
- Procure Athletic Trainer coverage through Athletico.
- Warehouse and maintain related records:
 - COVID-19 Monitoring Form results.
- Inform Superintendent of any positive Covid-19 athletes

Coaching Staff

- Wear a mask at all times.
- Provide Athletic Director names of students and coaches assigned to camps/pods.
- Maintain accurate attendance for each session.
- Administer Covid monitoring form to each participant and review results prior to onset of each session.
- Report immediately to the Athletic Director and Athletic Training Staff any students exhibiting COVID-19 symptoms and not allow students to participate. Contact parents.
- Clean and disinfect frequently touched items following appropriate guidelines after each use.
- Enforce appropriate social distancing and use of masks as possible.
- Ensure students bring their own water bottles, shoes, towels, and other personal equipment to each session.
- Coach will meet pods/camps and confirm that temperature check and monitoring form are completed.

Athletic Trainers

- Lead and train coaches to take participant temperatures for each session and record any at or over 100.4 threshold.
- Review COVID-19 Athlete/Coach Monitoring form responses to further ensure no students or coaches report any symptoms prior to participation.
- Inform Athletic Director and Coach of any reported symptoms or temperature readings >100.4F.
- Restrict participation of any students reporting symptoms or temperature readings >100.4F.
- Provide standard ATC injury care as needed following approved interaction guidelines.
- Provide emergency first aid as needed.
- Ensure compliance with the requirement of having school personnel present trained and certified in CPR/AED.

Parents/Guardians/Students

- Provide water bottles, shoes, towels, and other personal equipment.
- Restrict students from participating if the student exhibits symptoms or temperature readings >100.4F.
- Report to the Athletic Director and/or ATC if students exhibit symptoms or temperature readings >100.4F.

Maintenance/Custodial Staff

- Open gates to stadiums and facilities in the morning 1 hour prior to each session.
- Provide coaches appropriate cleaning supplies to clean any equipment used during sessions.
- Secure facilities after the final session.

Related Documents

1. [IHSA Return to Play Stage 4](#)
2. [NFHS Guidance for Opening Up High School Athletics and Activities](#)
3. [Restore Illinois Plan](#)

Parent/Athlete Registration Information. To be placed on the website prior to registration.

Athletes/Parents

- Register online, fill out all forms (waiver) and pay their fee
- At camp the athlete will fill out a COVID-19 Athlete/Coach Monitoring Form that will be used **everyday before camp**
- Athletes are to bring their own water bottles, any sport specific equipment or balls and their own towels.
- Athletes will be social distancing in line for check in and whenever possible at camps. Athletes will only be with their assigned group (Pod) at all times. Once camp is over athletes will leave the school facility. There will be no socializing among students/coaches allowed.
- Once home athletes should immediately shower and wash all clothes and equipment that were used at camp.
- Multi sport athletes can participate in more than one camp, but are limited to only 5 hours total each day.
- Any school issued equipment to an individual will be brought home each day after camp and should be cleaned after each use.
- Locker rooms will not be available. Bath rooms inside the locker rooms will be available for emergency only. .