



**Dream City Christian School**  
**Guidance for Opening Up High School Athletic and Activities**

DCC believes it is vital to the physical and mental well-being of our DCC Students to return to physical activity and athletic competition, following safety guidelines and procedures. This will be done in phases, which has already been started by some Scholastic Sports Teams and Clubs. DCC safety guidelines were developed using the Center for Disease Control and Prevention (CDC), Arizona Department of Health Services (ADHS), National Federation of State High School Associations (NFHS), Sports Medicine Advisory Committee (SMAC), and Canyon Athletic Association (CAA) guidelines and procedures.

**Phase I**

- No in person group contact.
- Zoom or online team workouts are allowed.
- Remote meetings.
- Remotely check on student health history within the last 14 days.
- Start planning for phase 2 of in person contact.

**Phase II Pre-Screening**

- All coaches and athletes screened for signs/symptoms of COVID-19 prior to a workout.
  - Screening includes a temperature check (Daily) and is recorded.
  - If the temperature reads 100 or above, the athlete must leave immediately.
  - Vulnerable individuals should not oversee or participate in any workouts during this phase, unless cleared by the Doctor.

**Phase II Facility Cleaning**

- Prior to an individual or groups of individuals entering a facility, hard surfaces within that facility should be wiped down and sanitized (chairs, equipment, bathrooms, etc.)

**Before and After Use**

- Individuals should wash their hands for a minimum of 20 seconds with warm water and soap before touching any surfaces or participating in workouts.
- Hand sanitizer stations should be available to individuals as they transfer from place to place.
- Weight equipment should be wiped down thoroughly before and after an individual's use of equipment.
- Cleaning supplies, such as disinfectants, Clorox Wipes, etc. should be provided.

## **Phase II Activity**

- Focused on return to activity with individual training, no group drills (minimize contact).
- No gathering of more than 12 people at a time inside.
- Appropriate clothing/shoes should be worn at all times in the weight room to minimize sweat from transmitting onto equipment/surfaces.
- Locker rooms should not be utilized during Phase 2. Students should report to workouts in proper gear and at the end of the workout, immediately return home to shower and wash their clothing.
- If workouts can't be done individually, workouts should be conducted in "pods" of athletes with the same 5-10 athletes always working out together.
- There must be a minimum distance of 6 feet between each individual at all times.
- No sharing of water. Water fountains should not be utilized. Students should bring their own water.
- Masks must be worn at all times by the coaches.

**\*\*Only Coaches and Student Athletes Should Be Present During Practice**

## **Phase III Pre-Screening and Facilities Cleaning Remains the Same as Phase II**

### **Phase III Activity**

- Sports modified practices and competitions may begin.
- Up to 30 individuals may gather indoor for workouts/practice.
- When not directly participating in practices or contests, care should be taken to maintain a minimum distance of 3 to 6 feet between each individual. Consider using tape or paint as a guide for students and coaches.
- Students should wear their own appropriate workout clothing (do not share clothing), and individual clothing/towels should be washed and cleaned after every workout.
- Hand sanitizer should be plentiful at all contests and practices.
- Athletic equipment should be cleaned before and after use.
- Students must return home to shower at the end of the workout or practice and wash their clothing.
- No sharing of water. Water fountains may be utilized but must be cleaned after every practice/contest.
- Masks must be worn at all times by the coaches.

**\*\*Only Coaches and Student Athletes Should Be Present During Practice**

**\*\*Fan Restriction will be put in place during games depending on CAA Guidelines**

### **Phase IV**

- Full return of play.
- No restrictions on training sessions.
- Games and tournaments to be played.
- Recommend social distancing practices still be maintained by leagues and events.

### **Transportation to Events**

- Schools must consider social distancing requirements when scheduling contests and events for the fall.
- Social distancing (as required by state or local health departments) will need to be maintained on buses/vans. Thus, multiple buses/vans and/or parental/guardian transportation will likely be needed.
- Recommend no travel to events that would require overnight stay.

### **Social Distancing during Contests/Events/Activities**

- Sidelines/benches appropriate social distancing will need to be maintained on sidelines/bench during contests and events. Consider using tape or paint as a guide for students and coaches.
    - Who should be allowed at events? Group people into tiers from essential to non-essential and decide which tiers will be allowed at an event:
      - Tier 1 (Essential): Athletes, Coaches, Officials, Event Staff, Medical staff, Security
      - Tier 2 (Preferred): Media
      - Tier 3 (Non-Essential): Spectators, Vendors
- \*Only Tier 1 and 2 personnel will be allowed to attend events until state/local health departments lift restrictions on mass gatherings.