



## **Notre Dame-Cathedral Latin School Summer Athletic Activity and COVID-19 Precaution Guidelines for Student-Athletes**

The safety of our student-athletes, coaching staff and NDCL community is our primary focus as we start to resume school sponsored athletic activities for our athletic programs. The following guidelines and procedures will be implemented until further notice and will be updated as needed, based on new information and guidance from national, state and local governments and agencies.

The information in this document has been gathered from mandates, recommendations and guidelines provided by the Centers for Disease Control and Prevention (CDC), Ohio Department of Health (ODH), Cleveland Clinic, National Federation of High Schools (NFHS) and Ohio High School Athletic Association (OHSAA), along with the approval from Geauga Public Health (GPH) and NDCL Administration.

*\*\* Please remember, our ability to move through phases in the summer affects how we will be able to move forward in the fall - your adherence to the guidelines directly impacts the outcome.*

### **General Guidelines**

1. In order to participate in any activity, the student-athlete should complete or update information in Final Forms and have a current OHSAA pre-participation physical completed and on file.
2. Face coverings must be worn by coaches at all times unless the individual falls under the exception clause of Ohio's COVID-19 guidelines. Student-athletes must wear masks when entering and leaving the building and whenever possible during activity based on ODH recommendations. Decreasing potential exposure to respiratory droplets is the guiding principle behind social distancing and the use of face coverings. The use of cloth face coverings is meant to decrease the spread of respiratory droplets. Ohio recommends the use of face coverings, especially by coaches, parents and student-athletes when not training or competing.
3. Pre-Workout Screening (*Temperature Check*) must be conducted by student-athletes prior to leaving home to attend a training session. Anyone experiencing symptoms must stay home. Symptoms include but are not limited to:
  - Fever – a temperature exceeding 100.4 degrees Fahrenheit
  - Sore throat
  - Cough
  - Difficulty breathing
  - Diarrhea
  - Loss of smell
  - Loss of taste
  - Muscle pain
4. Attendance must be taken by the coach prior to each training session. The attendance sheet will not only verify who is at the facility, but also will verify that the pre-workout screening (temperature check) was conducted at home by all.

5. Ohio Department of Health, OHSAA, and Notre Dame-Cathedral Latin School guidelines must be followed at all times. Six foot physical distancing requirement must be followed at all times.
6. Workouts and training sessions are for NDCL coaches and student-athletes ONLY. No spectators/guests are permitted, including but not limited to parents, siblings, relatives, alumni, etc.
7. Student-athletes MUST arrive dressed and ready to participate. They should arrive no earlier than 5 minutes prior to the start of a workout and must leave immediately following a workout. Congregating in parking lots is strictly forbidden.
8. Locker/Team Rooms will not be available at any stage of the reopening process. The only indoor restrooms available will be in the trophy hallway near the McGarry Gymnasium lobby. Portable restrooms will remain available for outdoor facilities.
9. Drinking fountains, water filling stations and coolers will not be available. Student-athletes and coaches must provide their own filled water bottle for consumption throughout the workout.
10. Athletic Training Room (Ohio Dept. of Health/OHSAA Guidelines and Recommendations are included and must be followed by all coaches.) \*\*All rules may be modified in emergency situations.
  - a. All students, coaches, or athletic trainers should be screened for signs/symptoms of COVID-19, including temperature check, PRIOR to entering the AT room. Pre-workout home screenings for that day are acceptable.
  - b. Face coverings will be required to be worn at all times by any students, coaches, or athletic trainers unless the individual falls under the exception clause of Ohio's COVID-19 guidelines OR in the case of a breathing emergency.
  - c. Any students, coaches, or athletic trainers will be required to wash their hands for 20 seconds with warm water and soap upon entering or exiting the AT room or after physical contact with another individual. Hand sanitizer will also be available.
  - d. Social distancing practices of six feet will be in place when applicable. Evaluations, treatments, and other situations may occur that limit this precaution. Due to space limitations, no more than 3-4 people may be in the AT room at a time.
  - e. We will provide sanitation products. Students (or athletic trainers) must wipe down treatment/taping tables (and other hard surfaces) after each individual use and at the beginning/end of each day.
11. Wollschleger Center (ODH/OHSAA Guidelines are included and must be followed by all coaches.)
  - a. No more than 9 student-athletes and 1 coach permitted in the weight room (Phase 1-2).
  - b. Coaches with more than 9 athletes in their program should divide their roster into groups of 9 or less. Groups should remain intact for the duration of the training session.
  - c. No more than one person per rack/station unless there are spotters (Phase 3).
  - d. Social distancing 6 foot requirement will be enforced at all times.
  - e. Student-athletes are responsible to bring their own water and should not share any personal items.
  - f. NDCL will provide sanitation products. Student-athletes must wipe down their equipment before and after use.

- g. No one besides student-athletes under supervision of a coach may use the weight room and may only use during scheduled workout times.
- h. Workouts are for NDCL coaches and student-athletes ONLY. No spectators/guests are permitted, including but not limited to parents, siblings, relatives, alumni, etc.

12. Lion Stadium/Lion Stadium Track/McGarry Gym/Baker Gym/  
Baseball, Softball and Practice Fields

- a. 9 student-athletes maximum per group session plus 1 coach (maximum 10 individuals regardless of coach/student-athlete ratio). (Phase 1-2)
- b. Coaches with more than 9 student-athletes in their program should divide their roster into groups of 9 or less. Groups should remain intact for the duration of the training session.
- c. Social distancing is required during all drills and conditioning session.
- d. Student-athletes are responsible to bring their own water. No drink stations.
- e. NDCL will provide sanitation products. Student-athletes must wipe down their equipment before and after use.

13. No one besides student-athletes under supervision may use the NDCL athletic facilities and may only be used during scheduled workout times.

14. Use of NDCL facilities by non-NDCL athletic groups and/or individuals, including but not limited to alumni, parents, etc. is prohibited.

### **In Advance of an Athletic Activity**

Before the student-athlete leaves for an athletic activity at NDCL, he/she must answer no to all of these questions: Are you actively being tested for COVID-19, have you tested positive for COVID-19 within the past 28 days, or do you have a household member that has COVID-19?

The student-athlete should conduct a self-assessment for COVID-19 symptoms. Symptoms include but are not limited to:

- Fever – a temperature exceeding 100.4 degrees Fahrenheit
- Sore throat
- Cough
- Difficulty breathing
- Diarrhea
- Loss of smell
- Loss of taste
- Muscle pain

*If the answer is Yes to any of the questions and/or the student-athlete is exhibiting two or more symptoms, the student-athlete should stay home and consult with medical personnel. However, anyone with a temperature exceeding 100.4F must stay home.*

The student-athlete should prepare their own water bottle, recommended quantity is 64 ounces or 2 quarts. Water fountains, water filling stations and coolers will not be available for use upon arrival.

The student-athlete should wash their hands using soap and water thoroughly.

Prior to entering any NDCL athletic area, student-athletes must be sure they are wearing a mask.

The student-athlete should arrive no earlier than five (5) minutes prior to the scheduled start time of the training session. If they arrive sooner, they should remain in their vehicle. The student-athlete should not gather in a group outside the facility or in a parking lot.

### **Athletic Activity Preparation**

Once the student-athlete is permitted to enter the coach will direct them to an area to place their belongings while remaining at least 6 feet apart.

Once the student-athletes have reached their designated area for training, they should sanitize their hands.

Attendance and pre-workout screening will be completed by the coach. The coach will ask each student-athlete if they have conducted a pre-workout screening at home, if they are currently experiencing any symptoms, and if they have brought a filled water bottle for consumption during the workout.

After being screened by the coach, if the student-athlete is experiencing symptoms or does not have the appropriate amount of water they will not be permitted to participate. Student-athletes experiencing symptoms of COVID-19 will be sent home if they have driven themselves to the workout. If the student-athlete did not transport themselves, a parent/guardian will be notified and the student-athlete will be isolated in an area away from all other participants while they await transportation arrival.

The coach will review the guidelines with each group of student-athletes prior to the training to be sure the student-athletes understand the expectations of appropriate 6 foot distancing throughout the session.

### **During an Athletic Activity**

Each session will vary by sport, but the student-athlete should ensure appropriate 6 foot distancing is practiced throughout the session. There should be no physical contact between/among student-athletes – no huddles, no high fives, no team “breaks” (“1-2-3, Lions!”)

There should be NO shared athletic equipment (towels, clothing, shoes, or sport specific equipment) or water bottles between students-athletes.

Student-athletes should hydrate frequently throughout the training session.

In the event the student-athlete needs to use the restroom, they should use the facility in the trophy hallway near the McGarry Gym entrance or a portable restroom if the training is being conducted outdoors. Student-athletes should be sure to wash their hands thoroughly prior to returning to the activity.

In the event an injury should occur, the student-athlete should notify a coach and they will be referred to the Certified Athletic Trainer. If the athletic trainer is not present, only the student-athlete and one coach should enter the athletic training room. Proper 6 foot distancing should be observed whenever possible while the injury is being tended to.

### **At the Conclusion of an Athletic Activity**

Student-athletes will put their mask back on and take all of their belongings with them as they exit the facility.

Student-athletes will exit the facility immediately and observe 6 foot distancing while exiting. Student-athletes are to leave campus promptly. Gathering outside the facility or in a parking lot is not permitted.

Jim Clark  
Athletic Director  
Notre Dame-Cathedral Latin School

I have read the Notre Dame-Cathedral Latin School Summer Athletic Activity and COVID-19 Precautions and acknowledge my responsibility in adhering to the Guidelines for Student-Athletes.

I acknowledge my responsibility in adhering to the above plans and guidelines. I also acknowledge I have viewed the NDCL's "Return to Athletic Activity Precautions and Best Practices for Student-Athletes".

Name: \_\_\_\_\_

Date: \_\_\_\_\_

Sport: \_\_\_\_\_

Signature: \_\_\_\_\_