

# MNPS Interscholastic Sports Activities Guide

## Introduction/Summary

MNPS believes it is essential to the physical and mental well-being of high school students to return to physical activity and athletic competition. We endorse the idea of returning students to school-based athletics and activities only in situations where it can be done safely. To do so, we must follow the guidance published here.

The National Federation of State High School Association (NFHS) has issued guidance for high school sports activities, and we have adapted that guidance to fit the unique local needs of our community consistent with Mayor Cooper's Roadmap for Reopening Nashville and the advice of disease control and public health experts. The MNPS Interscholastic Sports Activities Guide was developed in coordination with MNPS administration. It has been approved by Dr. Adrienne Battle, Director of Schools, and requires strict adherence by our staff, students and families.

This temporary guide is in effect from July 6, 2020, through July 17, 2020, and workouts are limited to conditioning and non-contact fundamentals. During this period, we will evaluate how to proceed on July 20 and beyond. As always, our primary overarching concern is the health and safety of our students and staff. All decisions and plans will flow from that priority, and students who choose not to participate shall not be penalized.

Effective Date: July 6, 2020 through July 17, 2020. It is subject to revocation by the Director of Schools in whole or in part at any time. If Metro Nashville retreats from the Modified Phase 2, this Guide is immediately rescinded, and all in-person team activities must cease.

Points of Emphasis: This guide adopts the NFHS points of emphasis to provide general guides.

Pre-workout Screening: All coaches and student-athletes will be screened, including taking their temperature, before each practice/workout session. A COVID-19 Player & Coach Monitoring Form is attached hereto for coaches to use every practice/workout. It is **MANDATORY** to complete the screening and the form each practice/workout session.

Limitations on Gatherings: Workouts are limited to no more than twenty-five (25) people and workouts are limited to outdoors. Student-athletes and coaches should remain in smaller groups of 5-10, and those smaller groups should remain consistent each practice/workout session and maintain social distancing protocol.

Facilities/Cleaning: Use of indoor facilities is not allowed, and cleaning of equipment is outlined herein.

Physical Activity and Athletic Equipment: There should be no shared equipment, and social distancing should be maintained.

Hydration: Everyone must use their own water bottle and not share.

## Nashville Phase 2 as Modified

The following rules and guides shall be in place for high school interscholastic sports teams from July 6 through July 17. This Guide is subject to revocation by the Director of Schools in whole or in part at any time. If Metro Nashville retreats from the current Modified Phase 2, this Guide is immediately rescinded, and all in person team activities must cease.

### Pre-workout Screening

- All coaches and student-athletes shall be screened for signs/symptoms of COVID-19 prior to a workout. Screening includes a temperature check. Any person with a fever of 100.4 or higher should be sent home immediately.
- Responses to screening questions for each person shall be recorded and stored so that there is a record of everyone present in case a student develops COVID-19 (see Appendix for Student-athlete & Coach Monitoring Form).
- Any person with positive symptoms reported shall not be allowed to take part in workouts and should contact his or her primary care provider or other appropriate health-care professional.
  - COVID symptoms: Fever, cough, shortness of breath, headache, chills, muscle aches, runny nose, chest pain, fatigue, nausea, diarrhea, loss of taste or smell
- Vulnerable individuals should not oversee or participate in any workouts. For information about those who are at higher risk of serious illness from COVID-19 see the CDC's recommendations: <https://www.cdc.gov/coronavirus/2019-ncov/need-extra-precautions/index.html>

### Limitations on Gatherings:

- Student-athlete arrival should be staggered so all do not arrive at same time.
- Parking should be planned and spaced out so that same student-athletes are parking together.
- Locker rooms shall **not** be utilized. Student-athletes shall report to workouts in proper gear and immediately return home to shower at end of the workout.
- No gathering of more than 25 people.
- There must be a minimum distance of 6 feet between each individual at all times.
- Workouts should be conducted in "pods" of student-athletes and coaches with the same 5-10 students/coach always working out together. This ensures more limited exposure if someone develops an infection.

### Facilities/Cleaning:

- During this period, indoor facilities are not to be used. Coaches may enter to retrieve necessary sports equipment. There should be one point of entry for the school building.
- Scheduling of Facility: One person at each school shall be identified to maintain the schedule to ensure no overbooking of fields.
- Adequate cleaning schedules shall be created and implemented for all athletic facilities to mitigate any communicable diseases.
- Individuals should wash their hands for a minimum of 20 seconds with warm water and soap before touching any surfaces or participating in workouts.

- All equipment shall be wiped down thoroughly before and after an individual's use of equipment.
- Appropriate clothing/shoes shall be worn at all times to minimize sweat from transmitting onto equipment/surfaces.
- Any equipment such as weight benches, athletic pads, etc. having holes with exposed foam shall be covered.
- Student-athletes must be encouraged to shower and wash their workout clothing immediately upon returning to home.

#### Physical Activity and Athletic Equipment:

- No student shall be penalized for not participating.
- Workouts are limited to conditioning and non-contact fundamentals. Non-contact means no touching, and social distancing protocol should be followed at all times.
- Masks or face-coverings are recommended except during strenuous exercise.
- There shall be no shared personal/athletic equipment (towels, clothing, shoes, etc.) between student-athletes.
- Student-athletes must bring their own water bottle/towels/extra clothes/hand sanitizer
- Student-athletes should wear their own appropriate workout clothing (do not share clothing) and individual clothing/towels should be washed and cleaned after every workout.
- *All athletic equipment shall be cleaned after each use and prior to the next workout.*
- Individual drills requiring the use of athletic equipment are permissible, but the equipment should be cleaned prior to use by the next individual.
- Resistance training should be emphasized such as body weight, sub-maximal lifts and use of resistance bands.
- Weight rooms may not be used as workouts are limited to outdoors. No weightlifting that requires spotting should be performed as it does not maintain social distancing. Max lifts should not be performed as most athletes have been inactive. Outdoor conditioning with body weight activity, resistance bands, weight plates, medicine balls to be done outside (all must be cleaned between use by different athlete)

#### Hydration:

- All student-athletes shall bring their own water bottle. Water bottles must not be shared.
- Hydration stations (water cows, water trough, water fountains, etc.) may be utilized for student-athletes to refill their own water bottles.

#### Reporting Cases

- If a school becomes aware of a confirmed or probable case notify the district Metro Nashville Public Health Department (MPHD) liaisons, [nicole.boyle@mnps.org](mailto:nicole.boyle@mnps.org) and [harold.finch@mnps.org](mailto:harold.finch@mnps.org), and a contact investigation will follow
  - It's very possible an individual will learn of the result of their test before MPHD receives the result

- Reporting information from schools ASAP to District MPHD liaisons will expedite the contact investigation by 1-2 days
- Encourage parents and coaches to report a result to MNPS and MPHD
- When MPHD learns of a case within an MNPS facility, investigators will report information to district MPHD liaisons
  - Schools need to be prepared to provide team rosters immediately
  - After consulting with MPHD the liaisons will provide schools, on a case by case basis, next steps such as the quarantining of a group.

#### Exclusion from School/Sport

- Any confirmed or probable case (school staff/coach or students) will be isolated for a minimum of 10 days, and must have at least 72 hours of having no fever without the use of medication with a dramatic improvement of other symptoms prior to returning to school/work.
- For individuals who have been in contact with a confirmed or probable case, MPHD will conduct an investigation and provide guidance on next steps such as testing or quarantine.
- For symptomatic individuals, who have not been tested, MPHD will conduct an investigation and provide guidance on next steps such as self-monitoring and testing if symptoms develop

#### Notifications

If notification is deemed necessary by MPHD, school staff/coaches and parent/guardians of students will become aware of a possible exposure using District provided messaging via typical MNPS communication channels.

#### **Conclusion**

To reiterate, MNPS believes it is essential to the physical and mental well-being of high school students to return to physical activity and athletic competition, and we believe this guide promotes the well-being and safety of our students and staff. Violations of the provisions herein may result in discipline for your program.