



**Holy Spirit**  
EPISCOPAL SCHOOL

## **Athletic Department Guidelines COVID-19 Addendum**

Holy Spirit Episcopal School (HSES) athletic facilities and programs that serve students have distinct needs from other business settings. Below is guidance intended to help reduce and minimize the risk of exposure to both our staff and the students in their care. This guidance will be in accordance with local, state and federal governmental direction. In addition, this guidance is subject to change as governmental restrictions change or by the administration of Holy Spirit Episcopal School.

### **Communication**

HSES will educate and train athletic staff on COVID-19 strategies using FAQs and face-to-face meetings.

HSES will communicate to parents and families COVID-19 related instructions in preparation for athletic facility opening prior to the start of camp.

### **GHAC Summer Practice Guides**

This document is based on the guidance of Texas Health and Human Services (HHS), CDC, health professionals, and the guidelines set forth by Gov. Abbott and his appointed COVID-19 Task Force to safely and strategically open summer youth sports operations.

The following policies and procedures are subject to change as local officials, state authorities and health experts provide updated guidelines. We will notify families immediately if any changes or new implementations occur.

### **Pre-Acceptance Procedures**

Only students, teachers and staff will be allowed on campus. This procedure is to ensure the safety of everyone inside the school and to limit the risk of exposure.

To enter the HSES premises, allowed individuals (students and staff) must be free from the following COVID-19 symptoms:

- Fever of 100.4 or higher
- Dry Cough
- Shortness of breath
- Chills
- Loss of taste or smell
- Sore Throat
- Muscle Aches
- Diarrhea

If any of the above symptoms appear during the activity, the child will be removed from the class. The athletic department has assigned a safe space for the child to wait until picked up. Parents must pick up the child within 30 minutes from receiving the notice. To return, the child must remain free of symptoms without the help of medication for 72 hours.

### **Arrival and Dismissal**

All parents and family members must remain inside their car at all times; they are not allowed to exit the vehicle for any reason.

**Drop-off:** A staff member will meet the student outside of the facility as they arrive. They will monitor and discourage congregations at arrival and dismissal.

Parents will answer the following questions at drop-off:

- 1) Has your child tested positive for COVID-19 or been diagnosed by a physician with COVID-19 based on symptoms?
- 2) In the last 14 days, has your child had close contact (within 6 feet for at least 10 minutes) with someone diagnosed with COVID-19 or someone who has been advised to quarantine by any health department?
- 3) Does your child have any of the following symptoms?
  - a) Fever of 100.4 or higher
  - b) Dry Cough
  - c) Shortness of breath
  - d) Chills
  - e) Loss of taste or smell
  - f) Sore Throat
  - g) Muscle Aches
  - h) Diarrhea
- 4) Did your child take any medicine that reduces fever in the last 24 hours?

If the answer is yes to any of the questions, the child will not be able to attend school until free of symptoms without the help of medications for 72 hours.

We will check the temperature of every student before entering the school premises. We will also make a visual inspection of the student for signs of infection such as flushed cheeks, fatigue or irritability.

**Pick-Up:** parents will display the school-issued carpool tag in a visible area of the front window and our staff will escort the student to the car. Keep in mind that families are behind you and we want to keep the line moving.

Due to these added procedures, drop off and pick up will take longer than usual. Thus, we ask parents to allot extra time to their schedule for arrival and dismissal.

### **Disinfecting and Hygiene**

Staff and children will follow the handwashing procedures established by the CDC and the HHS. Hand sanitization stations will also be available throughout the building and athletic facilities

We require for children and staff to routinely wash their hands, including upon arrival, before and after eating, after practice, etc. We will also make every effort to assist children and each other to keep hands away from faces.

The athletic department will follow a disinfecting chart throughout the day. We will assure to disinfect all handles and equipment as identified in the maintenance checklist.

### **Staff Requirements**

For the foreseeable future, the staff is required to wear masks while on campus. If government officials lift the mask order, it is at the discretion of the school administration to determine if use of masks will continue.

We will check the temperature of every employee before entering the building.

The faculty and staff will follow local and state orders to limit contact outside of work to groups of less than 10 people to minimize exposure.

Any staff member that displays symptoms will remain home until free of symptoms without the help of medications for 72 hours.

The staff understands that no list of restrictions, guidelines or practices will remove 100% of the risk of exposure to COVID-19 as the virus can be transmitted by persons who are asymptomatic and before some people show signs of infection.

School employees are aware of their crucial role to keep everyone in the facility safe and reduce the risk of exposure by following the strict policies and procedures as outlined herein.

### **Athletic Workout and Camp Facility Best Practices**

- Camp group to staff ratio of 1:10 is optimal when possible with a maximum of 1:15.
- If possible, workout groups should include the same students in each group each day.
- No contact drills or scrimmaging. **ONLY** skills and drills will be allowed.
- No shared equipment (balls, cones, etc.) or clothing (i.e. towels, shirts, shorts, etc.).
- Athletes must wear shirts at ALL times.
- Spandex layers must be covered by shorts at all times while present at school.
- Students will NOT be allowed to use ice machines.
- Campers will provide their own water bottles, which will only be used by that child. HSES will not provide water bottles.
- Students will not be allowed in an athletic facility or on a field without a coach or staff member present.
- Students are not permitted to gather in groups in the locker rooms, gyms, weight rooms, or field.
- Face coverings are not required when engaging in physical activity.

- Workout equipment will be spaced to provide for at least 6 feet separation between students.
- HSES will provide equipment cleaning products throughout the facility for use on equipment.
- There must be a specified interval between groups before a facility may be used again.
- Students are not permitted to gather in groups in the locker rooms or field.
- Visual reminders of best hygiene practices are placed and readily visible throughout the gym and workout facility.
- Students must bring individual snacks from home. We will not allow sharing of food or water.