

# **Del Valle Independent School District: Athletic Department COVID-19 Mitigation Plan**

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Updated 8/13/2021

## **TABLE OF CONTENTS**

<b>OVERVIEW</b>	<b>3-4</b>
<b>SCREENING AND DOCUMENTATION</b>	<b>4-5</b>
<b>COVID-19</b>	<b>5-6</b>
Symptoms to Screen	
Isolation Room	
Minimizing Exposure	
Notification Procedures for Positive Athlete/Coach	
Individuals Confirmed or Suspected of COVID-10- Return to School	
Return to Play- post COVID-10	
COVID-19 Testing DVHS Athletes	
<b>FACILITY CLEANLINESS</b>	<b>7</b>
<b>LOCKERROOMS</b>	<b>7</b>
<b>TEAM GUIDELINES</b>	<b>7</b>
<b>SIDELINES</b>	<b>7</b>
<b>SPORTSMANSHIP</b>	<b>8</b>
<b>OFFICIALS</b>	<b>8</b>
<b>ATHLETIC TRAINING ROOM</b>	<b>8-12</b>
<b>LAUNDRY</b>	<b>12</b>
<b>PRACTICE AND GAME EXPECTATIONS</b>	
VOLLEYBALL	<b>12-13</b>
FOOTBALL	<b>13-14</b>
CROSS COUNTRY	<b>14-15</b>
TENNIS	<b>15</b>
CHEERLEADING	<b>15-16</b>
GOLF	<b>16</b>
<b>RESOURCES</b>	<b>19</b>

## OVERVIEW

### COVID-19 PREVENTION MEASURES:

#### 1. Social Distancing:

Athletes must maintain social distancing (at least 6 feet apart) during all athletic activities and in and out of athletic facilities.

- A. Locker Rooms- social distance, rotate in shift and possible relocation of teams to other locker rooms.
- B. Gyms- No close contact drills, drill lines spaced 6 ft and staggered, and equipment cleaned
- C. Indoor Field- drill lines spaced 6 ft apart and staggered, equipment cleaned
- D. Weight Room- Only 1 sport in the weight room at a time. Use the gym weight room. No back spot during squat and bench, must be at end of bar
- E. Athletic Training Room- Tables 6 ft apart, limit the amount of athletes at a time, see Athletic Training section
- F. Meeting/Film Rooms- Tables and chairs arranged 6 ft apart, cleaned after use
- G. Fields- spread out and staggered
- H. Track- every other lane, stagger odd and even lane starts
- I. Practice huddles- spread athletes out, coach may need to walk around group so everyone can hear, no congratulatory patting
- J. Game Procedures: highlighted by each sport section

#### 2. Face Masks:

Athletes will wear a face covering at all times and this practice must be strictly followed. The only time it may be removed is if you are:

- A. In the middle of active play(practice and contest)
- B. Eating or hydrating
- C. Showering

When not playing, face coverings should be put back on. (ex. On the sidelines or waiting for a drill to start).

Coaches must wear a face covering at all times.

All staff personnel must wear face coverings at all times.

Officials should wear a mask or face covering at all times

#### 3. Hand Washing

- A. Wet your hands with clean, running water (warm or cold), turn off the tap, and apply soap.
- B. Lather your hands by rubbing them together with the soap. Lather the backs of your hands, between your fingers, and under your nails.
- C. Scrub your hands for at least 20 seconds. Need a timer? Hum the "Happy Birthday" song from beginning to end twice.
- D. Rinse your hands well under clean, running water.
- E. Dry your hands using a clean towel or air dry them.

### How to use Hand Sanitizer

- Apply the gel product to the palm of one hand (read the label to learn the correct amount).
- Rub your hands together.
- Rub the gel over all the surfaces of your hands and fingers until your hands are dry. This should take around 20 seconds.

#### 4. Stay Home if Ill

If you are ill, STAY HOME. Lessen the chance of your entire team having to quarantine during the season.

All employees should stay home if they are sick until at least 24 hours after their fever\* (temperature of 100 degrees Fahrenheit or 37.8 degrees Celsius or higher) is gone. Temperature should be measured without the use of fever-reducing medicines (medicines that contain ibuprofen or acetaminophen).

If you become sick at work:

CDC recommends that workers who have flu symptoms upon arrival to work or become ill during the day should promptly separate themselves from other workers and go home until at least 24 hours after their fever is gone without the use of fever-reducing medications, or after symptoms have improved (at least 4-5 days after flu symptoms started).

cdc.gov

### SCREENING AND DOCUMENTATION

All coaches, students, parents and personnel who enter the athletic facility will go through a daily self screen for COVID-19 symptoms and temperature check. This check will be documented in the RankOne file for coaches and students. All other guests will be required to use the check in by the student entrance.

1. **DAILY ATTENDANCE:** Keep record of all students who are present at practice, games, contests. Coaches are responsible for keeping daily attendance records so that if a case does occur, we can trace everyone the positive patient came in contact
2. **PRE-SCREEN:** All students and Coaches will complete a questionnaire on RankOne.
  - a. If fever or cold symptoms 24 hours prior, not allowed to participate
  - b. Report any suspected or confirmed cases to ATHLETIC TRAINERS

#### COVID-19 Symptoms for Screening

- Cough
- Shortness of breath or difficulty breathing
- Chills
- Repeated shaking with chills
- Muscle pain
- Headache
- Sore throat
- Loss of taste or smell
- Diarrhea
- Feeling feverish or a measured temperature greater than or equal to 100.0 degrees Fahrenheit
- Known close contact with a person who is a lab confirmed to have COVID-19

3. **TEMP CHECK:** Temperature check prior to participation through *Thermascan* or *individual touchless thermometer*. Record in RANKONE.
  - a. If fever upon entry, the athlete will wait 2 minutes and have the temperature retaken.
  - b. If fever is still  $>100.0$ , athletes will be put in an isolation room, which is currently the downstairs conference room.

#### **Isolation Room**

- The isolation room for athletes who enter the Athletic Facility and have a  $>100.0$  degree temperature more than 2 times will be located in the 1st Floor Conference Room. This room is located by the stairwell to the Athletic Administrative Office. Once a student is put in this room, the Athletic Trainers will be notified by the coach to activate COVID-19 procedures.
  - The school nurse will be contacted and the athlete sent to the school nurse.
  - The isolation room will be sanitized by the Athletic Trainers once the student has been picked up by their parents.
4. **TRAINERS WILL REPORT COVID-19 CASES:** Report to the campus nurses.

#### **MINIMIZING EXPOSURE**

If a positive case is identified among a participant, either staff or student, the group to which that staff or student was assigned and in contact with must be removed from the sessions while all members of the group self-isolate. If the confirmed individual regularly had close contact outside a single group, then all of the students and staff with whom the confirmed individual had close contact shall be removed from workouts for two weeks. Schools should consider having students remain with a single group or cohort to minimize the number of students and staff that must isolate if a case is confirmed.

**For example:** If a student in one cohort tests positive for COVID, the student and that one cohort must isolate. If that student was part of several cohorts, then the student and all of the cohorts they were a member of would have to isolate.

Any staff member or student who experiences any of the symptoms of COVID-19 should self-isolate until the below conditions have been met.

1. In the case of an individual who was diagnosed with COVID-19, the individual may visit when all three of the following criteria are met: at least three days (72 hours) have passed since recovery (resolution of fever without the use of fever-reducing medications); and the individual has improvement in respiratory symptoms (e.g., cough, shortness of breath); and at least ten days have passed since symptoms first appeared; or
2. In the case of an individual who has symptoms that could be COVID-19 and does not get evaluated by a medical professional or tested for COVID-19, the individual is assumed to have COVID-19, and the individual may not return to work until the individual has completed the same three-step criteria listed above; or
3. If the individual has symptoms that could be COVID-19 and wants to return to work before completing the above self-isolation period, the individual must obtain a medical professional's note clearing the individual for return based on an alternative diagnosis.
4. Any student or staff member living with someone who experiences any of the symptoms of COVID, whether they have a positive COVID test or not, should self-isolate for two weeks. If they do not experience any COVID symptoms during that period, they can return to summer workouts.

If they experience symptoms, they must self-isolate until the conditions outlined above have been met.

### **Notification Procedures for Positive Athlete or Coach**

As a coach it is your responsibility to notify the Athletic Trainers if an athlete or fellow coach reports having symptoms or testing positive. By failing to follow the procedures, you are putting more students and coaches at risk.

1. When informed about a positive or presumed positive athlete or coach you must first contact the athletic trainers.
2. The athletic trainers will follow up with the confirmed or suspected positive athlete or coach and give directions to follow for return to school and play.
3. The athletic trainers must report these cases to the District Nurse, Kathleen Stanton, Director of Health Services. [kathleen.stanton@dvisd.net](mailto:kathleen.stanton@dvisd.net), office 512-386-3073 and Tawni Angel, Director of Athletics. [tangel@dvisd.net](mailto:tangel@dvisd.net), office 512-386-3260

### **Individuals Confirmed or Suspected of COVID-19- Return to School**

Any individual who is either lab-confirmed to have COVID-19 or experiencing symptoms of COVID-19 must stay at home throughout the infection period, and cannot return to campus until the school system screens the individual to determine any of the below conditions for campus re-entry have been met:

In the case of an individual who was diagnosed with COVID-19, the individual may return to school when all three of the following criteria are met:

- at least three days (72 hrs) have passed since resolution of fever without the use of fever-reducing medications
- the individual has improved in symptoms (i.e. cough, shortness of breath)
- At least 10 days have passed since symptoms first appeared

In the case of an individual who has symptoms that could be COVID-19 and who is not evaluated by a medical professional or tested for COVID-19, the individual may not return to the campus until the individual has completed the same three-step set of criteria listed above.

If the individual has symptoms that could be COVID-19 and wants to return to school before completing the above stay at home period, the individual must either obtain a medical professional's not clearing them for return based on an alternative diagnosis or an acute infection test at an approved testing location that comes back negative for COVID-19.

## **Return to Play- post COVID-19**

If an individual was suspected of having or tested positive for COVID-19 and followed the criteria to return to school. The Del Valle ISD Return to Play From COVID-19 Procedure is listed below.

### **DEL VALLE ISD RETURN TO PLAY FROM COVID-19**

The following guidelines are based on public health information from local, state and federal organizations. This is in effect as of August 1st 2020 and may change as the public health situation necessitates changes to these guidelines. The health and safety of the student athlete is our top priority.

- 1) **INDIVIDUAL CONFIRMED OR SUSPECTED WITH COVID-19**
  - Any individual who themselves either: (a) are lab-confirmed to have COVID-19; or (b) experience the symptoms of COVID-19 must stay home throughout the infection period, and cannot return to campus until the school system screens the individual to determine any of the below conditions.
  - Individual who was diagnosed with COVID-19 can only return to school when all three criteria of the following are met:
    - At least 3 days(72 hours) have passed since recovery (resolution of fever without medication)
    - The individual has improvement in symptoms ( no cough, shortness of breath)
    - At least 10 days have passed since symptoms first appeared.
- 1) **INDIVIDUAL WHO HAS SYMPTOMS OF COVID-19 AND NOT EVALUATED BY MEDICAL PROFESSIONAL OR TESTED, ASSUMED TO HAVE COVID-19**
  - The individual must complete the same three steps listed above.
- 2) **IF THE INDIVIDUAL HAS SYMPTOMS THAT COULD BE COVID-19 AND WANTS TO RETURN TO SCHOOL BEFORE COMPLETING THE ABOVE STAY AT HOME STEPS**
  - Must obtain a medical professional clearance note clearing them based on an alternative diagnosis or
  - Receive 2 separate confirmations at least 24 hours apart that are free of COVID-19 via an acute infection test at an approved COVID-19 testing location.
- 3) **ANY STUDENT OR STAFF MEMBER LIVING WITH SOMEONE WHO EXPERIENCES ANY OF THE SYMPTOMS OF COVID, WHETHER THEY HAVE A POSITIVE COVID TEST OR NOT , SHOULD SELF-ISOLATE FOR TWO WEEKS. IF THEY DO NOT EXPERIENCE ANY COVID SYMPTOMS DURING THAT PERIOD, THEY CAN RETURN TO WORKOUTS.**
- 4) **IT IS RECOMMENDED THAT A 7 DAY RECONDITIONING PERIOD BE FOLLOWED PRIOR TO FULL ACTIVITY.**

PROGRESSIONS TO RETURN TO PLAY  
(MODERATE TO SEVERE CASE)

DAY 1- (10 DAYS SYMPTOM FREE)

- ACTIVITY: NORMAL WALKING
- DURATION: 10 MINUTES

DAY 2- LIGHT ACTIVITY

- ACTIVITIES- LIGHT JOGGING, STATIONARY BIKE, NO RESISTANCE TRAINING
- DURATION- 15 MINUTES @ 70%hr

DAY3- FREQUENCY TRAINING

- ACTIVITIES-SIMPLE RUNNING DRILLS
- DURATION- 30 MINUTES @ 80%hr

DAY 4- TRAINING INCREASE

- ACTIVITIES- MORE COMPLEX TRAINING ACTIVITIES
- DURATION- 80%hr

DAY 5- INTENSITY INCREASE

- ACTIVITIES- NORMAL ACTIVITIES
- DURATION- 45 MINUTES @ 80%hr

DAY 6- NORMAL TRAINING ACTIVITIES

- NORMAL ACTIVITIES
- DURATION- 1hr

DAY 7- NORMAL ACTIVITIES

## **FACILITY CLEANLINESS**

1. Signs to practice social distancing
2. Equipment wipe down before and after use
3. All furniture and equipment wiped down after use
4. Locker room and weight room sanitized after each group
5. Exposed foam padding needs to be covered

Coaches will be responsible for cleaning the equipment their athletes use. Wipes, sprays, hand sanitizers and other cleaning tools will be provided. It is the coaches responsibility to notify the athletic trainers if an area is running low on cleaning products. DO NOT LEAVE EMPTY CLEANING MATERIALS LYING AROUND. Get it refilled for the next use.

Every evening the DVISD Custodians will do a thorough cleaning of the Athletic Facility.

## **LOCKER ROOMS**

1. Based on the locker room, each utilized locker must be 6 feet apart, and may have to put kids in rotations so this can be maintained. Supervision is mandatory to maintain the proper social distancing
2. Teams are responsible for picking up all items when they are finished. Custodians will clean nightly. Custodians are not responsible for random items left on the floor.
3. Items left on the floor at the end of the day will be considered contaminated and thrown in the trash.
4. Nobody should be in the locker room unsupervised. It should be locked during class and practices



5. If an athlete has to use the restroom in the middle of practice, the athlete should use the single stall restroom in a hallway.

### **TEAM GUIDELINES**

1. Wash hands before and after each item touched
2. Student clothing must be worn properly, no exposed skin
3. Student clothing and towels must be washed after EVERY use
4. Everyone must shower after workout
5. No sharing towels, clothes (pennies included) or shoes
6. Must have their own water bottle. No sharing bottles, towels or face coverings. Individual bottles are to be labeled and filled by players. Bottles can not be stored in containers that allow cross contact contamination.
7. Document who is at every practice and game.

### **SIDELINE**

1. Essential team personnel only
2. Everyone must wear face covering while not playing
3. No sharing bottles, towels or face coverings. Individual bottles are to be labeled and filled by players. Bottles can not be stored in containers that allow cross contact contamination.
4. Tape/paint around stadium/gym for encouraged social distancing
5. Coaches must wear face covering at all times
6. Put non-essential team personnel in a designated spot (manager, videographer, scorekeeper)

### **SPORTSMANSHIP**

1. No pre game handshakes, high fives, touching of any kind, etc
2. No post game handshakes, high fives, touching of any kind, etc
3. There are other ways to show sportsmanship, be creative.

### **OFFICIALS**

1. Must wear face covering at all times
2. Must bring own water bottle
3. Must bring own towel
4. An open space will be provided as official locker room

### **ATHLETIC TRAINING ROOM PROCEDURES:**

The Staff Athletic Trainers will be following ALL recommended CDC, TCHD, TEA and UIL guidelines in the safe operations of the Sports Medicine facilities at both the Athletic Facility and the Gym Athletic Training Room. Detailed procedures for COVID-19 protocol in the Del Valle Athletic Training Rooms can be found in the document "COVID-19 Procedures- ATR". ALL COVID-19 precautions including the wearing of PPE by the Staff Athletic Trainers

1. Staff Athletic Trainers will be wearing appropriate PPE when treating and evaluating athletes.
2. Student Athletes must practice social distancing
3. Student Athletes will have their temperature checked and COVID questions asked upon entry for treatment.
4. Athletic Training Rooms in the Athletic Facility and the High School gym have a maximum treatment capacity.
5. Student Athletes needing rehabilitation will be seen on an appointment basis.

## **PREVENTION AND INFECTION CONTROL:**

**All student athletes and coaching staff are required to follow the below mentioned infection prevention protocols when in the Athletic Training Room.**

- Social Distancing will be practiced and enforced at all times.(6 feet apart)
- Athletes are required to wear face coverings at all times. Wearing Face Covering (cloth acceptable)
- Athletes will have their temperature checked and answer COVID questions as they enter the Training Room and before they receive tape or treatment on an injured area.
- Washing hands with soap and water (>20 seconds) OR use hand sanitizer until it is completely rubbed in and dry
- Stay home when ill.
- The staff Athletic Trainers and Student Athletic Trainers will be wearing PPE both while taping and treating athletes.
- The Athletic Training Rooms will be cleaned before and after athletic periods daily by the Athletic Training staff. ALL contact surfaces are wiped down with approved disinfectants.
- Maximum capacity of athletes in the Athletic Training Rooms is as follows
  - a. Gym- 6 Athletes receiving treatment. (This number does not include the Staff AT and Student AT).
  - b. Athletic Facility- 8 Athletes receiving treatment,(This number does not include the Staff AT and Student AT)
  - c. Hydro-therapy Room- 8 athletes, 4 in a pool only (This number does not include the Staff AT, Student AT or Coach).
- Taping and treatment tables will be disinfected after every use.
- If an athlete, coach or other member of the team has possibly been exposed to COVID-19, they must report the exposure to the Athletic Trainers.
- NO PHONES are allowed in the Athletic Training Room unless by permission from the Athletic Trainers.
- Athletic Training Room doors will remain closed and locked when not in use to prevent contamination.
- SPECIAL NOTE GYM ATHLETIC TRAINING ROOM WILL ONLY BE OPEN ON GAME DAYS. ALL OTHER TIMES THIS ROOM IS SECURE FOR COVID-19 TESTING AND POSSIBLE ISOLATION. AUTHORIZED STAFF ONLY.

## **CHECK IN PROCEDURES FOR THE INJURED ATHLETE:**

**The check in procedures are in place to ensure proper documentation of injured athletes, proper infection prevention practices are followed and any possible contact tracing can be followed if necessary.**

- Maintain social distancing at all times, (6 feet apart)
- Waiting at the door for the next available table. There will be social distance marks on the floor outside the entrances to both the Gym and Facility Training Rooms.
- All athletes must be wearing a mask at ALL times unless injured and unable to wear a mask. If this is the case a mask will be provided.
- Athletes must wash or sanitize hands before being assigned a space.
- A student trainer or athletic trainer will sign the athlete in.
- Temperature checks and COVID questions will be administered before taping or treatment can occur. Temperature must be <100.0 Degrees.
- If an athlete or staff has a temperature >100.0 you will be placed in an isolation area. Your temperature will be rechecked with an oral thermometer.
- Cleared athletes will be assigned a table based on their injury needs. All tables will be numbered for clear direction and athletes will be assigned a table.

- Alternating head-to-toe orientation on treatment tables when side by side treatments occurring is a must.
- Some athletes will be required to make an appointment for long term rehabilitation purposes. This will occur via google docs..
- In order to not exceed close contact transmission threshold, treatment times will be limited to 15 minutes.

### **STANDARD OF CARE FOLLOWED BY THE ATHLETIC TRAINING STAFF**

The following standard precautions are the minimum infectious control practices that will be followed by the Staff AT and Student AT when athletes are present for taping/treatment regardless of suspected or confirmed infection status of the athlete.

#### **HAND HYGIENE:**

- ALL Staff must be educated regarding appropriate indications for hand hygiene.
- Supplies should include soap, water, paper towels, and hand sanitizer are readily accessible.
- Athletes entering the Athletic Training Room shall sanitize their hands before and after receiving treatment.
- Hand hygiene performed by the staff to include but not limited to the following:
  - Before contact with the athlete.
  - Before performing an aseptic task, e.g., wound care, instilling eye drops.
  - After contact with an athlete.
  - After contact with objects in the immediate vicinity of the athlete.
  - After contact with blood, body fluids, or contaminated surfaces.
  - After removing gloves.
  - When moving from a contaminated body site to a clean body site during athlete care.

#### **PERSONAL PROTECTIVE EQUIPMENT (PPE):**

##### **Gloves, Goggles, Face Mask, Face Shields**

- The staff Athletic Trainers and Student Athletic Trainers are required to wear proper PPE,
- Hand hygiene is performed immediately before using and after using PPE.
- Gloves
  - Will be worn for potential contact with blood, body fluids, mucus membranes, nonintact skin or contaminated equipment
  - During full evaluation of an injury.
  - Staff must change gloves between patients.
- The Athletic Trainers will be required to wear face covering at all times, either by face mask or face shield.
- Student Trainers will be required to wear face coverings.

#### **TAPING FOR PRACTICE OR GAMES:**

- The Athletic Trainer or a student trainer will assist athletes while wearing appropriate PPE based on the needs of the athlete.
- Taping, treatment and wound care stations are 6 feet apart. No more than 1 athlete per table in this area not including attending Athletic Trainer or Student ATR.
- When possible, taping of wrist and hands will be done outside of the Athletic Training Room doors in the hallway.
- Game day taping for football (ALL LEVELS) must be coordinated with the coaches. There can be only 8 athletes at a time in the Athletic Training Room.
- Post practice icing is limited and only 8 athletes can be in the Athletic Training Room at 1 time.

## **TREATMENTS:**

- Treatment time will be based on the needs of each athlete/injury and will vary; so we can properly treat all athletes while keeping appropriate distance.
- Alternating head-to-toe orientation on treatment tables when side by side treatments occurring is a must.
- Long-term rehabilitation athletes will be scheduled around heavy traffic flow time like beginning of practice and end of practice.
- Tables and contact surfaces are wiped down between every treatment and taping session.
- Countertop areas and contact areas will be cleaned at the end of every athletic period and at the end of the day's activities. All supplies will be put away in drawers.
- All modalities used will be sanitized after every use.
- The Athletic Training Room is sprayed nightly with Vital Oxide Disinfectant.
- Upon leaving, athletes must wash/sanitize hands
- The Athletic Training Room restroom is reserved only for student trainers. Athletes must use their locker room restroom.
- Athletic Training Room doors should remain closed and locked when not in use.
- Outside visitors are not allowed in the Athletic Training Room unless essential in the care of an athlete or the parent of the injured athlete.

## **REHABILITATION:**

- Athletes needing rehabilitation or long term treatment must follow all policies and procedures for access to the Athletic Training Room.
- Long-term rehabilitation athletes will be scheduled around heavy traffic flow time like between beginning of practice and end of practice. No rehab on game days.
- Use of bikes and or other therapy equipment is assigned by the Athletic Trainer. Equipment is color coded.
- Rehabilitation equipment must be cleared before and after each use.
- Stretching is not allowed in the Athletic Training Room, there is plenty of space in the indoor facility.
- Use of foam rollers is restricted at this time.
- When possible home programs will be produced by the Athletic Trainers to aid in the recovery of a more serious athletic injury.

## **HYDRO-THERAPY POOLS:**

**The Hydro-therapy pools in the Athletic Facility are deemed safe for use. They are chemically controlled and chloridated using an automated filtration and chemical treating system.**

- All athletes must wear a mask when in the Hydro-Therapy pools. Only 4 athletes may be in a pool at a time. (1 on each side, not in the middle). Practice social distancing. There will be blue tape to indicate placement.
- A total of 8 athletes can be in the pool room at 1 time not including a monitoring coach or Athletic Trainer.
- NO LARGE groups of athletes in the cold pool at 1 time. Only 4 at a time. No waiting in the Athletic Training Room for a turn. COACHES MUST MONITOR TEAM COLD TUBS.
- No sharing of towels during team cold tubs, Athletes must provide their own.
- Coaches and athletes must follow All pool rules for safety.
- Gym HydroTherapy Area is shut down at this time. If hydro-therapy is needed, the athlete will be sent to Facility-ATR.

## **MODALITIES USED IN THE ATHLETIC TRAINING ROOM:**

- Hydrocollator Steam packs can not be shared.
- Steam Packs must be reheated a minimum of 15 minutes prior to reuse.
- A clean fresh towel must be used at every treatment.
- Ultrasound and Stem units must be wiped down before and after each treatment.
- Stem pads can not be shared. They must be stored in label ziplock bags.
- Foam rollers must be cleaned before and after each use. They must also be wrapped in plastic bags before use.
- All other modalities must be sanitized before and after each use.

## **HYDRATION:**

**It is important that the student athlete understands from day 1 that they are responsible for a personal water bottle. It must be clearly marked with their name on the bottle. The bottle cannot be shared with other athletes.**

### **Football**

- All athletes are required to bring their own personal water bottle to practice everyday.
- Bottles must be clearly labeled and cannot come in contact with each other.
- A designated Coach, Student Manager or Student Trainer can refill bottles only. This is to limit the touching of water spouts on coolers and water tanks. There will be no mass drinking on the tanks.
- There will not be any water trees connected on the track for hydration.
- Water tanks are permissible but as a refill site only at this time. They must be sanitized before and after each practice and or game used.
- Cups will be used for home football games for all levels, bottles possibly on the road.

### **Cross Country**

- All athletes are required to bring their own personal water bottle to practice everyday.
- Bottles must be clearly labeled and cannot come in contact with each other.
- A designated Coach, Student Manager or Student Trainer can refill bottles only. This is to limit the touching of water spouts on coolers and water tanks. There will be no mass drinking on the tanks.
- There will not be any water trees connected on the track for hydration.

### **Volleyball**

- All athletes are required to bring their own personal water bottle to practice everyday.
- Bottles must be clearly labeled and cannot come in contact with each other
- A designated Coach, Student Manager or Student Trainer can refill bottles only. This is to limit the touching of water spouts on coolers and water tanks.
- There will not be any water trees connected on the track for hydration. Make sure your athletes carry bottles to the weight room and track when conditioning.

## **ALL OFF-SEASON PROGRAMS**

- All athletes are required to bring their own personal water bottle to practice everyday.
- Bottles must be clearly labeled and cannot come in contact with each other
- A designated Coach, Student Manager or Student Trainer can refill bottles only. This is to limit the touching of water spouts on coolers and water tanks.
- There will not be any water trees connected on the track for hydration. Make sure your athletes carry bottles to the weight room and track when conditioning.

## ATHLETIC TRAINING ROOM LAUNDRY:

- All towels used for treatments on a daily basis will be washed by the Athletic Trainers.
- The Athletic Trainers will use gloves when handling the laundry.
- Athletic Trainers will wash the Student Trainers laundry separate from the towels used for injury treatment and return to individual lockers after completion.

## LAUNDRY

1. Coaches must wash all of the athletes' clothing daily.
2. Coaches are to wear reusable gloves when loading the washer with clothes, once loaded the coach is to toss in the gloves used in the washer with the clothes before starting
3. Spray the laundry basket with disinfectant after putting laundry in washer
4. Coaches will remove the gloves and hang them up when rotating the clothes to the dryer.
5. Coaches must do all of the laundry.
6. Once laundry has been dried the coach must put the laundry back in each athlete's personal locker.
7. Laundry baskets can no longer be left out for the athletes to pick up their clothing.

## PRACTICE AND GAME EXPECTATIONS

### VOLLEYBALL

#### Practices

Scheduling: Volleyball practices will be on a schedule with clear communication to the athletic trainers.

Hydration: The coach will prepare and provide water from the athletic training room and place it in their gym. A student manager will be in charge of refilling bottles and have cups prepared for those athletes that need a cup.. **All athletes will be expected to provide their own water bottle.** Breaks will be staggered and scheduled so athletes can maintain proper distance.

Sanitizing: Hand sanitizer will be provided and located on a cart in each gym with cleaning supplies to clean all used equipment. Coaches will pick these carts up from the athletic training room when they pick up the water. When practice is over, they will return these carts to the athletic training room.

Face Coverings: Face coverings must be used at all times. The only times face coverings should be off is when athletes are: running, in the middle of a drill, or hydrating. If wearing the athletic department provided buff, all athletes must keep them around their neck and pull them up and down as needed.

#### Games

Entrance: All **athletes** will enter through the outside South Entrance by the 3rd gym. Athletes will use the back hallway to transfer between gyms and use locker room facilities. Any persons in the back hallways besides athletes and coaches currently participating will be asked to return to the gym or other hallway. All **parents/fans** will enter through the main cafeteria entrance. Fans will sit on one side of the gym and all athletes will be on the other side.

Team Locker Rooms: Del Valle players will utilize their normal locker rooms. All visiting teams will use the opposite genders PE room. (i.e. female visiting teams will use the male PE locker room) This will go for all sports including volleyball and basketball.

Sanitization: Each gym will have a sanitizing station for all athletes/coaches to use when entering and while playing. It will also have cleaning supplies for equipment used during the game.

Team Benches Each team will have their own bench. There will be no switching sides if indicated in normal rules. Students are able to provide their own towels and leave them at their assigned chairs. If coaches provide towels, each student must be assigned one to leave at their seat. No sharing of towels. Absolutely no mixing of teams on benches. They should only come in contact on the field of play/court.

Hydration All athletes must provide their own water bottles. A refill cooler will be located by each bench area. A designated manager/coach will be in charge of refilling bottles and cups. Athletes may not fill up their own bottles.

Scorers Bench The scorers table will be limited to 2 people, the official scorekeeper and the official book keeper. Students notifying the table that they will be entering the game will step into a designated area so the table can see them. There will also be wipes/spray of cleaning agents on the table so the officials can clean items between games/halves/quarters.

Once each level finishes a game, they are expected to either leave with their parents or become a fan and sit on the other side of the gymnasium. No one will be able to go back and forth from visitor to player side.

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## **FOOTBALL**

### **Practices**

Scheduling: Football practices will be on a schedule with clear communication to the athletic trainers.

Hydration: The coach will prepare and provide water from the athletic training room and place it along the practice fields. A student trainer/manager/coach will be in charge of refilling bottles and have cups prepared for those athletes that need a cup. **All athletes will be expected to provide their own water bottle.** Breaks will be staggered and scheduled so athletes can maintain proper distance.

Sanitizing: hand sanitizer will be provided at entrances/exits of the building

Face Coverings: Face coverings must be used at all times. The only times face coverings should be off is when athletes are: running, in the middle of a drill, or hydrating. If wearing the athletic department provided buff, all athletes must keep them around their neck and pull them up and down as needed.

### **Games**

Entrance: All **athletes** will enter through the student entrance to the facility. Athletes will use the hallway to transfer between the field and locker room. Any persons in the hallway besides athletes and coaches currently participating will be asked to return to the field. All **parents/fans** will enter through the main gate. Fans will stay in the stands at all times.

Team Locker Rooms: Del Valle players will utilize their normal locker rooms. All visiting teams will use the track locker room

Sanitization: Each locker room entrance and exit will have a sanitizing station for all athletes/coaches to use when entering. Hand sanitizer and cleaning supplies for equipment during the game will be located on the sideline.

Team Benches Each team will have their own bench. If coaches provide towels, each student must be assigned one to leave at their seat. No sharing of towels. Absolutely no mixing of teams on benches. They should only come in contact on the field of play/court.

Hydration All athletes must provide their own water bottles. A refill cooler will be located by each bench area. A designated manager/coach will be in charge of refilling bottles and cups. Athletes may not fill up their own bottles.

Once each level finishes a game, they are expected to either leave with their parents or become a fan and sit on the other side of the gymnasium. No one will be able to go back and forth from visitor to player side.

## CROSS COUNTRY

### Practices

Scheduling: Cross Country practices will be on a schedule with clear communication to the athletic trainers.

Hydration: The coach will prepare and provide water from the athletic training room and place it on their gator or in the area they are running. A student manager/coach will be in charge of refilling bottles to follow all distancing. **All athletes will be expected to provide their own water bottle.** Breaks will be staggered and scheduled so athletes can maintain proper distance.

Sanitizing: hand sanitizer will be provided and located in the gator.

Face Coverings: Face coverings must be used at all times. The only times face coverings should be off is when athletes are: running, in the middle of a drill, or hydrating. If wearing the athletic department provided buff, all athletes must keep them around their neck and pull them up and down as needed.

### Games/Meets

Entrance: All **athletes and parents** are asked to show respect for each other and maintain social distancing while watching their athletes. To make sure everyone is maintaining social distance, school personnel have authority to ask patrons to spread out to follow guidelines. All patrons are also asked to wear a face covering while on DVISD campuses.

Team Locker Rooms: Teams will not utilize locker rooms

Teams: Per UIL rules, no more than 10 athletes per gender per level as well as no more than one level on site at a time. Example: when varsity girls and boys are running, JV and Freshman boys and girls can not be on site. When finished, varsity will leave the site and JV boys and girls will come run.

Sanitization: Hand sanitizer will be provided and located in the gator with cleaning supplies to clean all used equipment.

Hydration: All athletes must provide their own water bottles. A refill cooler will be located in the gator and a central location.. A designated manager or coaches will be in charge of refilling bottles and cups. Athletes may not fill up their own bottles.

Once each level finishes a game/meet, they are expected to either leave with their parents or become a fan. No one will be able to go back and forth from visitor to player side.

## TENNIS

### Practices

Scheduling: Tennis practices will be on a schedule with clear communication to the athletic trainers.

Temperature checks: Upon arrival to the courts, the coach will take every athlete's temperature before they can participate. Athletes will use the RankOne app to record symptoms and submit temperature for the day. Coach will be provided a touchless thermometer with cleaning supplies when picking up water for practice.

Hydration: The coach will prepare and provide water from the athletic training room and take it to their courts. All coolers must be returned at the end of the night to be cleaned for the next use. A student manager/coach will be in charge of refilling bottles and have cups prepared for those athletes that need a cup. **All athletes will be expected to provide their own water bottle.** Breaks will be staggered and scheduled so athletes can maintain proper distance.

Sanitizing: hand sanitizer will be provided and located in the storage shed with cleaning supplies to clean all used equipment.

Face Coverings: Face coverings must be used at all times. The only times face coverings should be off is when athletes are: running, in the middle of a drill, or hydrating. If wearing the athletic department provided buff, all athletes must keep them around their neck and pull them up and down as needed.



### **Games/Matches**

Entrance: All **athletes and parents** are asked to show respect for each other and maintain social distancing while watching their athletes. To make sure everyone is maintaining social distance, school personnel have authority to ask patrons to spread out to follow guidelines. All patrons are also asked to wear a face covering while on DVISD campuses.

Temperature checks: Upon arrival to the courts, the coach will take every athlete's temperature before they can participate. Athletes will use the RankOne app to record symptoms and submit temperature for the day. Coach will be provided a touchless thermometer with cleaning supplies when water is dropped off for the match..

Team Locker Rooms: Del Valle players will utilize their normal locker rooms. All visiting teams will use the restrooms provided for matches.

Sanitization: hand sanitizer will be provided and located in the storage shed with cleaning supplies to clean all used equipment.

Hydration All athletes must provide their own water bottles. A refill cooler will be located by the court entrance. A designated manager/coach will be in charge of refilling bottles and cups. Athletes may not fill up their own bottles.

Once each level finishes a game/match, they are expected to either leave with their parents or become a fan and sit outside the fenced area. No one will be able to go back and forth from visitor to player side.

### **CHEERLEADING**

#### **Practices**

Scheduling: Cheerleading practices will be on a schedule with clear communication to the athletic trainers.

Hydration: **All athletes will be expected to provide their own water bottle.** Athletes will refill bottles from the water station in the hallway. Breaks will be staggered and scheduled so athletes can maintain proper distance.

Sanitizing: hand sanitizer will be provided and located by the cheer coaches office with cleaning supplies to clean all used equipment.

Face Coverings: Face coverings must be used at all times. The only times face coverings should be off is when athletes are: running, in the middle of a drill, or hydrating. If wearing the athletic department provided buff, all athletes must keep them around their neck and pull them up and down as needed.

#### **Games/Matches**

Entrance: All **athletes and parents** are asked to show respect for each other and maintain social distancing while watching their athletes. To make sure everyone is maintaining social distance, school personnel have authority to ask patrons to spread out to follow guidelines. All patrons are also asked to wear a face covering while on DVISD campuses.

Team Locker Rooms: Del Valle cheerleaders will utilize their normal locker rooms.

Sanitization: Hand sanitizer will be provided and located by the cheer coaches office with cleaning supplies to clean all used equipment.

Hydration All athletes must provide their own water bottles. A refill cooler will be located by the manager. A designated manager/coach will be in charge of refilling bottles and cups. Athletes may not fill up their own bottles.

Once each level finishes a game/match, they are expected to either leave with their parents or become a fan and sit outside the fenced area. No one will be able to go back and forth from visitor to player side.

## **GOLF**

### **Practices/Match**

Entrance: All **athletes and parents** are asked to show respect for each other and maintain social distancing while watching their athletes. To make sure everyone is maintaining social distance, school personnel have authority to ask patrons to spread out to follow guidelines. All patrons are also asked to wear a face covering while on DVISD campuses.

Scheduling: golf practices will be on a schedule with clear communication to the athletic trainers.

Hydration: **All athletes will be expected to provide their own water bottle.** Athletes are expected to bring enough water to make it through a whole practice or match. Breaks will be staggered and scheduled so athletes can maintain proper distance.

Sanitizing: hand sanitizer will be provided and located by the golf coach.

Face Coverings: Face coverings must be used at all times. The only times face coverings should be off is when athletes are: running, in the middle of a drill, or hydrating. If wearing the athletic department provided buff, all athletes must keep them around their neck and pull them up and down as needed.

Once each level finishes a game/match, they are expected to either leave with their parents or become a fan and sit outside the fenced area. No one will be able to go back and forth from visitor to player side.

## RESOURCES

- CDC: Infection Prevention and Control Assessment Tool for Outpatient Settings (2016)
- BOC Facility Principles (2015)
- CDC Guideline for Isolation Precautions: Preventing Transmission of Infectious Agents in Healthcare Settings (2019)
- NCAA Core Principles of Resocialization of Sport
- Guidance For Opening Up High School Athletics and Activities, National Federation of State High School Associations (NFHS), Sports Medicine Advisory Committee (SMAC), 2020
- American College Health Association (ACHA) COVID-19 Resources
- EPA List N: Disinfectants for Use Against SARS-CoV-2 (2020)
- CDC: Guidance for the Selection and Use of Personal Protective Equipment in Healthcare Settings
- “Recommendation Regarding the Use of Cloth Face Coverings, Especially in Areas of Significant Community-Based Transmission.” *Center for Disease Control and Prevention*.  
<https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/cloth-face-cover.html>.
- “Return to Training Considerations Post-COVID-19.” *United States Olympic & Paralympic Committee - Sports Medicine*, Version 0.12. <https://www.teamusa.org/coronavirus>
- Considerations For Athletics Post-COVID-19, Rod Walthers, PhD., Walters Inc., Sports Medicine Consultants 2020
- Texas Athletics – Football Student Athlete Return to Campus Plan – 2020
- Athletic Health Care Infection Control Policy Considerations, Jim Zachazewski, ATC, PT, DPT and Michael Belanger, ATC, PT; Athletic Training Services, Brigham and Women’s Hospital Department of Orthopedic Surgery Sports Medicine Service, Boston, MA, 2020
- Infection Control in Interscholastic Athletic Training Rooms Post COVID-19, Jim Zachazewski, ATC, PT, DPT and Michael Belanger, ATC, PT; Athletic Training Services, Brigham and Women’s Hospital Department of Orthopedic Surgery Sports Medicine Service, Boston, MA, 2020
- COVID-19 Strength and Conditioning and Sport Specific Instruction, UIL, 2020
- Guidelines for Safe Return to Athletic Activity in Secondary Schools following the COVID-19 Pandemic, Houston Methodist Hospital, 2020
- National Athletic Trainers Association Intercollegiate Council for Sports Medicine. Pre-return and return-to-campus preparation and communication plan. nata.org.  
[https://www.nata.org/sites/default/files/icsm\\_return\\_to\\_campus\\_packet\\_covid19.pdf](https://www.nata.org/sites/default/files/icsm_return_to_campus_packet_covid19.pdf).  
Published May 2020
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- CDC <https://www.cdc.gov/hai/settings/outpatient/outpatient-care-guidelines.html>