

## Outdoor Conditioning Procedures and Reference Guide

### **Maintaining Healthy Operations**

WJCC Schools will implement the following mitigation strategies to reduce the spread of illness:

- required use of face coverings by students;
- required use of face coverings by staff;
- social distancing to the greatest extent possible;
- daily symptom checks and self-assessment for wellness by students and staff before reporting to conditioning;
- enhanced hygiene practices that include frequent handwashing;
- care for and isolation of students and staff who exhibit symptoms; and
- emphasis on social and emotional wellness.

### **Conditioning/Work-Out Guidelines and Limitations**

- Workouts will be conducted in “pods” of up to 9 student-athletes.
- Student-athletes will remain in their assigned pod throughout the conditioning season.
- No more than 50 people at a time per field, track, tennis courts, or other area permitted at one time.
- There must be a minimum distance of 10 feet between each individual at all times.
- Locker rooms will not be utilized.
- Student-athletes should report to workouts in proper gear and immediately return home to shower at end of the workout.

### **Pre-Workout Screening/Check-in**

- Students need to have a VHSL physical turned in and athletic registration completed.
- Students and coaches will review the [WJCC mitigation strategies](#) before returning to conditioning.
- Parent, students and coaches will use the WJCC Student Symptom Checker (Appendix B of the WJCC Mitigation Strategies).
- Families and parents will supervise students daily to ensure they are healthy before going to conditioning.
- Student-athletes will park in designated areas for each pod. They will remain in their cars until pod is completely checked-in by coach and dismissed to conditioning.
- Face coverings will be worn by students during check-in and any other time on campus outside of pod workouts.
- Coaches will wear face coverings at all times
- Arrival and drop-off times will be staggered by pods, with different locations, to limit contact between groups as much as possible.
- Any person with positive symptoms and/or temperature >100.0 will not be allowed to take part in workouts. They must do the following:
  - Stay home
  - Contact primary care physician for further guidance on testing and/or self-quarantine
  - Self-isolate for a minimum of 14 days
  - Follow WJCC guidelines for return to school/athletics/work
- If there is a positive screening, coaches must initiate the appropriate chain of communication beginning with Athletic Director.
  - Athletic Director contacts school administrator.
  - School administrator will initiate appropriate communication protocol.

## **Inclement Weather**

- In the case of inclement weather during workouts, schools will have designated areas for pods to safely wait for appropriate transportation home.
- If inclement weather is forecasted, workouts will be canceled by athletic director.
- Indoor facilities will not be used for conditioning at this time.

## **Physical Activity and Athletic Equipment**

- There will be no shared athletic equipment (towels, clothing, shoes, or sports specific equipment) between student-athletes.
- Student-athletes will wear their own appropriate workout clothing (Sharing is not allowed.).
- Individual clothing/towels should be washed and cleaned after every workout.
- There will be no use of weight training equipment.

## **Hydration**

- All student-athletes will bring their own water bottle.
  - Minimum of 32 oz. to insure proper hydration
  - Each water bottle will be clearly marked for each student
- Water bottles will not be shared.
- Hydration stations (water cows, water trough, water fountains, etc.) will not be utilized.

## **Hygiene**

- Hand sanitizing stations should be plentiful and available to individuals as they transfer from place to place.
- Student-athletes should shower immediately upon returning home.

## **Pre-Participation Communication**

### Coaches Meeting

- All coaches intending to participate in WJCC Athletics for the 2020-21 school year will attend a virtual meeting before returning to conditioning.

### Parents Meeting

- All parents of students intending to participate in WJCC athletics for the 2020-21 school year will review our Return to Sports Conditioning document online and sign the commitment form through rSchools acknowledging their student is well enough to return to conditioning.

## **WJCC Mitigation Plan**

Our [WJCC Mitigation](#) Plan has many resources for families as we navigate safe practices to return to conditioning and athletics. Please review this plan and make sure you utilize the resources below before sending student -athletes back to conditioning.

- Student Symptom Checker (Appendix B)
- Employee Symptom Checker (Appendix C)
- 10 Things to Manage Your COVID Symptoms at Home (Appendix D)

Is my child/student well enough to participate in Athletics?

- [Appendix A](#)

## Frequently Asked Questions (FAQ)

### 1. What should I do if I come in contact with a suspected COVID-19 case (symptoms of COVID and/or a person testing positive)?

- a. Contact your primary care physician for further guidance
- b. Stay home in isolation for 14 days.
- c. Self-monitor symptoms
- d. Notify your coach or Athletic Director
- e. Refer to our WJCC Mitigation Strategies

### 2. What should I Do If I Are Sick?

- a. Refer to a – e in FAQ #1
- b. Reference the chart below from the Center for Disease Control (CDC)

Stay home except to get medical care	<ul style="list-style-type: none"> <li>- Stay home.             <ul style="list-style-type: none"> <li>▪ Do not leave your home, except to get medical care. Do not visit public areas.</li> </ul> </li> <li>- Take care of yourself.             <ul style="list-style-type: none"> <li>▪ Get rest and stay hydrated. Take over-the-counter medicines, such as acetaminophen, to help you feel better.</li> </ul> </li> <li>- Stay in touch with your doctor.             <ul style="list-style-type: none"> <li>▪ Call before you get medical care. Be sure to get care if you have trouble breathing, or have any other emergency warning signs, or if you think it is an emergency.</li> </ul> </li> </ul>
Separate yourself from other people	<ul style="list-style-type: none"> <li>- As much as possible, stay in a specific room and away from other people and pets in your home.             <ul style="list-style-type: none"> <li>▪ If possible, you should use a separate bathroom. If you need to be around other people or animals in or outside of the home, wear a mask.</li> </ul> </li> <li>- Tell your close contacts that they may have been exposed to COVID-19. An infected person can spread COVID-19 starting 48 hours (or 2 days) before the person has any symptoms or tests positive. By letting your close contacts know they may have been exposed to COVID-19, you are helping to protect everyone.             <ul style="list-style-type: none"> <li>▪ If you are diagnosed with COVID-19, someone from the health department may call you. Answer the call to slow the spread.</li> </ul> </li> </ul>
Monitor your symptoms	<ul style="list-style-type: none"> <li>- Symptoms of COVID-19 include:             <ul style="list-style-type: none"> <li>▪ Fever or chills</li> <li>▪ Cough</li> <li>▪ Shortness of breath or difficulty breathing</li> <li>▪ Fatigue</li> <li>▪ Muscle or body aches</li> <li>▪ Headache</li> <li>▪ New loss of taste or smell</li> <li>▪ Sore throat</li> <li>▪ Congestion or runny nose</li> </ul> </li> </ul>

	<ul style="list-style-type: none"> <li>▪ Nausea or vomiting</li> <li>▪ Diarrhea</li> </ul> <ul style="list-style-type: none"> <li>- Follow care instructions from your healthcare provider and local health department.</li> </ul>
If you are sick, wear a mask over your nose and mouth	<ul style="list-style-type: none"> <li>- You should wear a mask over your nose and mouth if you must be around other people or animals, including pets (even at home).</li> <li>- You don't need to wear the mask if you are alone.</li> <li>- Masks should not be placed on young children under age 2 years, anyone who has trouble breathing, or anyone who is not able to remove the mask without help.</li> </ul>
Clean your hands often	<ul style="list-style-type: none"> <li>- Wash your hands often with soap and water for at least 20 seconds. This is especially important after blowing your nose, coughing, or sneezing; going to the bathroom; and before eating or preparing food.</li> <li>- Use hand sanitizer if soap and water are not available. Use an alcohol-based hand sanitizer with at least 60% alcohol</li> <li>- Soap and water are the best option, especially if hands are visibly dirty.</li> <li>- Avoid touching your eyes, nose, and mouth with unwashed hands.</li> </ul>
Avoid sharing personal household items	<ul style="list-style-type: none"> <li>- Do not share dishes, drinking glasses, cups, eating utensils, towels, or bedding with other people in your home.</li> <li>- Wash these items thoroughly after using them with soap and water or put in the dishwasher.</li> </ul>
Clean all "high-touch" surfaces everyday	<ul style="list-style-type: none"> <li>- Clean and disinfect high-touch surfaces in your "sick room" and bathroom; wear disposable gloves. <ul style="list-style-type: none"> <li>▪ Let someone else clean and disinfect surfaces in common areas, but you should clean your bedroom and bathroom, if possible.</li> </ul> </li> <li>- If a caregiver or other person needs to clean and disinfect a sick person's bedroom or bathroom, they should do so on an as-needed basis. <ul style="list-style-type: none"> <li>▪ The caregiver/other person should wear a mask and disposable gloves prior to cleaning. They should wait as long as possible after the person who is sick has used the bathroom before coming in to clean and use the bathroom.</li> </ul> </li> <li>- Clean and disinfect areas that may have blood, stool, or body fluids on them.</li> <li>- Use household cleaners and disinfectants. <ul style="list-style-type: none"> <li>▪ Clean the area or item with soap and water or another detergent if it is dirty. Then, use a household disinfectant.</li> </ul> </li> </ul>

### 3. When can you return to Conditioning or Work?

- a. Follow WJCC's guidelines outlined in our Mitigation Strategies
- b. Be symptom free for at least 14 days
- c. Consult with your Coach or Athletic director before you return to conditioning
- d. Refer to the chart of scenarios below from the CDC.

Scenario	When can you return to work/sport
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I think or know I had COVID-19, and I had symptoms	<ul style="list-style-type: none"> <li>- 10 days since symptoms first appeared and</li> <li>- 24 hours with no fever without the use of fever-reducing medications and</li> <li>- Other symptoms of COVID-19 are improving</li> </ul>
I tested positive for COVID-19 but had no symptoms	<p>If you continue to have no symptoms:</p> <ul style="list-style-type: none"> <li>- 10 days since your positive test</li> </ul> <p>If you develop symptoms:</p> <ul style="list-style-type: none"> <li>- Follow the guidance for, ‘I think or know I had COVID-19 and I had symptoms’</li> </ul>
I was severely ill with COVID-19 or have a severely weakened immune system	<ul style="list-style-type: none"> <li>- Longer than 10 days and up to 20 days after symptoms first appeared</li> <li>- People who are immunocompromised require further testing and consultation with their healthcare provider.</li> </ul>
For Anyone Who Has Been Around a Person with COVID-19	<p>Anyone who has had close contact with someone with COVID-19 should stay home for 14 days after their last exposure to that person.</p> <p>However, anyone who has had close contact with someone with COVID-19 and who meets the following criteria does NOT need to stay home.</p> <ul style="list-style-type: none"> <li>- Has COVID-19 illness within the previous 3 months <u>and</u></li> <li>- Has recovered <u>and</u></li> <li>- Remains without COVID-19 symptoms (for example, cough, shortness of breath)</li> </ul>

**Resources for Families:**

[WJCC Schools Information](#)

[Center for Disease Control \(CDC\)](#)

[Virginia Department of Health \(VDH\)](#)

Appendices:

The appendices at the end of this document are pulled from the **WJCC Schools’ Mitigation Strategies** document on the website. They are a resource for families, coaches and student-athletes.

- Families are committed to using the WJCC Student Symptom Checker each day before conditioning. (APPENDIX B)
- Parents/Guardians will complete the “Well Child Athletics Acknowledgment Form” (Appendix D) prior to the start of conditioning or practice. Each school will communicate the deadline and location for submitting the paperwork.

## Appendix A

### PARENT INFORMATION

#### IS MY CHILD WELL ENOUGH TO PARTICIPATE IN ATHLETICS?

Many parents are concerned about when to keep their children who are ill home from athletics. This is especially important during the COVID-19 pandemic. The following is intended to help parents with this decision.

If student-athletes have any of the following symptoms, **they must remain home**, and it is highly recommended that parents/guardians seek advice from their student-athlete's healthcare provider as these may be COVID-19 symptoms. If your child does not have a healthcare provider, call your athletic trainer or school nurse for information about community resources.

- A. Fever/chills/generalized body aches: Fever is considered 100°F or higher
- B. Cough/shortness of breath: When not associated with previously diagnosed medical
- C. condition(s)
- D. Fatigue: When not associated with a previously diagnosed medical condition
- E. New loss of appetite and/or taste and smell
- F. Sore Throat
- G. Congestion or runny nose
- H. Nausea, vomiting or diarrhea

**If someone who lives with your student-athlete is diagnosed with or tested positive for COVID19, your child must remain home until they have completed a 14-day quarantine period.**

In addition, your student-athlete should stay home if he/she has:

- A. open or draining skin sores
- B. has inflamed or draining eyes or ears

If your child is well enough to attend school, but must have medication during the day, all school clinics are staffed with school nurses. If you are not familiar with the Williamsburg-James City County School medication policy, please contact the nurse at your child's school.

Please do not ask that your child be excused from movement class after an illness unless the request is accompanied by a physician's note. If a modification in activity is needed for a short time, contact the movement class teacher or classroom teacher.

**Working together we can help prevent the spread of disease and limit the days of school missed due to illness.**

**\*\*Please keep in mind that the information provided in this document is subject to change as guidance concerning the COVID-19 virus is regularly updated\*\*. 10.5.2020**

## Appendix B

### STUDENT SYMPTOM CHECKER

During times of potential health risk or modified access, it is important no one enters any WJCC building if they are ill. Please review the following medical issues. If your child answers yes to any, they should remain home! Please contact your healthcare provider for guidance.

<p>These questions are about your child's health. If you respond NO to all questions, your child may come to school.</p> <p>If you respond YES to any questions, he/she may not come to school. Your child should stay home until well and/or cleared by a doctor to return to school.</p>		
<p>Does your child have or have they had any of the following symptoms NOW or in the PAST 14 DAYS?</p>		
Temperature of 100.0 or greater	NO	YES
Cough (new; more than just occasional or asthma-related)	NO	YES
Shortness of breath (new; not a diagnosed medical issue)	NO	YES
Headache (not just occasional; not a diagnosed medical condition; if accompanied with other symptoms no entry should be considered)	NO	YES
New loss of taste or smell	NO	YES
New onset sore throat	NO	YES
New congestion or runny nose	NO	YES
Muscle pain all over body (new issue, not a diagnosed medical issue)	NO	YES
Vomiting within the last 24 hours	NO	YES
Diarrhea today or within the last 24 hours (new issue, not a diagnosed medical issue)	NO	YES
Close contact with someone who has tested positive for COVID-19 or the flu in the last 14 days OR suspected positive but not tested	NO	YES

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## Appendix C

# 10 things you can do to manage your COVID-19 symptoms at home

Accessible Version: <https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/steps-when-sick.html>

### If you have possible or confirmed COVID-19:

1. **Stay home** from work and school. And stay away from other public places. If you must go out, avoid using any kind of public transportation, ridesharing, or taxis.



6. **Cover your cough and sneezes.**



2. **Monitor your symptoms** carefully. If your symptoms get worse, call your healthcare provider immediately.



7. **Wash your hands often** with soap and water for at least 20 seconds or clean your hands with an alcohol-based hand sanitizer that contains at least 60% alcohol.



3. **Get rest and stay hydrated.**



8. As much as possible, **stay** in a specific room and **away from other people** in your home. Also, you should use a separate bathroom, if available. If you need to be around other people in or outside of the home, wear a cloth face covering.



4. If you have a medical appointment, **call the healthcare provider** ahead of time and tell them that you have or may have COVID-19.



9. **Avoid sharing personal items** with other people in your household, like dishes, towels, and bedding.



5. For medical emergencies, call 911 and **notify the dispatch personnel** that you have or may have COVID-19.



10. **Clean all surfaces** that are touched often, like counters, tabletops, and doorknobs. Use household cleaning sprays or wipes according to the label instructions.



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[cdc.gov/coronavirus](https://www.cdc.gov/coronavirus)



## Appendix D

### IS MY CHILD WELL ENOUGH TO PARTICIPATE IN ATHLETICS ACKNOWLEDGEMENT FORM?

This is to acknowledge that I have received a copy of the IS MY CHILD WELL ENOUGH TO PARTICIPATE IN ATHLETICS document. I have reviewed and clearly understand when to keep my child home from athletics. In signing this document, I agree to abide by the guidelines stated in the document. I realize that I may contact the athletics department for assistance in understanding any of these guidelines.

Parent/Guardian Signature \_\_\_\_\_

Child's Name \_\_\_\_\_

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