

Floyd County High School Extra-Curricular Health Plan Guidelines

Pre-Workout/Contest Screening:

- All coaches and students will be screened for signs/symptoms of COVID-19 prior to a workout, which will be in accordance with the FCPS screening tool (see attachment 1).
- Responses to screening questions for each person will be recorded and stored so that there is a record of everyone present in case a student develops COVID-19
- Any person with positive symptoms reported will not be allowed to take part in workouts, their parent/guardian will be contacted immediately, and that individual will contact his or her primary care provider or other appropriate health-care professional.
- Vulnerable individuals will not oversee or participate in any workouts during Phase 2.

Limitations on Gatherings:

- The number of participants will be limited to the number that meets the requirements of 10 feet of social distancing guidelines.
- If locker rooms or meeting rooms are used, there must be a minimum distance of 10 feet between each individual at all times.
- Workouts will be conducted in “pods” of students with the same 5-12 students always working out together. Smaller pods can be utilized for weight training. This ensures more limited exposure if someone develops an infection.
- There must be a minimum distance of 10 feet between each individual at all times. If this is not possible indoors, then the maximum number of individuals in the room must be decreased until proper social distancing can occur. Appropriate social distancing will need to be maintained on sidelines and benches during practices. Consider using tape or paint as a guide for students and coaches.

Facilities Cleaning:

- Adequate cleaning schedules will be created and implemented for all athletic facilities to mitigate any communicable diseases.
- Prior to an individual or groups of individuals entering a facility, hard surfaces within that facility will be wiped down and sanitized (chairs, furniture in meeting rooms, locker rooms, weight room equipment, bathrooms, athletic training room tables, etc.).
- Individuals will wash their hands for a minimum of 20 seconds with warm water and soap before touching any surfaces or participating in workouts.
- Hand sanitizer will be plentiful and available to individuals as they transfer from place to place.
- Weight equipment will be wiped down thoroughly before and after an individual’s use of equipment.

- Appropriate clothing/shoes will be worn at all times in all areas to minimize sweat from transmitting onto equipment/surfaces. For example, shirts will be worn at all times by both male and female participants.
- Students must be encouraged to shower and wash their workout clothing immediately upon returning home.

Physical Activity and Athletic Equipment:

- There will be no shared athletic towels, clothing or shoes between students.
- Students will wear their own appropriate workout clothing (do not share clothing), and individual clothing/towels will be washed and cleaned after every workout.
- All athletic equipment, including balls, will be cleaned intermittently during practices and contests.
- Hand sanitizer will be plentiful at all contests and practices.
- Athletic equipment such as bats, batting helmets and catchers gear will be cleaned between each use.
- Maximum lifts will be limited and power cages will be used for squats and bench presses.

Hydration:

- All students shall bring their own water bottle. Water bottles must not be shared.
- Hydration stations (water cows, water trough, water fountains, etc.) will not be utilized.

**Additional guidelines and regulations will be provided to individual sports and coaches as needed.

**We will continue to follow the guidelines of the phases of reopening of the Commonwealth of Virginia, including any variances we will be allowed. Our mitigation strategies will be reviewed by the local health authority.

Attachment 1

FCPS Extracurricular Pre-workout Screening Tool		
Within the last 14 days, have you experienced the following that cannot be attributed to another health condition?	Yes	No
Fever (100° F/37.8° C or greater) or sense of having a fever		
Cough		
Shortness of breath or difficulty breathing		
Sore throat		
New loss of taste or smell		
Chills		
Head or muscle aches		
Nausea, diarrhea, vomiting		
Have you been exposed to anyone who was experiencing any of the above symptoms or has experienced any of the above symptoms since your contact?		
Have you been in close proximity to anyone who has tested positive for COVID-19?		
Have you or your child traveled to any urban area outside of the New River Valley or outside of the United States in the last 14 days?		