

# WE ARE PREPARED

**FINALFORMS**

**COVID-19 REOPENING INFORMATION**

## CHECKLIST

### — PAPERWORK + POLICY MANAGEMENT

- **Physicals**  
Review and distribute special state requirements.
- **COVID-19 Waiver**  
Distribute required school policies or waivers.

### — STAFF MANAGEMENT

- **Mobile Health Screening Tools**  
Provide staff with a mobile tool to:  
a) Take attendance b) Screen athletes c) Create reports
- **Virtual Coach and Team Meetings**  
Conduct informational meetings with coaches and teams.
- **Practice Sessions**  
Review national, state, and local guidance to enhance safety.
- **Coach Education**  
Review online certification and education options.

### — SPORTS EQUIPMENT MANAGEMENT

- **Equipment Reconditioning**  
Confirm that your reconditioning resources are up and running.

### — HEALTH & SAFETY EQUIPMENT MANAGEMENT

- **Infrared thermometers**
- **Tape or paint for marking safe spaces**
- **Hand sanitizer, sanitizing wipes, and face masks**

### — EVENT MANAGEMENT

- **Decide who will be allowed to attend**  
Tier 1: Athletes, coaches, officials, event staff, medical staff, security.  
Tier 2: Media. Tier 3: Spectators, vendors.
- **Review transportation options**

## SPORT RISK LEVELS

### LOW MODIFY

Sports that allow for social distancing or individual participation AND allow for equipment to be cleaned between uses.

- XC running
- Golf
- Throwing events
- Alpine Skiing
- Sideline Cheer
- Weightlifting
- Individual running, swimming, or sculling events

### MODERATE MODIFY

Sports involving close, sustained contact, but with protective equipment in place that may reduce the likelihood of respiratory particle transmission OR intermittent close contact OR group sports OR sports that use equipment that can't be cleaned between uses.

- Basketball
- Volleyball
- Baseball
- Softball
- Soccer
- Tennis
- Pole Vault
- Jump events
- Water polo
- Swimming relays
- Girls Lacrosse
- Ice Hockey
- 7 on 7 football
- Field Hockey
- Crew w/ 2+ rowers in shell
- Gymnastics (if equipment can be sufficiently cleaned between competitors)

### HIGH MODIFY

Sports involving close, sustained contact, lack of significant protective barriers, and high probability of respiratory particles being transferred.

- Wrestling
- Football
- Boys Lacrosse
- Competitive Cheer
- Dance

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Information based on "Guidance for Opening Up High School Athletics and Activities", published by the National Federation of State High School Associations (NFHS) and Sports Medicine Advisory Committee (SMAC).

## PHASE 1 GUIDANCE

### — PRE-WORKOUT SCREENING

- Record athlete and coach attendance.
- Screen athletes and coaches for symptoms.
- Record and store screening clearances and symptoms.
- Send anyone with a positive symptom home.
- Urge symptomatic persons to seek medical advice.
- Report all symptoms and illnesses.
- Prohibit vulnerable persons from participation and oversight.

### — LIMITATIONS ON GATHERINGS

- Limit groups to 10 or less.
- Keep groups consistent.
- Do not use locker rooms.

### — FACILITIES CLEANING

- Schedule and implement regular cleaning plans.

### — PHYSICAL ACTIVITY AND ATHLETIC EQUIPMENT

- Do not share athletic equipment, balls, towels, clothing, or shoes.
- Clean all common equipment between uses.
- Do not lift weights that require a spotter.

### — HYDRATION

- Require athletes bring fluid from home.
- Do not use hydration stations.

**Always practice social distancing and good hygiene.**



### Did you know that you can simplify your checklist?

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**IT'S TIME TO TALK WITH SOMEONE WHO 'GETS IT'.**

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## PHASE 2 GUIDANCE

### — PRE-WORKOUT SCREENING

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- Record and store screening clearances and symptoms.
- Send anyone with a positive symptom home.
- Urge symptomatic persons to seek medical advice.
- Report all symptoms and illnesses.
- Prohibit vulnerable persons from participation and oversight.

### — LIMITATIONS ON GATHERINGS

- Limit groups to 10 or less indoors, 50 or less outdoors.
- Keep groups consistent.
- Do not use locker rooms.

### — FACILITIES CLEANING

- Schedule and implement regular cleaning plans.

### — PHYSICAL ACTIVITY AND ATHLETIC EQUIPMENT

- Do not share athletic towels, clothing, or shoes.
- Clean all equipment and balls throughout sessions.
- Place spotters at ends of weight bars.

### — HYDRATION

- Require athletes bring fluid from home.
- Do not use hydration stations.

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## PHASE 3 GUIDANCE

### — PRE-WORKOUT SCREENING

- Record athlete and coach attendance.
- Screen athletes and coaches for symptoms in high risk sports.
- Record and store screening clearances and symptoms.
- Send anyone with a positive symptom home.
- Urge symptomatic persons to seek medical advice.
- Report all symptoms and illnesses.
- Allow vulnerable persons to participate and oversee.

### — LIMITATIONS ON GATHERINGS

- Limit groups to 50 or less indoors or outdoors.
- Keep groups consistent.

### — FACILITIES CLEANING

- Schedule and implement regular cleaning plans.

### — PHYSICAL ACTIVITY AND ATHLETIC EQUIPMENT

- Do not share athletic towels, clothing, or shoes.
- Clean all equipment and balls throughout sessions.
- Place spotters at ends of weight bars.

### — HYDRATION

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