



## KSHSAA Recommended Considerations for Summer Activities

The following information has been compiled from several sources including the Centers for Disease Control and Prevention (CDC), the Kansas Department of Health and Environment (KDHE) and the National Federation of High School Associations (NFHS). This information is provided to assist school leaders in identifying coronavirus transmission preventative measures that should be considered before summer activities commence between school coaches and their student-athletes. This information is in no way intended to be a comprehensive list of all safety aspects that should be considered. All school leaders should continue to consult with their local public health authorities, district administration and school healthcare personnel in determining specific protocols to be implemented.

1. School leaders must continually promote behaviors that reduce coronavirus transmission.
  - ANYONE feeling sick should stay home and contact their healthcare provider.
  - Maintain appropriate social distancing as directed by the state of Kansas and your county health department.
  - Frequent hand washing for 20 seconds with soap and water or using a hand sanitizer with a minimum of 70% alcohol.
  - Cover your mouth and nose when coughing or sneezing with a tissue or cough/sneeze into your elbow.
  - Common areas should be cleaned frequently with the appropriate disinfectant. Any shared equipment should be cleaned between each use.
  - Coaches, staff and students not actively participating in a workout should wear a mask. Students participating in a workout may choose to wear a mask and should never be discouraged from doing so.
  - Coaches wearing a mask could use an artificial noisemaker rather than a whistle if needed.
  - Consideration should be given to restricting high-risk individuals from being part of a summer workout program. High-risk individuals include those 65 years of age or older and people of any age with underlying medical conditions, including chronic lung disease, moderate to severe asthma, serious heart conditions, severe obesity, diabetes, chronic kidney disease, liver disease or are otherwise immunocompromised.
  
2. Identify and implement necessary protocols.
  - A. Pre-workout screening:
    - Post the signs and symptoms of COVID-19 throughout your facilities (see poster sample at the end of this document).
    - All coaches and students should be screened for signs/symptoms of COVID-19 prior to a workout. Screening could include a temperature check which could take place at home prior to arriving.
    - A daily log should be kept of all individuals present. Responses to screening questions for each person should be recorded and stored so that there is a record of everyone present in case a student develops COVID-19 (see sample daily monitoring form at the end of this document).
    - Any person with positive symptoms reported should not be allowed to take part in workouts and should be immediately sent home and instructed to contact their healthcare provider.
    - Anyone who has experienced any of the signs or symptoms of COVID-19 within the previous 14 days should not participate in the workout activities.
    - Anyone who has had contact with a person who has tested positive for the coronavirus should not participate in any workout activities for 14 days from the time of exposure.
    - Any new student moving into the community should not be permitted to participate for the first 14 days following their move.
    - Anyone diagnosed with COVID-19 should not be allowed to participate without a written release from their healthcare provider.



B. Workout groups:

- Groups should be kept as small as possible, always under the mass gathering limit currently in place.
- Try to keep workout groups the same throughout the summer to reduce the number of exposures.
- Keep students from the same household in the same workout group.
- Schedule workout times so different groups do not come in contact with each other.

C. Participant hygiene and athletic equipment:

- Individuals should wash their hands for a minimum of 20 seconds with warm water and soap before touching any surfaces or participating in workouts.
- Students should provide their own water bottles.
- There should be no shared athletic towels, clothing or shoes between students.
- Students should wear their own appropriate workout clothing (do not share clothing), and individual clothing/towels should be washed and cleaned after every workout immediately after the student returns home.
- Everyone should shower as soon as they get home.
- All athletic equipment, including balls, should be cleaned intermittently during workouts.
- Athletic equipment such as bats, batting helmets and catchers gear should be cleaned between each use.
- Maximum lifts should be limited, and power cages should be used for squats and bench presses. Spotters should stand at each end of the bar.

D. Facility considerations:

- Follow [CDC recommendations](#) for cleaning and disinfecting community facilities.
- Adequate cleaning schedules should be created and implemented for all athletic facilities to mitigate any communicable diseases.
- Hygiene stations containing hand sanitizer, facial tissues, gloves and surface disinfectants should be available.
- Prior to an individual or groups of individuals entering a facility, hard surfaces within that facility should be wiped down and sanitized (chairs, furniture in meeting rooms, locker rooms, weight room equipment, bathrooms, athletic training room tables, etc.).
- Commonly touched areas should be cleaned multiple times throughout the day.
- Any equipment such as weight benches, athletic pads, etc. having holes with exposed foam should be covered.
- Shared equipment should be cleaned thoroughly before use, between users and at the end of the session.
- Outdoor workouts where students can spread out should be prioritized over indoor workouts whenever possible.
- Locker rooms should be closed except for restroom access.

E. Illness protocol

- Students and staff must be completely honest with symptom reporting and appropriate follow through, or risk jeopardizing the ability to continue the summer program for themselves and others.
- ANYONE feeling sick should stay home and contact their healthcare provider.
- Identify and maintain an isolation area for anyone who reports coronavirus signs or symptoms during a workout.
- Identify a communication plan with parents/guardians for a student who reports coronavirus signs/symptoms.
- Identify a communication plan with your county health department if anyone associated with the workouts tests positive for the coronavirus.



## References

“Ad Astra: A Plan to Reopen Kansas.” *State of Kansas*, <https://covid.ks.gov/ad-astra-a-plan-to-reopen-kansas/>. Accessed 5/18/20.

“Cleaning and Disinfection for Community Facilities.” *Centers for Disease Control and Prevention (CDC)*, <https://www.cdc.gov/coronavirus/2019-ncov/community/organizations/cleaning-disinfection.html>. Accessed 5/18/20.

“Guidance for Opening Up High School Athletics and Activities.” *National Federation of State High School Associations (NFHS)*, [https://nfhs.org/media/3812287/2020-nfhs-guidance-for-opening-up-high-school-athletics-and-activities-nfhs-smac-may-15\\_2020-final.pdf](https://nfhs.org/media/3812287/2020-nfhs-guidance-for-opening-up-high-school-athletics-and-activities-nfhs-smac-may-15_2020-final.pdf). Accessed 5/21/20.

“KDHE Coronavirus (COVID-19) Response.” *Kansas Department of Health and Environment*, <https://www.coronavirus.kdheks.gov/>. Accessed 5/18/20.

“Return to Training Considerations Post-COVID-19.” *United States Olympic & Paralympic Committee v.0.12*, <https://www.teamusa.org/coronavirus-updates>. Accessed 5/18/20.





# Signs and Symptoms of COVID-19

## Most Common Symptoms



Fever  
( $> 100.4$ )



Cough



Shortness  
of breath

## Less Common Symptoms



Sore throat  
Congestion



Headache  
Chills



Muscle and  
Joint Pain



Nausea or  
Vomiting



Loss of sense  
of Smell



Diarrhea



# INFECTION PREVENTION RECOMMENDATIONS



Stay more than 6 feet away from people who appear sick

Avoid touching your face



Frequently wash your hands for 20 seconds with soap and water or using alcohol-based hand sanitizer with a minimum of 60% alcohol if your hands aren't soiled



Cover your mouth and nose with tissue when coughing or sneezing, dispose of tissue in the trash, and wash your hands or use hand sanitizer after coughing or sneezing



Frequently clean commonly touched surfaces (ie: doorknobs, keyboards) with antiseptic cleanser



Wear a facemask when you are outside of your home or if you have symptoms of a respiratory illness such as a cough, runny nose, or shortness of breath



Stay home if you are sick and call your healthcare provider for further recommendations