



INSTRUCTIONS:

- 1) Make a copy of this Google Doc
- 2) Complete all cells highlighted in blue
- 3) Rename the Doc to match the title of your proposal
- 4) Submit your copy of the completed Doc to superintendent@csdecatur.net

Proposal to Return to In-Person Activity

Submitted by:	Rodney Thomas	Date:	9/9/20
Title:	Athletics and Activities Director	School:	DHS
Brief title this proposal can be referred to as (try to keep to 5 words or less):			
DHS Cross Country Return to Play			
Brief description of what is being proposed (try to keep to under 5 sentences):			
The DHS Cross Country team should resume in person practices in late September in order to prepare for future meets in October.			
When do you propose beginning this activity in person, why do you propose that date, and what will the impact be if in-person activity is delayed until after that date?			
Would like to return to play on September 21st. This date gives our athletes a chance to properly prepare for the remainder of the Cross Country season. The athletes will have less than a month to prepare for their first contest.			
Describe the population of people who will be returning to in-person activities (students, staff, age levels, grades, programs, teams, etc.):		Approximately how many people in each of those groups will be impacted by this proposal (students, staff, volunteers, etc.):	
Students grades 9-12. Cross Country will have 4 coaches.		50 students 2 certified coaches 2 lay coaches 2 volunteers	
Describe the <u>benefits</u> of returning to in-person for this activity and the <u>risks</u> of <u>NOT</u> returning to in-person:		Describe the <u>risks</u> of returning to in-person for this activity and the <u>benefits</u> of <u>NOT</u> returning to in-person:	

The main benefit of returning to in person activity is the socio-emotional well being of the student. Most of these student-athletes have played this sport since an early age. They have waited years to compete at the high school level. Some have aspirations of earning a scholarship. Also, participation in extracurriculars has a positive effect on student perceptions of school in general and classroom performance.

The risk is that if students and coaches are not diligent in trying to mitigate the COVID virus, then someone may contract the virus. The only benefit is that you will not catch the COVID virus during cross country practice. However, this will not ensure that our students will not contract the virus by other means.

Describe in detail the protocols, equipment, and other actions that will be implemented to protect the health and safety of the persons involved in this activity:

DHS Cross Country Conditioning/Practice Protocol **Fall 2020**

Decatur High School Cross Country will follow the safety guidelines provided by Georgia High School Association (GHSA) and CSD policy. The guidelines are as follows:

- Coaches and athletes will have their temperature taken with an infrared thermometer prior to each workout. Anyone with a temperature above 100.0 fahrenheit will not be permitted to enter or use facilities.
- Athletes will have to complete a short questionnaire related to their health each day (screening). Coaches will keep the forms on file.
- Athletes must bring their own water bottles. Coaches are requiring athletes bring TWO FULL water bottles in order to participate. Coaches will have emergency water bottles on site should they be needed.
- Students will report to the facility dressed to condition.
- Any equipment, if utilized outside, will be cleaned before and after each workout.
- Hand Sanitizer will be plentiful and readily available.
- Social distancing will be adhered to. Athletes will have individually designated areas for breaks and water.
- Students will wear masks when not participating in continuous sprint work. Coaches and trainers must wear masks at all times.

- Parents and visitors will NOT be allowed at the training sessions.
- Families should communicate with coaches if a student-athlete is not feeling well.

Coaches and students will assemble at Legacy Park near the half-basketball court/XC trail start & finish lines. Athletes will line up 6ft apart to have their temperature checked and to complete necessary forms.

All athletes must have an updated profile on DragonFly with a current physical form and medical information in order to participate.

Describe in detail how the above protocols, equipment, and other actions will be monitored to ensure compliance and fidelity of implementation, including who will be responsible for each aspect of monitoring:

The Cross Country coaches will conduct daily temperature checks as well as monitor the completion of the health screening documentation. The coaches will also make sure that equipment is not shared. The Athletic and Activities Director or the Assistant Athletic Director will check in on each practice to make sure all protocols are being properly implemented and to help out with anything if necessary. It will be equally important for the coaches to constantly remind the runners about the responsibility they have when they leave practice. They must practice COVID safety at all times or risk bringing the virus to their team, their coaches or to their families.

Will this activity be voluntary, compulsory, or socially compulsory? If the answers vary by participant (such as students vs. staff), answer separately for each category of people.

What will happen for those normally involved in this activity if they choose not to participate when it returns to in-person? (Answer separately for each category of people if applicable.)

Voluntary

They will run on their own. They may also return to the team once they feel safe without any repercussions.

Describe in detail any interactions this activity will have with others (such as other teams/clubs within the district, other teams/clubs outside the district, etc.), the risks such interactions would introduce, and how those risks will be mitigated.

The Cross Country Team will not interact with any other team or club either inside or outside the district.

What other information, not already provided above, needs to be shared with the team

evaluating this proposal?

Listed below is the Daily Questionnaire recommended by Dr. Huddleston and Shonda Moore that we were using over the Summer. The coaches will use the infrared thermometers to acquire the player's temperature. The player will record his/her daily temperature on the questionnaire. Coaches will monitor the completion of the questionnaire listed below.

Daily Workout Questionnaire

Print Name: _____

Please answer yes or no

Now, or within the past 72 hours...

Do you have a fever of 100F? What is your Temperature today?

Have you had close contact (within 6 feet for at least 15 minutes) in the last 14 days with someone diagnosed with COVID-19, or has any health department or health care provider been in contact with you and advised you to quarantine?

o Yes > The person should not be at practice/school. The person can return 14 days after the last time they had close contact with someone with COVID-19, or as listed below.

o No > The person can be at school if they are not experiencing symptoms.

2. Since you were last at school, have you had any of these symptoms?

o Fever or chills

o New cough

o Shortness of breath or difficulty breathing

o Fatigue o New loss of taste or smell

o Sore throat

- o Muscle or body aches (outside of exercise fatigue)
- o Congestion or runny nose
- o Headache
- o Nausea or vomiting
- o Diarrhea
- o Yes > The person should not be at practice/school and they should go home, stay away from other people, and call their health care provider.

3. Since you were last at school, have you been diagnosed with COVID-19?

- o Yes The person should not be at practice/school and they should go home, stay away from other people until they've met CSD/DPH criteria

Proposal Review

Reviewed by CSD COVID Response Team:
 K. Beam, C. Burnett, D. Dude, M. Fehrman, L. Huddleston, E. Melton, S. Moore, S. Perez, R. Thomas

Status:
 Approved
 Denied

Date:
 9/13/2020