

Proposal to Return to In-Person Activity

Submitted by:	Rodney Thomas	Date:	10/27/20
Title:	DHS Swimming Proposal to Begin in Person Conditioning	School:	DHS
Brief title this proposal can be referred to as (try to keep to 5 words or less):			
DHS Swimming Out of Pool Conditioning			
Brief description of what is being proposed (try to keep to under 5 sentences):			
DHS Swim team is seeking permission to begin physical training (running, physical drills) on the DHS campus.			
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?			
November 2, 2020			
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 Coaches		Students 20-25 2 Certified Coaches	
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:	
Resuming winter extracurricular activities will help the social and emotional well being of our student-athletes. So much has been taken from these students. The resumption of these activities will give them a healthier attitude about school, connect students with additional supporting adult role models, and improve academic performance. The risks of not returning include a negative mindset towards school and the students feeling not valued or appreciated since they will be watching		The risk of returning is the possible spread of the virus among the team. The benefit of not returning is that our swimming team would not have contracted the virus while playing for DHS. However, there is no guarantee our students, the coaching staff or our swimming families will not contract the virus outside of the program. All we can do is mitigate this virus to the best of our abilities.	

others proceed in their activities while they sit in the wings. This is a huge burden for our kids to bear.

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 Swimming Conditioning/Practice Protocol **Winter 2020-21**

Decatur High School Swimming 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 prior to each workout. Anyone with a temperature above 100.0 fahrenheit will not be permitted to enter or use facilities. Coaches will administer all temperature checks.
- 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. Water bottles may be refilled during training sessions. Students should not share water bottles or use water fountains.
- Hand Sanitizer will be plentiful and readily available.
- Students will report to the facility dressed to condition. Locker rooms will not be used.
- Social distancing will be adhered to when and where appropriate. Athletes will have individually designated areas for breaks and water.
- Students will wear masks when not participating in anaerobic activity. Coaches and trainers must wear masks.
- Parents and visitors will NOT be allowed at the training sessions.
- Families should communicate with coaches if a student-athlete is not feeling well.

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 swim coaches will conduct daily temperature checks as well as monitor the completion of the paperwork. During practice the coaches will make sure social distancing is being observed. The team will also practice in small groups whenever possible. 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 students about the responsibility they have when they leave the pool. 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

Athletes may return to their sport whenever they feel comfortable without repercussion.

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.

Athletes will not interact with any other group during this conditioning.

What other information, not already provided above, needs to be shared with the team evaluating this proposal?

The DHS Swim team will condition on the DHS campus (outside of the media center) as well as on the CSD property at the corner of Trinity and Commerce.

Listed below is the Daily Questionnaire recommended by Dr. Huddleston and Shonda Moore. The coaches will use the infrared thermometers to acquire the player's temperature. The player will record his/her daily temp on the questionnaire. Coaches will monitor the completion of the questionnaire. In addition, the Athletic and Activities Department has presented a COVID-19 Waiver to our attorney for review. This waiver could be required of all persons willing to participate in Extracurricular activities.

Finally, every Athletic and Activities Department staff member as well as every head coach has been required to take the NFHS course "COVID-19 For Coaches and Administration". This is a free online course from the National Federation of High Schools.

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 a cough?

Have a sore throat?

Have any muscle aches?

Have any difficulty breathing?

In the last 14 days, have you or anyone in your household:

Had a suspected or confirmed case of COVID-19?

Been tested positive, been advised to be tested or is awaiting test results for COVID-19?

Self-isolated or been directed to quarantine due to COVID-19?

Traveled to a restricted area?

Each individual will be asked the above questions. Any person who answers “yes” to any question will not be permitted to enter or condition.

Proposal Review

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

Status:
 Approved

Date:
2020/10/27