



Iredell-Statesville Guidelines for Reopening Sports

It is important to remember that all summer conditioning workouts are VOLUNTARY and are not required.

For Parents and Students:

- **Physicals:** All student-athletes who have a valid PPE (Preparticipation Examination) dated anytime between **(3/1/2019-Current Date)** will be granted a temporary one-year extension through the end of the 2020-2021 academic year. If the student does not have a valid form from these dates, they will need an updated physical form prior to any summer workout or season participation.
- **NCHSAA Initial Screening Form:** This form must be signed and dated by the athlete and parent/legal custodian. (This form will be signed on the first day of participation in summer workouts at the school.)
- **Pre-Workout Monitoring:** All coaches and student-athletes will be screened daily for signs/symptoms of COVID-19 prior to participation.
 - **Temperature Checks:** Anyone with a temperature of **100.4 degrees F or higher, or who report any COVID-like symptoms must not be allowed to participate.**
 - Responses to screening questions will be recorded and stored each day by the head coach or designated individual.
 - Any person that tests positive for COVID-19 must follow the guidelines established by the state before returning.
- Athletes are **STRONGLY RECOMMENDED** to wear a **cloth face covering** when not actively engaged in physical activity and maintain 6-foot social distancing around other athletes. Face masks should NOT be worn during activities that inhibit aerobic breathing (running, swimming, etc.) Plastic face shields covering the entire face will not be allowed.
- **Hydration:** All student-athletes will be **REQUIRED** to bring their own, labeled water bottle/jug. No sharing of water bottles or food will be allowed.
- **Hygiene:** All student-athletes are encouraged to have their own hand sanitizer available at workouts. Hand sanitizer will be made available at workouts for athletes from Iredell-Statesville Schools.
- **Spectators** are not allowed during Phase I. Parents can remain in their cars, if desired. However, there must be no congregating allowed in the parking lot or on adjacent fields.

Phase I Overview

- Phase I will start on Monday, June 15 and last until the NCHSAA develops and shares Phase II in accordance with State, DHHS and CDC guidelines.
- Workouts/conditioning is limited to no more than 90 minutes.
- Gatherings Outside: no more than 25
- Gatherings Inside: no more than 10



- The gathering numbers, as mentioned above, include coaches, managers, trainers, etc.
- Workouts will be conducted in small groups composed of the same 5-10 individuals every day to limit exposure. Social distancing must be observed between each individual.
- The weight room and locker rooms will NOT be used during Phase I. Any weight training done, will be done outside with minimal equipment that will be disinfected after each use.
- Individual sports equipment will NOT be used during the time. There will be no sharing of athletic equipment. This includes towels, shoes, sports specific equipment, balls and bags.
- No team travel will occur during Phase I.
- Workouts will only be held Monday - Thursday.
- It is not realistic to open Phase I to all sports teams due to resources and numbers. The only teams that will participate in Phase I will be the following:
 - Start June, 15th - ALL FALL SPORTS (Football, Men's Soccer, Volleyball, Cross Country, Cheerleading, Women's Tennis and Women's Golf)
 - Start June 22nd - Men's and Women's Basketball
 - June 29 - July 4 - Dead Period (No athletic activity)
 - July 6 - TBD
- All other sports workouts will be phased in as we move through the established state guidelines.
- Each school will design their own process for checking in athletes.