

West Side Leadership Academy

Athletic Re-Entry

Phase I (July 6th-July 19th)

West Side Leadership Academy will start Phase I (July 6th-July 19) of re-opening athletics beginning, Monday, July 6, 2020. **Workout programs are voluntary.** The official start of fall sports is August 3rd. Students who do not attend the July workouts may try-out for fall teams on August 3rd.

Phase I Workout Rules & Regulations

Athletic Physicals forms must be on file prior to students participating. The IHSAA has waived students from having to have a new physical for the 2020-21 school year. Students must have had a physical form on file from the 2019-20 school year. A 2020-21 Health History Update Questionnaire & Consent & Release Certificate form must be signed by a parent or guardian who are in compliant with not having to get a new physical for the 2020-2021 school year. If a parent wants their child to have a new physical, they may certainly do so. A link to the forms are located at the end of this document. NO student will be allowed to workout without a physical.

We will do Self-Screening. Prior to athletes entering facilities Student –Athletes must sign in. The sign in sheet will consist their name and 3 Questions. If the answer is yes to 2 of the 3 questions, send them home. A coach will call a parent/guardian to have the student picked up in a timely manner (separate the student from the others). If untested, the student must be symptom free 72 hours w/o medicine before returning. If the student test positive, 10 calendar days must pass since symptoms first appeared; or with two consecutive negative test in 24 hours. (1. Do you have a cough, 2. Do you have a temp. <100.4, 3. Have you been around anyone diagnose w/ Covid 19)

Activities will last a maximum of 3 hours per day (students are limited to 15 hours of activity per week)

Conditioning is limited to 2 hours per day

No school equipment will be issued to students

Locker rooms will NOT be available

Weight room will NOT be available

All students will be required to bring their own water bottle or jug. Students name must be clearly written on the bottle

Restrooms will be available

Balls and training equipment will be cleaned at the end of each session.

Coaches will work with students in groups of 10-12. Athletes will be given rules by every coach regarding distancing, contact, etc.

Restrooms will be sanitized after each days' session

The wearing of masks is optional for students. Coaches will be required to have a mask and wear it when in close proximity to students.

Coaches Phase I plan must be submitted to the AD's office prior to starting

Student Expectations during Phase I Workouts

Wearing of masks are option

Do NOT attend workouts if you are not feeling well, have a fever or have recently been exposed to the Covid-19 virus.

Do NOT attend workouts if you have been exposed to Covid-19 until you have gone through the proper quarantine which is 14 days from the time of exposure.

Wash workout clothes after each day's session.

Keep a reasonable distance away from teammates when possible

Wash hands after using the restroom

Do not share workout items, i.e. gloves

Once workout session is over, vacate campus immediately. Students should not be congregating.

Players, Coaches and necessary support staff are all that is allowed at the training sessions.

Forms:

[PRE-PARTICIPATION PHYSICAL EVALUATION FORM \(PPE\)](#)

[2020-21 HEALTH HISTORY UPDATE QUESTIONNAIRE And CONSENT & RELEASE CERTIFICATE](#)

Phase II (July 20th-August 14th)

West Side Leadership Academy will start Phase II (July 20th-August 14th) of re-opening athletics. The official start of fall sports is August 3rd. July 20th begins normal activity for fall sports. (July 31 Girls Golf) Students who do not attend the July workouts may try-out for fall teams on August 3rd.

Phase II Work out Rules & Regulations

Athletic Physicals forms must be on file prior to students participating. The IHSAA has waived students from having to have a new physical for the 2020-21 school year. Students must have had a physical form on file from the 2019-20 school year. A 2020-21 Health History Update Questionnaire & Consent & Release Certificate form must be signed by a parent or guardian who are in compliant with not having to get a new physical for the 2020-2021 school year. If a parent wants their child to have a new physical, they may certainly do so. A link to the forms are located at the end of this document. NO student will be allowed to work out without a physical.

We will do Self-Screening. Prior to athletes entering facilities Student –Athletes must sign in. The sign in sheet will consist their name and 3 Questions. If the answer is yes to 2 of the 3 questions, send them home. A coach will call a parent/guardian to have the student picked up in a timely manner (separate the student from the others). If untested, the student must be symptom free 72 hours w/o medicine before returning. If the student test positive, 10 calendar days must pass since symptoms first appeared; or with two consecutive negative test in 24 hours. (1. Do you have a cough, 2. Do you have a temp. <100.4, 3. Have you been around anyone diagnose w/ Covid 19

School equipment will be issued to students

Locker rooms will be available at 50% capacity

Weight room will be available at 50% capacity. Limit the need for a spotter.

Contact is allowed

Encourage students to shower as soon as possible after activity.

All students will be required to bring their own water bottle or jug. Students name must be clearly written on the bottle

Restrooms will be available

Balls and training equipment will be cleaned at the end of each session.

There are no limits on participation. Gathering sizes should be decreased as much as possible to reduce risk. Athletes will be given rules by every coach regarding distancing, contact, etc.

Restrooms will be sanitized after each days' session

No outside competition i. e. Scrimmages.

The wearing of masks is optional for students. Coaches will be required to have a mask and wear it when in close proximity to students.

Coaches Phase II plan must be submitted to the AD's office prior to starting

Student Expectations during Phase II Workouts

Do NOT attend workouts if you are not feeling well, have a fever or have recently been exposed to the Covid-19 virus.

Do NOT attend workouts if you have been exposed to Covid-19 until you have gone through the proper quarantine which is 14 days from the time of exposure.

Wash workout clothes after each day's session.

Keep a reasonable distance away from teammates when possible

Wash hands after using the restroom

Do not share workout items, i.e. gloves

Once workout session is over, vacate campus immediately. Students should not be congregating.

Players, Coaches and necessary support staff are all that is allowed at the training sessions.

Forms:

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Phase III (August 15th)

West Side Leadership Academy will start Phase III (August 15th) of re-opening athletics.

Athletic Physicals forms must be on file prior to students participating. The IHSAA has waived students from having to have a new physical for the 2020-21 school year. Students must have had a physical form on file from the 2019-20 school year. A 2020-21 Health History Update Questionnaire & Consent & Release Certificate form must be signed by a parent or guardian who are in compliant with not having to get a new physical for the 2020-2021 school year. If a parent wants their child to have a new physical, they may certainly do so. A link to the forms are located at the end of this document. NO student will be allowed to participate without a physical.

We will do Self-Screening. Prior to athletes entering facilities Student –Athletes must sign in. The sign in sheet will consist their name and 3 Questions. If the answer is yes to 2 of the 3 questions, send them home. A coach will call a parent/guardian to have the student picked up in a timely manner (separate the student from the others). If untested, the student must be symptom free 72 hours w/o medicine before returning. If the student test positive, 10 calendar days must pass since symptoms first appeared; or with two consecutive negative test in 24 hours. (1. Do you have a cough, 2. Do you have a temp. <100.4, 3. Have you been around anyone diagnose w/ Covid 19)

Locker rooms will be available at 50% capacity

Weight room will be available at 50% capacity. Limit the need for a spotter.

There are no limits on participation. Gathering sizes should be decreased as much as possible to reduce risk. Athletes will be given rules by every coach regarding distancing, contact, etc.

Contact should be limited to only contact necessary to compete

Shared hydration stations (water trough, water fountains, water hose, etc.) should not be utilized except for filling individual, labeled water bottles.

Spectators, media, and vendors can be present but should implement social Distancing and follow established mass gathering guidelines.

[PRE-PARTICIPATION PHYSICAL EVALUATION FORM \(PPE\)](#)

[2020-21 HEALTH HISTORY UPDATE QUESTIONNAIRE And CONSENT & RELEASE CERTIFICATE](#)

*The re-entry plan could change at any time. Remember these are guidelines. Always use your best judgement in keeping everyone safe!