



Lexington Athletic Department Re-Opening Guidelines Summer 2020



Re-Opening Guidelines - Beginning June 15, 2020

First and foremost, as we move forward and begin to re-open our facilities to activity it is critical to keep in mind that COVID 19 is a life-threatening virus, in which there is no current vaccine or treatment. Safety must be our first priority and on the forefront of our minds at all times.

General Guidelines to be enforced during all phases unless otherwise noted:

- Currently all workouts are voluntary.
- Groups of no more than 10, including a coach.
- No one other than current students and staff are permitted to be involved in the training.
- No bags are to be brought into any facility or training area.
- No congregating in one area before, during, or after a workout.
- Facilities will all have an entrance and exit point that limit areas of congestion.
- All individuals maintain 6 foot social distancing at all times. Workout stations should be spaced at least 6 foot apart both inside and outside.
- Coaches must use the Athlete/Coach Monitoring Form to track attendance and track symptoms of athletes. Students are to remain in the same training group for the duration of the phases.
- Face coverings are recommended for coaches and athletes. It is recommended that athletes wear face coverings to and from the athletic activities but are not required to wear a face covering during the workout.
- The No-Touch Rule is in effect. All individuals must avoid physical contact before, during and after skills sessions unless the contact is for the purpose of safety.
- Equipment and items related to the activity must be sanitized before, during, and after all workouts.
- Facilities and workout stations will be sanitized before and after each workout session.
- Athletes must travel alone or with a family member to and from practice. There should be no sharing of rides with other teammates.
- Athletes and Coaches will disinfect hands before touching any surfaces, or working out.
- Ensure that proper clothing is being worn during all workouts. Come to the workout in the clothes you will be training in. Locker rooms will be closed. No showering in locker rooms after conditioning sessions.



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- Limit restroom use to emergencies only and one at a time. Restrooms designated as “open” will be cleaned daily by staff.
- No use of drinking fountains, or sharing of water bottles, water stations, towels or other items. Athletes must bring their own water and water bottles.
- Hand sanitizer will be readily available.
- If any of these guidelines are not followed, that athlete and/or athletic program will be removed from future training opportunities.
- For the purpose of planning and structure Lexington Local Schools will be re-opening based on the 3 phase approach adopted by the OHSAA in accordance with the NFHS.
 - Phase 1 - June 15-June 28
 - Phase 2 - June 29-July 12
 - Phase 3 - July 13th - Contingent only upon State clearance to resume competition.

PHASE 1 Guidelines

Pre-Workout Screening:

- All coaches and students will be screened for signs/symptoms of COVID-19 prior to a workout, to include a temperature check. Record the data on the Athlete/Coach Monitoring Form.
- Responses to screening questions will be recorded and stored for contact tracing purposes if a COVID-19 infection occurs.
- Any person with positive responses on the screening will not be allowed to take part in workouts and should contact their medical provider. The training pod may have to quarantine for up to 14 days depending upon the severity of the illness.

Limitations on Gathering:

- Groups of no more than 10, including a coach (inside or outside).
- Locker rooms will not be used during Phase One. Students will report to workouts in proper gear and immediately return home to shower at the end of the workout.
- Workouts will be conducted in “pods” of students with the same 5-10 people (including coaches) always working out together.
- There will be a minimum distance of 6 feet between each individual at all times.



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Facilities Cleaning:

- Adequate cleaning schedules will be created and implemented for all athletic facilities.
- Prior to an individual or group entering a facility, all hard surfaces within that facility will be sanitized. Hard surface examples include but are not limited to chairs, furniture, locker rooms, weight room equipment, bathrooms, and training tables.
- Individuals should disinfect their hands before touching any surfaces or participating in workouts.
- Hand sanitizer will be plentiful and available to individuals.
- Weight equipment will be sanitized thoroughly before and after each individual uses the equipment.
- Shirts and shoes will be worn at all times.
- Any equipment such as weight benches, athletic pads, that have holes with exposed foam should be covered.
- Students will be encouraged to shower and wash their workout clothing immediately upon returning home.

Physical Activity and Athletic Equipment:

- There will be no shared athletic equipment (towels, clothing, shoes, or sport specific equipment) between students.
- Students will wear their own workout clothing, and clothing/towels will be washed and cleaned after every workout.
- All athletic equipment, including balls, will be cleaned after each use and prior to the next workout.
- Individual drills requiring the use of athletic equipment can be permissible, but the equipment will be cleaned between use of each individual.
- There will be a focus on resistance training with bodyweight, sub-maximal lifts, and use of resistance bands.
- Free weight exercises that require a spotter will be conducted in a manner which still follows the 6 foot social distancing guidelines.

Hydration:

- All students will bring their own water bottle, and water bottles will not be shared.
- Hydration stations (water fountains, water troughs, etc.) will not be used.



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PHASE 2 Guidelines

(Dependent on Health Department Guidelines and Recommendations)

Pre-Workout/Contact Screening:

- All coaches and students will be screened for signs/symptoms of COVID-19 prior to a workout, to include a temperature check. Record the data on the Athlete/Coach Monitoring Form.
- Any person with positive responses on the screening will not be allowed to take part in workouts and should contact their medical provider.

Limitations on Gatherings:

- Gatherings will not consist of more than 10 people at a time inside. Up to 50 people may gather outdoors for workouts based on future health department recommendations.
- If locker rooms or meeting rooms are used, there will be a minimum distance of 6 feet between each individual at all times.
- Indoor workouts will be conducted in “pods” of students with the same 5-10 people (including coaches).
- There will be a minimum distance of 6 feet between each individual at all times. Appropriate social distancing will be maintained on sidelines and benches. Consider using tape or field paint as a guide for students and coaches.

Facilities Cleaning:

- Adequate cleaning schedules will be created and implemented for all athletic facilities.
- Prior to an individual or group entering a facility, all hard surfaces within that facility will be sanitized. Hard surface examples include but are not limited to chairs, furniture, locker rooms, weight room equipment, bathrooms, and training tables.
- Individuals will disinfect their hands before touching any surfaces or participating in workouts.
- Hand sanitizer will be plentiful and available to individuals.
- Weight equipment will be wiped down thoroughly before and after each individual uses the equipment.
- Shirts and shoes will be worn at all times.
- Any equipment such as weight benches, athletic pads, having holes with exposed foam will be covered.



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- Students will be encouraged to shower and wash their workout clothing immediately upon returning home.

Physical Activity and Athletic Equipment:

- Lower risk sports practices may resume.
- Modified practices may begin for Moderate Risk sports/activities.
- There will be no shared athletic towels, clothing, or shoes between students.
- Students will wear their own appropriate workout clothing, and individual clothing/towels will be washed and cleaned after every workout.
- All athletic equipment, including balls, will be cleaned intermittently during practices and between practices/sessions.
- Hand sanitizer will be readily available.
- Maximum lifts will be limited and power cages should be used for squats and bench presses. Spotters will stand at each end of the bar.

Hydration:

- All students will bring their own water bottle, and water bottles will not be shared.
- Hydration stations (water fountains, water troughs, etc.) will not be used.

PHASE 3 Guidelines

(Dependent on Health Department Guidelines and Recommendations)

Pre-Workout/Contact Screening:

- Any person who has had a fever or cold symptoms in the previous 24 Hours will not be allowed to take part in workouts and will contact his/her medical provider

NFHS Risk Factor by Sport

- **Lower Risk:** Individual track-and-field activities, individual swimming, golf, weightlifting, sideline cheer, and cross country running with staggered starts.
- **Moderate Risk:** Basketball, volleyball, baseball, softball, soccer, gymnastics, tennis, swimming relays, and 7-on-7 football.
- **Higher Risk:** Football & wrestling



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**WAIVER OF LIABILITY, ACKNOWLEDGMENT AND
ASSUMPTION OF RISK AGREEMENT FOR USE OF
LEXINGTON LOCAL SCHOOL DISTRICT BOARD OF EDUCATION
SCHOOL FACILITIES AND EQUIPMENT DURING SUMMER BREAK**

Participant Name: _____ (Please Print)

On March 11, 2020, COVID-19, a highly contagious disease that is spread through person-to-person contact was declared a worldwide pandemic by the World Health Organization and on March 13, 2020, U.S. President Donald Trump declared the COVID-19 outbreak a national emergency. On March 12, 2020, the Director of the Ohio Department of Health (“ODH”) ordered K-12 schools to close. On March 17, 2020, the Director of ODH ordered all entertainment, recreation, and gymnasiums to close until the March 17, 2020 Order is rescinded or modified. On April 29, 2020, the Director of ODH ordered that all K-12 schools remain closed through June 30, 2020 due to COVID-19. On May 22, 2020 the Ohio Department of Health rescinded the March 17, 2020 order prohibiting recreational facilities and gymnasiums from opening. Additionally, schools and educational service centers are permitted to allow students to use the school facilities to participate in school activities.

Given the widespread outbreak and the possibility of COVID-19 being contracted, federal, state, and local governments, and federal and state health agencies, recommend social distancing and have, in many locations, prohibited or limited the congregation of groups of people. As a result, the Lexington Local School District Board of Education (“Board”) has put in place preventative measures to reduce the spread of COVID-19. Even with these measures, the Board cannot guarantee that its coaches, students or other individuals, participating in recreational or organized athletic or training and conditioning activities (“Participants”) at Board athletic facilities, stadiums, weight room, gymnasiums, or similar venues (“Facilities”) and using Board equipment (“Equipment”) will not become infected with COVID-19.

By signing this agreement, the Participant agrees that:

1. Use of Board Facilities and Equipment during summer break is voluntary;
2. While at Board Facilities and using Board Equipment, all safety and social distancing protocols as described in the Board’s Social-Distancing Procedures (see attachment) must be followed;
3. The Participant will not use the Facilities or Equipment if his/her temperature is above 100.4 degrees Fahrenheit on any day that the Participant is to participate in any activity, or if the Participant has been exposed to any person who has tested positive for COVID-19 in the past fourteen (14) days;
4. COVID-19 is contagious, and the Participant understands it is the sole responsibility of the Participant and his/her parent/guardian as applicable, to evaluate carefully all risks inherent in using the Board’s Facilities and Equipment. The Participant and his/her parent/guardian as applicable voluntarily assumes full responsibility for the risk that the Participant may be exposed to or infected by COVID-19 by using the Board’s Facilities and Equipment, and that such



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exposure or infection may result in personal injury, illness, permanent disability, death or other damages or expenses;

5. The risk of becoming exposed to or infected by COVID-19 at Board Facilities may result from the actions, omissions, or negligence of the Participant or others, including, but not limited to, Board students, staff, volunteers, and guests;
6. The Participant assumes all of the foregoing risks and accepts sole responsibility for any injury to the Participant including, but not limited to, personal injury, disability, death, illness, damage, loss, claim, liability, or expense, of any kind, that the Participant or their parent/guardian may experience or incur in connection with Participant’s use of Board Facilities or Equipment (“Claims”);
7. The Participant releases and agrees to hold harmless and indemnify the Board, its members, employees, and agents, from any and all liability, arising from negligence or otherwise, and any damages as a result of the Participant’s use of the Board’s Facilities or Equipment, including but not limited to property damage and any mental or physical bodily injury, including death; and
8. This release includes any Claims based on the actions, omissions, or negligence of the Board, its members, employees, agents, and representatives, whether a COVID-19 infection occurs before, during, or after use of the Board’s Facilities or Equipment.
9. The foregoing WAIVER OF LIABILITY, ACKNOWLEDGMENT, AND ASSUMPTION OF RISK AGREEMENT is intended to be as broad and inclusive as is permitted by the laws of the State of Ohio and that if any portion thereof is held invalid, it is agreed that the remaining provisions of this Agreement shall, notwithstanding, continue in full legal force and effect.

I, the undersigned, have read the above carefully, understand its significance, and voluntarily agree to all of its terms. If a student is under 18 years of age, this Agreement must be signed by the student’s parent or guardian. For divorced/separated parents, the parent/guardian signing below attests that he/she has legal authority to provide consent for the student to attend Board activities and use its Facilities and Equipment and to execute this Waiver of Liability, Acknowledgment, and Assumption of Risk Agreement.

 Printed Name of Participant

 Signature of Participant

 Date

If student is a minor, either a parent or guardian must sign below, if they agree with the terms of this Agreement.

 Printed Name of Parent/Guardian

 Signature of Parent/Guardian

 Date



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Ohio High School Athletic Association



COVID-19 Athlete/Coach Monitoring Form

DATE: _____ PERSON RESPONSIBLE: _____ FACILITY: _____

NAME	TIME	CIRCLE YES/NO BELOW										TEMP- IF > 100.4
		FEVER		COUGH		SORE THROAT		SHORTNESS OF BREATH		CONTACT W COVID-19		
Coach:		YES	NO	YES	NO	YES	NO	YES	NO	YES	NO	
1.		YES	NO	YES	NO	YES	NO	YES	NO	YES	NO	
2.		YES	NO	YES	NO	YES	NO	YES	NO	YES	NO	
3.		YES	NO	YES	NO	YES	NO	YES	NO	YES	NO	
4.		YES	NO	YES	NO	YES	NO	YES	NO	YES	NO	
5.		YES	NO	YES	NO	YES	NO	YES	NO	YES	NO	
6.		YES	NO	YES	NO	YES	NO	YES	NO	YES	NO	
7.		YES	NO	YES	NO	YES	NO	YES	NO	YES	NO	
8.		YES	NO	YES	NO	YES	NO	YES	NO	YES	NO	
9.		YES	NO	YES	NO	YES	NO	YES	NO	YES	NO	

Lexington Local Schools

Coaches' Acknowledgement of Understanding and Responsibility

Once you have reviewed the guidelines please initial and sign and date the form.

_____ I acknowledge that I have read and viewed all content and understand my coaching responsibilities in regards to the content.

Printed Name _____

Signed Name _____

Date _____

Sport _____