



SUMMER ACTIVITY GUIDELINES DUE TO COVID-19

Revised 8-4-20

The purpose of this memo is to provide guidance to staff, coaches and sponsors on the timeline and protocols for summer activities. All buildings are closed through July 17, 2020 except for defined essential services. Building principals will continue to communicate with parents and students regarding the days, times and required safety protocols for accessing essential services. Buildings are closed to all groups through July 17. There will be no facility rentals through August. This plan is intended for SMSD STUDENTS GRADE 9-12 FOR THE 2020-2021 SCHOOL YEAR.

To support the safety of staff and the public, we currently require all staff who are in any district facility to wear masks until further notice. We ask the public also to wear masks and follow all prescribed safety protocols if accessing any district facility for an essential service.

Outside summer activities ONLY will begin Monday, June 15, 2020. Participation in any summer program is voluntary. All schools, coaches, athletes, and administrators must adhere to [Governor's Kelley Executive Order on Mask](#), [Governor's Plan to Reopen](#), [KSHSAA Guidelines](#), [KSHSAA Recommendations Considerations for Summer Activities](#), [SMSD 13 Points of Best Practices](#), [Travel & Exposure Related Isolation / Quarantine](#) and [Summer Activities Guidelines for Marching Bands](#), [Activity Specific Considerations](#), [Return to Activity - General Considerations](#) for the health of our school communities. We will use state and local health departments to help determine how we progress through the steps as outlined.

The following conditions apply to any summer activity taking place at a school facility and/or under the guidance of a school employee:

Coaches and Student-athletes who have high risk conditions or who are around family members or other close contacts with high risk conditions should consider restricting participation in summer workouts, practices, or sports camps.

These high risk conditions would include chronic lung disease (including moderate or severe asthma), serious heart conditions, severe obesity, diabetes, chronic kidney or liver disease, and any immunocompromised medical conditions, including cancer. Those student-athletes and their parents/guardians should discuss this with their physicians to determine the risk of participation."

No penalties will be assessed to those who cannot participate.

Only one person at a time will be allowed to use the designated restroom, and a facemask is highly recommended to be worn. Each student is responsible for bringing their own mask, and under no circumstances can a mask be shared.

Each student should bring their own water in a container clearly marked with their name. Sharing water bottles will not be allowed.

Social distancing - Six feet of personal distance shall be maintained.

During the first week (June 15 - 20), a minimum of five days of conditioning may occur, with a maximum limit of three hours of physical activity per student per day. Physical activity includes any warm-up, stretching, and conditioning. ***Sport specific equipment is permitted for drill purposes.*** Organized competition sanctioned by an outside organization, or between students from different schools, shall not take place during this time.

Beginning the second week (June 22 - 26) a minimum five days of conditioning may occur and the cumulative physical activity time as defined above should not exceed five hours per student per day. Organized competition sanctioned by an outside organization, or between students from different schools, shall not take place during this time.

Beginning the third week (June 29 - July 3) - outside conditioning will continue for all activities - this week will also serve as the required 3rd week of conditioning required of football by KSHSAA*.

Before a team camp can take place (any time after July 6) a student athlete must complete the required conditioning outlined above and their time documented by the coach. Please note all team camps wanting to use our indoor facilities must wait until Monday, July 20 to have indoor access. Weight room availability will be determined at this time for additional strength and conditioning defined for specific sports teams. Football requires an additional week of conditioning*. (June 29 - August 4)

Building access for indoor activities can begin no earlier than Monday, July 20, with coaches conducting one-week team camps. This activity may begin after the ten-day acclimation period detailed above and will take place through August 15 depending on the KSHSAA activity. The KSHSAA Guidelines and SMSD's Thirteen (13) Points of Best Practices will continue to be followed.

*Additional Guidelines for Football

Conditioning Period

Football must complete a minimum of 15 days of conditioning over the three-week period.

- a. During the first week, the focus will be on strength and conditioning; limited individual football specific drills are allowed
- b. During the second week, strength and conditioning continues; football related non-contact drills are permitted
- c. During the third week, strength and conditioning continues; football related drills permitted; intra-squad 7 on 7 or 5 on 5 permitted; one-week coaches camp permitted (helmet only)

Following the conditioning period defined above and through August 3, the following may occur:

- a. Coaches may work with their athletes in football related activities
- b. 7 on 7 competitions

- c. 5 on 5 competitions
- d. Coaches may hold one-week team camp (helmet only)
- e. Strength and conditioning continues

From August 3rd through August 15th the following may be conducted

- a. Coaches may work with their athletes in football related activities
- b. Coaches may hold one-week team camps (helmet only)
- c. Strength and conditioning continues

One team vs. team camps, including college contact camp, is permitted during the third week and must be conducted by a third party for a maximum of two days and may be conducted any time after the 15th day conditioning period through August 15th.

SMSD 13 Points of Best Practice for Protective Measures

1. Athletes/coaches arrive and depart events in individual vehicles unless they live together/part of their “bubble”. No carpooling will be allowed.
2. Athletes/coaches bring their own water bottles. Drinking fountains and common water stations are not used.
3. Athletes/coaches remain at least 6 feet apart as much as possible.
4. Athletes/coaches do not share equipment as much as possible.
5. Athletes/coaches wash their hands/avoid touching their eyes, nose, mouth with unwashed hands.
6. Athletes/coaches should wear a face mask if possible- yet it is required when entering the building for restroom use.
7. Athletes/coaches should wear a mask as much as possible except during high intensity activity.
8. The smallest number of athletes should be brought together for practices/events.
9. Athletes/coaches stay in “bubbles”/work groups as much as possible.
10. Athletes/coaches who are ill should not attend events under any circumstances.
11. Athletes/coaches and families should be educated as to the importance of adhering to health and safety rules in order to keep each other and their families as safe as possible.
12. Athletes/coaches and families should speak to their primary healthcare provider if they have questions/ concerns about health and safety issues.
13. Small bags will be permitted for personal belongings (including but not limited to car keys, water bottle, face mask, cell phone and hand sanitizer). These must be stored in a designated area with all bags at least 3’ apart.

Continued Expectations:

Students and adults are expected to monitor their own health and should not participate in any activity on school property:

- If tested positive for COVID-19
- If student or coach has been exposed to COVID-19 or is under a 14-day quarantine, the student/coach must have medical clearance prior to attending or returning to summer conditioning workouts
- If experiencing a fever of or greater than 100.4 degrees Fahrenheit within the past 14 days -OR- any of the following symptoms ([Self-check process](#))
 - Cough
 - Shortness of breath
 - Sore throat/congestion

- o Headaches/chills
 - o Muscle/joint pain (not associate with conditioning)
 - o Nausea/vomiting
 - o Loss of sense of smell/taste
 - o Diarrhea
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- After using mass or public transportation, taxis, or ride-share services within 14 days of traveling based on current [Kansas Department of Health and Environment Guidelines](#).
 - No “high fives”, “fist bumps”, etc. allowed
 - Students must stay in the same time group during the outdoor conditioning
 - Students will enter and exit at designated gates/locations
 - Students are not allowed to gather around the facility or parking lot
 - Once workouts are completed, students will vacate the premises immediately
 - Parents are only allowed to drop-off and pick-up their student(s). Non-participants must remain in vehicles
 - No spectators, siblings, or others may be present on site, including parking lots
 - No towels will be provided
 - No food or food consumption while on school property

[KSHSAA Mandated Summer Acclimation/Conditioning Program](#)

[Activity Specific Considerations](#)

[Return to Activity - General Considerations](#)

[Reopening School Criteria](#)

*** Coaches are absolutely the last to leave the grounds after conditioning is over, securing that all their athletes have left the campus. ***