

BENZIE Return to Athletics Framework

Updated: 6/10/20

Key Points:

- OUTDOOR activity may take place with physical distancing. INDOOR facilities (Gyms) can be used at a capacity of 50 students.
- Given the Governor's orders requiring physical distancing, school athletics is at a "Modified Step 2" in the "[MHSAA/NFHS Re-Opening of School Sports](#)" guidance. This is **modified** because competition may not start yet due to the physical distancing requirement of six feet.
- The MHSAA will continue to communicate on the progression of steps based on future government direction.
- All MHSAA out-of-season summer coaching regulations continue to apply (e.g. voluntary, not part of team selection, etc.).
- Necessary FORMS are highlighted

Sport Specific Activity and Workouts- Tentatively set to begin at Benzie on 6/12/20

ALL SPORTS: Maintain Physical Distancing at all times

Pre- workout Screening Requirement from MHSAA:

- All coaches and students will be screened for signs/symptoms of COVID-19 prior to a workout. Screening includes a temperature check.
- Responses to screening questions for each person needs to be recorded and stored so that there is a record of everyone present in case a student develops COVID-19.
- Any person with positive symptoms reported will not be allowed to take part in workouts and should contact his or her primary care provider or other appropriate health-care professional.
- Vulnerable individuals will not oversee or participate in any workouts.

Implementation at BENZIE

- *The following two areas will have temperature check/screening stations*
= *Behind barn at football practice facility.*
= *The external HS Gym entrance near the Greenhouse*
- *Coach establishes a central check-in location with all the needed equipment: screening sheet ([Benzie Player check-in sheet COVID](#)), contact-free thermometer, gloves, hand sanitizer, face masks.*
- *Coaches will coordinate with the Athletic Office on the check-in procedures including building/facility entrances, line-up & check-in procedure, hydration protocols, facility usage and sanitation.*

- Coach leading the session will perform and record the temperature check/screening questions and **collect [Parent/player agreement](#)** and ensure all families have a copy of the **[Benzie Parent-Player Symptom Checklist 2020](#)** before the session begins.
- Social distancing stations will be established with floor markings, cones and proper signage.
- Individuals that are symptomatic after screening will be sent home and it will be documented in the team's daily log entry and reported to parents/guardians.
- **All coaches and volunteers present will have previously filled out the [BC Athletic Coaching Consent Form \(google form\)](#) regarding "vulnerable individuals."**

Limitations on Gatherings from MHSAA:

- Locker rooms/bathrooms will not be utilized. Students should 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 students always working out together. Smaller pods can be utilized for weight training. This ensures more limited exposure if someone develops an infection and is more effective in tracing.
- There must be a minimum distance of 6 feet between each individual at all times.

Implementation at BENZIE

- Have pods of athletes established that will work out together. Pods are limited to 10 individuals (9 players and a coach). Each pod will consist of a coach that will lead sessions, this coach will stay with the same pods. Head Coaches will have the ability to access **ALL** pods to assist with implementation.
- Teams **CAN** have more than 1 pod at each venue
- No use of locker rooms will be allowed.
- Everyone will practice social distancing at least 6 feet at all times.

Facilities Cleaning Requirements from MHSAA:

- Adequate cleaning schedules should be created and implemented for all athletic facilities to mitigate any communicable diseases.
- Prior to an individual or groups of individuals entering a facility, hard surfaces within that facility should be wiped down and sanitized (chairs, furniture in meeting rooms, locker rooms, weight room equipment, bathrooms, athletic training room tables, etc.).
- Individuals should wash their hands for a minimum of 20 seconds with warm water and soap before touching any surfaces or participating in workouts.
- Hand sanitizer should be plentiful and available to individuals as they transfer from place to place.
- Students must be encouraged to shower and wash their workout clothing immediately upon returning to home.

Implementation at BENZIE

- Student-athletes will be expected to show up in appropriate attire (cleanly washed) with appropriate footwear.

- *Student-athletes are required to bring a towel/extra shirt to lay on equipment (weight bench, platform, floor, etc.)*
- *It is recommended that all individuals wear face masks outside. When heavy exertion occurs, the athlete should remove his/her facemask for the exercise and recovery.*
- *ALL individuals will be required to wear facemasks while indoors. When heavy exertion occurs, the athlete should remove his/her facemask for the exercise and recovery and then return the facemask over their mouth and nose. Example: wear the mask into the building. When the workout is about to begin, set the mask off to the side. Pick it up and put it back on after recovery. Also wear the mask prior to leaving and during breaks/talks/meetings.*
 - *Cloth face masks are recommended vs. medical-style masks*
 - *Facemasks that are easy to slide on/off (buff, etc.) are recommended.*
- *There will be bottles of hand sanitizer for use in between specific areas/at the end of sessions. Student-athletes must use the hand sanitizer while moving/end of sessions.*
- *Coaches will encourage student-athletes to shower and wash hands/clothing upon returning home.*

Physical Activity and Athletic Equipment Requirements from MHSAA:

- *There should be no shared athletic equipment (towels, clothing or shoes) between students.*
- *Students should wear their own appropriate workout clothing (do not share clothing) individual clothing/towels should be washed and cleaned after every workout.*
- *Resistance training should be emphasized as body weight and use of resistance bands.*

Implementation at BENZIE

- *Avoid use of shared items included but not limited to water bottles, towels, equipment (clean after each use).*
- *Equipment used will be disinfected after use by each student-athlete.*
- *Workouts should be focused on conditioning and injury prevention not just sport/skill specific.*
- *Band resistance training and body weight training should be utilized. General conditioning should also be utilized.*
- *Proper acclimatization of **ALL** activities will be utilized. Keep in mind our student-athletes have detrained for a long period of inactivity. Acclimatization could take up 4 weeks.*

Hydration Requirement from MHSAA:

- *All students shall bring their own water bottle. Water bottles must not be shared.*
- *Hydration stations (water cows, water trough, water fountains, etc.) will not be utilized.*

Implementation at BENZIE

- *BENZIE will not provide hydration stations or shared water bottles/fountains that student-athletes can use.*
- *Student-athletes are expected to bring their own water bottles and may not share between teammates. Gallon containers are highly recommended.*

- Each head coach should coordinate the water bottle process making sure each athlete has plenty of their own water for the session – there will be no sharing between athletes.

ADDITIONAL NOTES FROM BENZIE ATHLETIC DEPARTMENT:

Depending upon weekly evaluations and new information from the Governor's Office -> MHSAA -> Athletic Department Plan (this fluid document). At any time, the Benzie-Leelanau Health Department could interject into this plan, as well as Benzie Administration, and/or the MHSAA.

Athletic Trainer will continue to maintain the Athletic Department's Emergency Action Plan which includes the locations of AEDs. Coaches and staff are expected to know and follow this document.

Coaches will coordinate with each other and the Athletic Department when scheduling facilities for workouts. Coaches must stagger start times to allow the Athletic Director or Athletic Trainer to observe protocols and guidance.

Coaches will be provided and responsible for daily screening of their teams and to maintain in the team binder.

Please keep in mind that we are taking this slow and steady in June so that we are not jeopardizing July and August for our fall athletes.

Also, masks are not required to be worn outside, but are recommended by the MHSAA. Individuals have the right to wear their masks outside even if they are told they are not necessary. Parents also reserve the right to hold their children out of these workouts if they feel that their son/daughter may be in harm's way. This will absolutely not affect their status for fall sports as opportunities at the beginning of the season will allow coaching staffs to evaluate their athletes for team selection.