



James Irwin Charter Schools

Covid-19

Return to Play — Sports-Activities/Gatherings  
Summer Protocols and Guidance Summer 2020

Table of Contents

Introduction.....Page 2

Pre-workout/Gathering Guidelines.....Pages 3-4

Workout/Gathering Guidelines.....Pages 5-6

Post-workout Guidelines.....Page 7

Appendix/Resources.....Pages 8-16

    Student Waiver.....Pages 9-11

    Parent/Student Responsibilities.....Pages 12-13

    Student-Athlete Screening Information.....Page 14

    Employee Waiver.....Pages 15-16

6/6/2020

## Introduction

Starting June 8, 2020, James Irwin Charter School will allow James Irwin staff members and students to engage in summer sports/activities. Many of our activities will resemble a practice. The outlined protocols and guidance information were developed using multiple resources which can be found in the appendix/reference section of this document. Starting June 8, all activities will start in phase one.

James Irwin Charter Schools' goal is to safely allow students to return to participating in structured and safe school activities. This is not only beneficial physically for our students, but also emotionally.

Through collaboration with students, parents, and staff members, we will provide a safe and healthy environment for students.

Students must:

- be honest when exhibiting symptoms and feeling ill.
- stay home when exhibiting symptoms and feeling ill to protect all parties.
- adhere to the policies in the document and follow all coaches' directions without exception.

Activities are completely voluntary, and students will not be penalized if they choose not to participate in summer activities.

Families will communicate openly and honestly with coaches/sponsors regarding concerns and symptoms their child may have.

All staff members that are working with students have gone through training regarding activities during the COVID-19 crisis.

All students are required to have a "Return to Play Waiver" on file with their school before they will be allowed to participate in camps and activities.

### Pre-workout/Gathering Guidelines

- Coaches/sponsors will assign students to groups and those groups will stay together for each cycle of workouts/gatherings. Workout groups will be assigned on or around the 1<sup>st</sup> and 15<sup>th</sup> of June and again in July. Once assigned a group, students will not be allowed to change/switch groups. Coaches will have full discretion to assign groups. Starting June 1, groups will be no larger than 10 including coaches. The number of students in a group will be evaluated on the 1<sup>st</sup> and 15<sup>th</sup> of every month.
- Students will arrive at the designated time and will not enter the facility early.
- Facilities will have a separate entry point as well as a separate exit point per sport camp, group, etc.
- Students must provide and wear masks/face coverings that cover both mouth and nose at all times unless directed by a coach/sponsor that it is okay to remove the mask/face covering. (See Appendix for statement from the NFHS—National Federation of State High School Associations—regarding masks/face coverings.)
- All participants, including coaches/sponsors, will go through a temperature screening before entering the facility.
- If a student's temperature is 100.4 or above, the student will be sent home. Any person with positive symptoms reported will not be allowed to take part in the workout. Students will not be allowed to return to participate until they are symptom free for seventy-two hours and ten days have passed since their first symptom unless they have a clear diagnosis from a medical provider.
- All participants, including coaches/sponsors will go through a prescreening questionnaire before entering the facility (attached in Appendix).

- If a student affirms to a combination of two of any of the following symptoms a. Dry Cough, b. Shortness of Breath, 3. Sore Throat, the student will be sent home. Any person with positive symptoms reported will not be allowed to take part in the workouts. Students will not be allowed to return to participate until they are symptom free for seventy-two hours and ten days have passed since their first symptom unless they have a clear diagnosis from a medical provider.
- Locker rooms/dugouts will not be available.
- Participants will report in proper gear and immediately return home to shower at the end of the camp/activity.
- Social distancing, a minimum distance of six feet apart, will be practiced at all times. Failure to practice social distancing can and will disqualify students from participating in activities.
- Participants must bring their own water and water bottles. Drinking fountains and water fountains will not be turned on. Water bottles should not be shared.
- Hand sanitizer will be plentiful at all camps/gatherings.
- Individuals should wash their hands for a minimum of 20 seconds with warm water and soap before touching any surfaces or participating in workouts/gatherings.
- Any equipment such as weight benches, athletic pads, etc. having holes with exposed foam will be covered.
- Appropriate clothing/shoes will be worn at all times in the weight room to minimize sweat from transmitting onto equipment/surfaces. Cut off shirts, shirts with large arm holes, and tank tops will not be allowed.

## Workout/Gathering Guidelines

### Phase One

- Social distancing, a minimum distance of six feet apart, will be practiced at all times. Failure to practice social distancing can and will disqualify students from participating.
- No shared athletic equipment (towels, clothing, shoes, gloves, or sports specific equipment, to include band equipment) between students as well as coaches/sponsors will be allowed.
- Students will wear appropriate clothing for the camp/activity. Pennies and reversible shared jerseys are not permitted.
- Individual drills requiring the use of individual athletic equipment are permissible, but the equipment must be cleaned prior to use by the next individual. Equipment will be cleaned by the person using the equipment as soon as they are done using the equipment. Equipment will also be cleaned by the person using the equipment before they use the equipment.
- Resistance training should be emphasized as body weight, submaximal lifts and use of resistance bands.
- Free weight exercises that require a spotter cannot be conducted while honoring social distancing norms. Safety measures in all forms must be strictly enforced in the weight room.
- There must be a cleaning/disinfecting process in place to be used on each piece of weight equipment. The cleaning process must take place immediately after the individual is done using the equipment.

### Examples - Including BUT NOT LIMITED TO:

- A basketball player can shoot and dribble a basketball, but teams will not practice/pass a ball among the team where multiple players touch the same ball.
- A football player will not participate in team drills with a single ball that will be handed off or passed to other teammates. Contact with other players is not allowed, and there will be no sharing of tackling dummies/donuts/sleds.
- A volleyball player will not use a single ball that others touch or hit in any manner.
- Softball and baseball players will not share gloves, bats, or throw a single ball that will be tossed among the team. A single player may hit in cages or throw

batting practice (with netting as backstop, no catcher). Prior to another athlete using the same balls, they should be collected and cleaned.

- Wrestlers may skill and drill without touching a teammate.
- Cheerleaders may not practice/perform partner stunts or building. Chants, jumps, dances without contact are permissible.
- Tennis players may do individual drills, wall volleys, and serves.
- Runners should maintain the recommended six feet of distancing between individuals.
- Weight rooms will not be opened during phase one.

### Phase Two – **beginning June 15, 2020**

- Social distancing, a minimum distance of six feet apart, will be practiced at all times. Failure to practice social distancing can and will disqualify students from participating.
- Moderate practices may begin for moderate risk sports.
- No shared athletic towels, clothing, or shoes between students.
- Students will wear appropriate clothing for the camp/activity. Pennies and reversible shared jerseys are not permitted.
- All athletic equipment, including balls, will be cleaned intermittently during practices and contests.
- Further, more specific guidelines will be updated as James Irwin approaches phase two.

## Post Workout

- Students will immediately exit the facility and immediately leave the property without congregating.
- Individuals should wash their hands for a minimum of 20 seconds with warm water and soap before and after touching any surfaces or participating in workouts.
- Students are encouraged to shower and wash their workout clothing immediately upon returning home.
- Prior to an individual or groups of individuals entering a facility, hard surfaces within that facility should be sanitized.
- Appropriate clothing/shoes will be worn at all times in the weight room to minimize sweat from transmitting onto equipment/surfaces.
- Adequate cleaning schedules will be created and implemented for all athletic facilities to mitigate any communicable diseases.

## Appendix/Resources

Information contained in this was pulled from multiple sources in no particulate order:

- National Federation of State High School Associations.
- Sports Medicine Advisory Committee.
- The Aspen Institute. Webinar included representatives from:
  - Center for Disease Control and Prevention (CDC)
  - John Hopkins University
  - The United States Olympic Committee
  - UCLA Law School
- USA Wrestling — Return to The Mat Guidelines
- El Paso County Health Department
- NCAA Sports Science Institute — Core Principles of Resocialization
- Aspen Institute — Return to Play COVID 19 Risk Assessment Tool
- USA Volleyball — Return to Play Guidelines ● Colorado High School Activities Association

### 1. Statement from NFHS (National Federation of State High School Associations) regarding masks/face coverings.

Decreasing potential exposure to respiratory droplets is the guiding principle behind social distancing and the use of face coverings. The use of cloth face coverings is meant to decrease the spread of respiratory droplets. As state and local COVID-19 prevalence decreases, the need for strict social distancing and the use of face coverings will lessen.

- The Centers for Disease Control and Prevention (CDC) is additionally advising the use of simple cloth face coverings to slow the spread of the virus and help people who may have the virus and do not know it from transmitting it to others.



James Irwin Charter School

Summer Sport/Activities Summer 2020

PARTICIPATING STUDENT WAIVER AND RELEASE OF CLAIMS

(3 pages)

As a result of the COVID-19 pandemic, James Irwin Charter Schools (the "School") will hold modified summer youth sport/activities ("Summer Sport/Activities) in accordance with "Guidance for Children's Day Camps and Youth Sports Camps" published by the Colorado Department of Public Health and Environment. The format of the activities will be sport/activity specific as outlined by:

1. The National Federation of State High School Associations Sports Medicine Advisory Committee.
  2. The Colorado High School Activities Association (CHSAA)
  3. The United States Olympic Committee.
  4. Local, state and federal government agencies.
- Participants will be allowed to participate in the Summer Sport/Activity Camps held at James Irwin facilities, including the new Jaguar Stadium/Joe Dorris field, high school and middle school gymnasiums, weight room, music rooms, etc.
  - No family members or guests will be permitted to enter the location of the Summer Sport/Activity or gather for social interactions. While waiting for their children, parents/guardians need to remain in their vehicles in the parking lots.

**PARTICIPATION IN SUMMER SPORTS/ACTIVITIES BY JAMES IRWIN STUDENTS IS STRICTLY VOLUNTARY. NO JAMES IRWIN STUDENT WILL BE PENALIZED IN ANY WAY FOR FAILURE TO PARTICIPATE.**

For those James Irwin students who will participate in James Irwin Summer Sport/Activities, the following permission form with waiver and hold harmless agreement must be signed by the parent/guardian and the James Irwin student.

**PERMISSION/REQUEST TO PARTICIPATE:**

Please complete the following statements as applicable:

1, \_\_\_\_\_(name), affirm that I am the parent or legal guardian (the "Parent/Guardian") of the following named James Irwin student, \_\_\_\_\_, (the "Student"). I hereby give permission for the Student to participate in the Summer Sport/Activities that will be held at various James Irwin facilities throughout the summer of 2020.

WAIVER AND RELEASE OF CLAIMS: The Parent/Guardian and Student hereby waive any and all claims and demands for relief, whether past or future and regardless of the legal or factual bases thereof, that could be asserted in any forum or manner whatsoever, based upon, related to, or concerning the Student's participation in the Summer Sport/Activity, expressly including but not limited to any claim arising from infection, illness, or death to persons or any economic damages, including those claims based on any alleged or actual negligence, any breach of any express or implied statutory or other duty of care, or mistakes or errors in judgment of any kind, and expressly release, discharge, indemnify, and hold harmless James Irwin Charter Schools, its employees, Board members, agents, and insurance carriers from and against any and all such claims and demands regardless of when or by whom asserted.

\_\_\_\_\_  
Print Parent/Guardian Name

\_\_\_\_\_  
Print Student Name

\_\_\_\_\_  
Address

\_\_\_\_\_  
Telephone Number

\_\_\_\_\_  
City, State

\_\_\_\_\_  
Zip Code

\_\_\_\_\_  
Parent/Guardian Signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
Student Signature

\_\_\_\_\_  
Date

PARENTS'/GUARDIAN'S AND STUDENT'S REPRESENTATIONS:

(3 pages)

In consideration of James Irwin Charter Schools allowing the Student to participate in the Summer Sports/Activities, and as an express inducement therefore, the Parent/Guardian and Student hereby state, affirm, and agree to the following:

1. The Parent/Guardian and the Student have no reason to believe that the Student has COVID-19.
2. The Student does not have any of the following symptoms: fever, cough, shortness of breath, fatigue, muscle pain, chills, headache, diarrhea, nausea, or sore throat.
3. If the Student has such symptoms, the Parent/Guardian and the Student believe that the symptoms are caused by an illness, injury, or condition that is not related to COVID-19.
4. Within the past 14 days the Student has not had close contact with a person having or suspected of having COVID-19.
5. Within the past 14 days, neither the Student nor anyone in the Student's household has traveled to any country, state, or city with widespread COVID-19 diagnoses.
6. The Parent/Guardian and Student understand that the World Health Organization, the US Center for Disease Control, and the Governor of the State of Colorado have declared a global, nationwide and statewide pandemic of the coronavirus that causes the disease called COVID-19, that there is currently no vaccine or medical cure for COVID-19, that the coronavirus that causes the disease is said to be extraordinarily easy to transmit between people, and that gatherings of large numbers of people or people in close proximity to one another are believed to be the main cause of the spread of COVID-

19. Accordingly, any gathering of people, including the Summer Sport/Activity, is or can be inherently dangerous and unpredictable, and that serious illness or even death can occur as a result of a person's participation in such an activity.

7. The Parent/Guardian and the Student understand and agree that the Student's participation in the Summer Sport/Activity shall be at the Parent/Guardian's and Student's sole risk, and that, while the School seeks to do what is reasonable to ensure that participants in the Summer Sport/Activity Camp are safe and protected, the School cannot guarantee the Student's safety, and expressly disclaims any representation or undertaking that the Summer Sport/Activity is safe for the Student and further disclaims any and all liability or responsibility for any illness or infection, including, but not limited to COVID-19, that may occur from or in connection with the Summer Sport/Activity.
8. The Parent/Guardian and Student affirm that they are aware of the kinds of risks the Student will face in connection with the Summer Sport/Activity and recognize that the School is unable to protect the Student from all such risks. The Parent/Guardian and Student expressly agree to assume such risks, and they understand the School has relied upon this assumption of risk in permitting the Student to participate in the Summer Sport/Activity.



## James Irwin Charter High School

### Student-Athlete Screening Information

All students participating in James Irwin summer programming will be required to go through a brief health screening to include a temperature check.

1. If a student affirms to a combination of two of any of the following symptoms a. Dry Cough, b. Shortness of Breath, 3. Sore Throat, the student will be sent home. Any person with positive symptoms reported will not be allowed to take part in workouts. Students will not be allowed to return to participate until they are symptom free for seventy-two hours and ten days have passed since their first symptom unless they have a clear diagnosis from a medical provider.
2. If a student's temperature is 100.4 or above the student will be sent home. Any person with positive symptoms reported will not be allowed to take part in workout. Students will not be allowed to return to participate until they are symptom free for seventy-two hours and ten days have passed since their first symptom unless they have a clear diagnosis from a medical provider.
3. A student may return to summer programming earlier if a doctor confirms, in writing, the cause of the student's fever or symptoms is not COVID-19 related and releases the student to return to summer programming. The medical statement must be received by the coach/sponsor and sent to the athletic director.



## James Irwin Charter High School

### Guidance for Working Onsite and Building Access Employee Waiver – **All Coaches must have one on file**

At this time, building access for athletic/activity events will be allowed. The following guidelines must be followed for staff working onsite, starting on June 8.

The following guidelines must be followed.

- Access for onsite essential work at School buildings for athletic/activity events will be available beginning on Monday, June 6.
- Access for onsite essential work at school sites should fall on those designated dates adopted by each school.
- Only staff members will have permission to access the building, no family or guests.
- Staff accessing any building must follow the Governor's and Public Health's directives:
- Staff that answer YES to the following questions should not seek access and work from home.
- Have you been in contact with someone you know or that resides in your home that has COVID-19 or is presumed to have COVID- 19 within the last 14 days?
- Have you been diagnosed with COV/D-19 or been advised by a physician that you have COVID- 19 and are still under quarantine at the time of your scheduled reentry date?
- Have you experienced any of the following symptoms within the last 72 hours or have been free of these symptoms for tens days?
- Fever
- Cough
- Shortness of breath or difficulty breathing
- Chills
- Repeated shaking with chills
- Muscle pain

- Headache
- Sore throat
- New loss of taste or smell

- Each day every employee must complete the Employee Health Screening Form.
- All employees MUST bring and WEAR a mask at all times on the property.
- If employees are working outside and working by themselves, may remove their mask; however, employees must place a mask back on when encountering anyone outside.
- Social Distancing protocols must be followed (six feet of separation).
- Additionally, groups must comply with the 25 or less gatherings.

Building Leads will direct custodial staff for cleaning spaces visited by staff throughout the week.

I, \_\_\_\_\_ (name), have read, understand, and will follow the guidelines outlined within this document while working onsite at all school buildings throughout the James Irwin properties.

\_\_\_\_\_

Employee Signature

\_\_\_\_\_

Date

