



Guidelines for Athletic Activities

To assist member schools in the development of policies and guidelines related to summer activities and conditioning, we have compiled information from the CDC, Alabama Department of Public Health, NCAA and other sources. It should be understood that all schools within our network have different circumstances to consider and may not reintroduce activities at the same rate as others. School leaders should consider all external factors when developing policies and guidelines and we strongly encourage schools to start slow and phase in a process of participation to ensure that it can be properly managed. This document is not intended to be comprehensive but simply a guide for best practices and decision making. In addition, schools should consistently monitor local, state or federal mandates and consult with their local attorney and area law enforcement officials to ensure compliance with all laws.

The following practices are strongly recommended for AISA members conducting summer conditioning (e.g. weightlifting, individual skill development, workouts, etc.) :

- School employers and staff should:
 - Screen everyone reporting to an activity for COVID-19 symptoms with the following questions:
 - Have you been in close contact with a confirmed case of COVID-19?
 - Are you experiencing a cough, shortness of breath or sore throat?
 - Have you had a fever in the last 48 hours?
 - Have you experienced new loss of taste or smell?
 - Have you experienced vomiting or diarrhea in the last 24 hours?
 - Screen everyone for fever:
 - Best practice: employers should take temperatures onsite with a no-touch thermometer each day upon a staff or student arrival on campus.
 - Minimum practice: everyone should take their own temperature prior to arrival.
*In either case, a normal temperature does not exceed 100.4 degrees Fahrenheit and anyone with a temperature exceeding this number should be sent home immediately.
 - Direct any staff or student who exhibits COVID-19 symptoms, who answers “yes” to any of the screening questions or who is running a fever, to leave the premises immediately and seek medical care or COVID-19 testing or both.
 - Implement workplace cleaning and disinfection practices, according to CDC guidelines, with regular sanitization of often-touched surfaces at least every two hours.

- Post extensive signage of health policies, including the following documents, in the workplace:
 - CDC guidance to Stop the Spread of Germs, at <https://www.cdc.gov/coronavirus/2019-ncov/downloads/stop-the-spread-of-germs.pdf>
 - CDC guidance on Symptoms of COVID-19, at <https://www.cdc.gov/coronavirus/2019-ncov/downloads/COVID19-symptoms.pdf>
- Improve ventilation: As basic principles of social distancing, surface cleaning and disinfection, handwashing and other strategies of good hygiene are of the utmost importance in preventing the spread of COVID-19, ventilation in facilities should also be considered.
 - Increase ventilation rates.
 - Increase the percentage of outdoor air that circulates into the system.
 - Do not recirculate air.
 - Conduct as many sessions as possible outdoors.
- Consider limiting workout length to avoid unnecessary exposure, decrease congestion, and allow for additional sanitization.
- Mitigate exposure in the facility by implementing social distancing guidelines and modified scheduling of students.
- Conduct regular (at least every 2 hours) disinfecting of high-touch surfaces, equipment and common areas of the facility, using disinfectant cleaning supplies according to Centers for Disease Control and Prevention guidelines.
- Adjust equipment layout or restrict access to equipment to maintain at least six feet of distance between equipment.
- Temporarily close water fountains, common areas and locker rooms where people may congregate. Require users to provide their own water/hydration.
- Ensure adequate staffing to ensure safety measures and precautions can be adequately adhered to.
- Not require participation from any student and should not pressure any student to participate under threat of “loss playing time” or other sanctions.
- Make available hand sanitizer, disinfecting wipes, soap and water or other similar materials readily available for use.

- Ensure that participation, access and attendance in any activities should be limited to essential staff and students only. Individuals not participating or waiting for students should remain in their vehicles or off campus.
- Staff and students should:
 - Stay home when feeling ill, when exposed to COVID-19 (for instance, if someone at home is infected), or if diagnosed with a confirmed case of COVID-19. People who are particularly vulnerable to COVID-19, such as people 65 or older or people with heart disease, diabetes, or other chronic conditions, are encouraged to stay home.
 - Increase hygiene practices: wash hands more frequently, avoid touching your face, practice good etiquette when coughing or sneezing.
 - Wear a cloth face covering (not an N-95 or medical mask, which should be reserved for healthcare workers) the mouth and nostrils while on campus to help protect against the spread of the virus at all times unless directly participating in an activity.
 - Abide by additional guidelines established by the school leadership, which may include the use of gloves, extended social distancing practices and increased sanitation.
 - Use only one piece of equipment at a time (i.e., no circuits, “super-setting” or “spotting”) so that machines are cleaned properly after each use. Staff should ensure that equipment is properly cleaned between uses.
 - Regularly and frequently clean and sanitize, as often as practicable, all equipment and high touch surfaces such as balls, bats, equipment, chairs and restrooms.
 - Refrain from handshakes, high fives, fist bumps or any other physical contact except to the extent necessary for the activity.
 - Provide own water, snacks, towels, etc. and should not share with others.
 - Should not travel to or from campus in the same vehicle with any individual whom they do not reside with.

AISA strongly recommends that all schools follow applicable COVID-19 related safety guidelines from the Food and Drug Administration and the Centers for Disease Control and Prevention (CDC) publication, Reopening Guidance for Cleaning and Disinfecting Public Spaces, Workplaces, Businesses, Schools, and Homes, at:

<https://www.cdc.gov/coronavirus/2019-ncov/community/reopen-guidance.html>