



THE CHARTER SCHOOL OF
WILMINGTON

Athletics

COVID-19

RETURN-TO-PLAY

Fall 2020 Handbook



General Guidelines for all Activities

- CSW will share this handbook with all stakeholders outlining its intentions to minimize risks of interscholastic athletic participation during Fall Athletics 2020.
- All Return-to-Play and participation is voluntary.
- Practice times will be staggered to minimize the number of students on campus during tryouts. Once rosters have been set, practice times will be 3:30-5:30 p.m. unless otherwise communicated by the coach.
- Families should follow <https://www.forcessports.com/> for competition dates.
- Athletes must have a [2020-2021 DIAA Sports Physical form](#) (all documents) to participate in sponsored athletic activities.
- Student-athletes are responsible for their own transportation to and from tryouts and practice. A team bus will be provided to away games; however, student-athletes may arrive at away games directly by driving or parent transportation. Please direct transportation questions or concerns to Mr. Chris Eddy (Athletic Director) at ceddy@charterschool.org.
- CSW will train all coaches and staff on the protocols and requirements including state and local regulations, CDC recommendations, and other necessary information.
- Coaches are required to complete the online course, "COVID-19 FOR COACHES AND ADMINISTRATORS". This free course is offered by the National Federation of High School Sports (NFHS).
- Student-athletes, coaches, staff, and any other adults that come in contact with players must wear a [face mask](#) at all times unless otherwise indicated.
- All student-athletes and coaches will verify the Student Health Assessment was completed and document the temperature checked at every practice and competition date.
 - The person conducting the screenings shall immediately report any person whose temperature is above 100.4°F, or who had a positive response to one of the screening

questions, to one of CSW's Qualified Healthcare Professionals (School Nurse or Athletic Trainer).

- CSW Health Care Professionals shall confirm if the person has any symptoms of COVID-19. A person who has any symptoms of COVID-19 shall not participate in the activity, shall leave the school premises immediately, and shall not return to any interscholastic athletic activities until CSW receives written verification of the person's negative polymerase chain reaction (PCR) test for COVID-19 and the person is cleared by the Delaware Division of Public Health (DPH).
- Locker rooms bathrooms will be used during the fall season and monitored by staff to ensure proper social distancing.
- Fall 2020 competitions will be Varsity only.
- Spectators may not attend practices or games.
- All fall sports will practice outside with the exception of volleyball (TBD).

Responding to COVID at CSW

CSW's school nurse, in collaboration with Cab's school nurse, will serve as the school level lead and will work with the CSW administration and the Delaware Department of Public Health (DPH) liaison on case investigation and contact tracing, which includes assessing each unique situation and determining if other students or coaches/staff should be quarantined or tested. If a positive case occurs, the process below will be followed:

- Parents of student-athletes and coaches/staff should contact the school Athletic Director, Mr. Eddy, or the athletic trainer, Mr. Aukamp, immediately at ceddy@charterschool.org or caukamp@charterschool.org if they learn they are positive to expedite the implementation of appropriate infectious control actions. (The school number is 302-651-2727 ext. 344.)
- The school nurse(s) and CSW COVID Coordinator (Mr. Eddy) will contact the Office of Infectious Disease Epidemiology within the Division of Public Health (DPH) and report the case. If DPH learns of the school-related positive case first, DPH will contact the school nurse.
- DPH will then assign an epidemiologist to perform the investigation. Positive cases related to a school setting are considered high-priority cases for DPH. Schools will trigger a priority response from DPH to the corresponding school.
- DPH will identify the COVID-positive staff member or student-athlete and work with the school nurse and the positive individual to identify any close contacts that need to be quarantined.
- The person who tested positive will be instructed to self-isolate for a time period that depends on when he/she/they developed symptoms or had the test done. A person who tests positive will be instructed to stay in touch with DPH. DPH will issue an email to the individual (or a parent/guardian for a student) when the individual is cleared to return to school. **A student-athlete who tests positive for COVID-19 shall obtain documented medical clearance from a qualified healthcare provider and submit a completed DIAA COVID-19 Return-to-Play form to**

the CSW or Cab nurse or Athletic Director in order to resume participating in any interscholastic athletic activities.

- Only close contacts of the person who tested positive will be required to quarantine. DPH will provide direction to the school on how to proceed.
- The DPH epidemiologist will advise close contact if and when they should be tested due to potential exposure.
- DPH will advise coaches/staff and students who may have been exposed if they need to test.
- If there is evidence of potential widespread transmission of the disease at the school (e.g., two or more cases from different households potentially transmitted at the school), DPH will work with the school to perform widespread testing for the school community. This decision should be based on findings from an investigation by DPH and informed by current levels of community infection.
- The school nurse, CSW COVID Coordinator, and the school president will coordinate with the Delaware Department of Education (DDOE) and DPH to notify families of any positive COVID-19 cases in the school to raise awareness and encourage closer observation for any symptoms at home. This communication will occur while protecting the identity of those who test positive.
- Any space will be cleaned and disinfected with EPA approved products as per DPH guidelines before student-athletes return to the space.

Coaches Responsibilities

Pre-Practice:

- Coaches, staff, and any other adults must wear [a face mask](#) at all times.
- Equipment will be cleaned/sanitized with EPA approved products at the beginning, between sessions, and after sessions.
- Players will be checked in for each session and it will be confirmed that the student self-health assessment allows them to participate.
- Players and coaches will perform hand hygiene right before entering the court/field for their session. CSW will provide hand sanitizer. If a student/coach brings their own hand sanitizer, it must contain 60% ethyl alcohol.
- Head coaches will identify the staff member responsible for ensuring equipment is cleaned/sanitized using an approved COVID-19 product, as required.
- Head coaches will identify the staff member responsible for assisting students with maintaining social/physical distancing.
- Head coaches will identify the staff member responsible for monitoring hand hygiene at practices.

Practice:

- Athletes, coaches, and staff must wear [face masks](#) except for prescribed socially distanced breaks.

- Upon arrival, player's bags, and their water bottles will be placed six feet apart to ensure social distancing during practices and breaks.
- Coaches will keep accurate records of athletes that are grouped together.
- Players will be assigned a socially/physically distanced station of six feet by the coach during breaks, which will remain the same for the entire season.
- During breaks, athletes are to go to their assigned area and maintain social distancing. All belongings are to stay at the station while practice is taking place. Athletes will perform hand hygiene during breaks.
- Coaches may only use electronic/hand held whistles.
- Hydration stations/water jugs/team cups and bottles are prohibited.
- Ball rotations will be used for games and practices - they will be cleaned/sanitized using an EPA, COVID-19 approved product at the end of the game or practice.
- No spitting, sunflower seeds, gum, or rinsing of the mouth is permitted.

Post-Practice

- At the end of each session, players and coaches must perform hand hygiene. Players will exit the practice area immediately at the conclusion of practice.
- Coaches who are running practices are required to record a daily cleaning log.
- Records of attendees and groups must be submitted/updated at the conclusion of each session to the Athletic Trainer/Athletic Director. Each student must have their own writing instrument if completing manually.

Student-Athletes Responsibilities

Pre-Practice

- Athletes must have a [2020-2021 DIAA Physical form](#) (all documents) to participate in sponsored athletic activities.
 - Returning CSW/Cab 10th, 11th, and 12th grade students who have a physical on file with our school nurse for 2019-2020 (played any DIAA sport for CSW last year) are grandfathered from the Physical Examination form until December 31, 2020. However, **these returning athletes must complete a [2020-2021 HISTORY FORM & MEDICAL CARD](#)** (completed by parent) and return it to CSW/Cab on or before tryouts. After review of

the history form and medical card, our school nurses or athletic trainer may determine that a returning athlete does require a new physical before December 31, 2020.

- All current 8th grade, 9th grade, and transfer students must have the [DIAA 2020-2021 Physical Form](#) (all pages dated after April 1, 2020) on file at CSW/Cab before participating.
- Our School-Based Health Center (Wellness Center) is open for appointments and details to register and/or schedule an appointment are at:
<https://www.cabcallowayschool.org/students/student-services/school-health-center/>
- Athletes must complete the online Student Self-Health Assessment (Covid Pre-Screening) before all practices games.
- Upon arrival on campus, student-athletes will park or be dropped off at their assigned parking lot area by sport. Cheerleading, field hockey, and volleyball will use the lower parking lot area. Cross country, football, and soccer will use the upper parking lot area. Athletes are to maintain social/physical distance of six feet, [wear a mask](#) at all times, and report to their specific sport reporting area to have their temperature checked.
- Student-athletes must wear a [face mask](#) at all times while on campus except for during designated breaks.
- All coaches will verify the Student Self-Health Assessment was completed and document the temperature check at every practice and competition date.
 - The staff member, usually the coach or assistant coach, conducting the screenings shall immediately report any person whose temperature is above 100.4°F, or who had a positive response to one of the screening questions, to CSW's Qualified Healthcare Professional.
 - CSW's Qualified Healthcare Professional shall confirm if the person has any symptoms of COVID-19. A person who has any symptoms of COVID-19 shall not participate in the activity, shall leave the school premises immediately, and shall not return to any interscholastic athletic activities until the Member School receives written verification of the person's negative polymerase chain reaction (PCR) test for COVID-19 and the person is cleared by the Delaware Division of Public Health.
- Players will be checked in for each session and it will be confirmed that the Student Self-Health Assessment allows them to participate.
- Players and coaches will perform hand hygiene right before all practices and games. CSW will provide hand sanitizer, but it is strongly encouraged that each player bring his/her/their own. We also welcome donations of hand sanitizer and wipes from families of players. Hand sanitizer must consist of 60% or greater ethyl alcohol.

Practice

- Athletes must arrive dressed and ready.

- Athletes, coaches, and staff must wear [face masks](#) except for prescribed socially distanced breaks.
- Players are required to bring their own water, towels, etc. There will be no sharing of water bottles, or other personal items.
- Players will be assigned a physically distanced area of six feet by the coach during breaks, which will remain the same for the entire season.
- During breaks, athletes are to go to their assigned area and maintain a physical distance of six feet. All belongings are to stay at the station while practice is taking place.
- No spitting, sunflower seeds, gum, or rinsing of the mouth is permitted.
- Handshakes, high fives, and fist bumps are not permitted.

Post-Practice

- At the end of each session, players and coaches will perform hand hygiene. Players will exit the practice area immediately at the conclusion of practice.
- Athletes should shower and clean equipment/clothing when returning home.

Family Responsibilities

- Parents/guardians may not attend practice or games and must remain in their car at all times when dropping off/picking up their student-athlete from practices or games.
- Parents/guardians should ensure that athletes arrive dressed for practice or game.
- Parents/guardians should ensure that student-athletes wash clothing and related equipment daily.

Administration Responsibilities

- Administration will train all coaches and staff on DIAA protocols and requirements, including state and local regulations, CDC recommendations, and other necessary information.
- Administration will provide oversight for daily screening process including:
 - Check online form for Covid Pre-Screening completion

- Assist athlete if form is not complete
- Monitor and file completed screening forms including attendance and grouping assignments for every practice.
- The administration will post signage including requirements of [face masks](#), social distancing, hand washing, covering coughs/sneezes, and “stay at home if you have symptoms.”
- Administration is working to get proper approval for indoor facilities from DPH.

Athletic Training room

CSW will utilize an outdoor tented athletic training room on campus for the majority of practices and games. Mr. Aukamp, the athletic trainer, will be stationed here for practices. This area will be just outside the pool entrance doors by the stairs going down to the tunnel. For games, Mr. Aukamp will be on the game field.



When the indoor athletic training room is necessary:

Student-athletes and coaches/staff should enter the training room through the tunnel exterior door.



THE CHARTER SCHOOL OF WILMINGTON ATHLETIC TRAINING
Updated Policies and Procedures For Covid-19
(2020-2021 School Year)

The Policies and Procedures for the Athletic Training Room will follow CDC, State, NFHS, and DIAA recommended guidelines.

There are also policies for The Charter School of Wilmington athletic teams when traveling to other schools and visiting athletic teams that come to The Charter School of Wilmington for athletic events.

These policies and procedures will be sent to ALL CHARTER SCHOOL OF WILMINGTON COACHES and the visiting teams. Policy and procedures will be sent to all Athletic Trainers and/or Athletic Directors for teams who will come to The Charter School of Wilmington.

Athletic Training Room Policies and Procedures:

- When a student-athlete enters the room, they must have a [face mask](#) on, use hand sanitizer and/or wash hands prior to entering, and have Covid pre-screening prior to all treatments. Coaches and others must use hand sanitizer and/or wash hands upon entrance.
- Student-athletes will be seen on a first come/first served basis, except for athletes who need to be taped prior to an away game. This exception is for taping only and not for treatment.
- All surfaces will be cleaned and sanitized by the athletic trainer before and after all treatments.
- Student-athletes leaving the athletic training room must use hand sanitizer and/or wash hands .

- The athletic training room will be available from 2:00 p.m. to 3:15 p.m. prior to practices and games. (Not including Saturdays).
- The ice machine room will be **off limits** to all student-athletes.

Signage Around Athletic Complex



Sport Specific Guidelines

Volleyball

- Upon arrival on campus, volleyball players will park in the lower lot, with a social/physical distance of six feet and [mask](#), and report directly to the volleyball specific screening area. The volleyball screening area is the gymnasium door with entry from the pool entrance. Athletes will stop at the gym door to have their temperature checked before entering the gymnasium:



Pool Doors



Gym Doors Screening Area

- Upon completion of screening, student-athletes will be assigned a socially/physically distanced area of six feet by the coach. This area will be used for personal belongings, including: bags, water bottles, etc.
- Student-athletes will be expected to wear a [face mask](#) and maintain social/physical distance of six feet when traveling to and arriving at the station.
- Volleyball game day student-athlete seating arrangement is below:

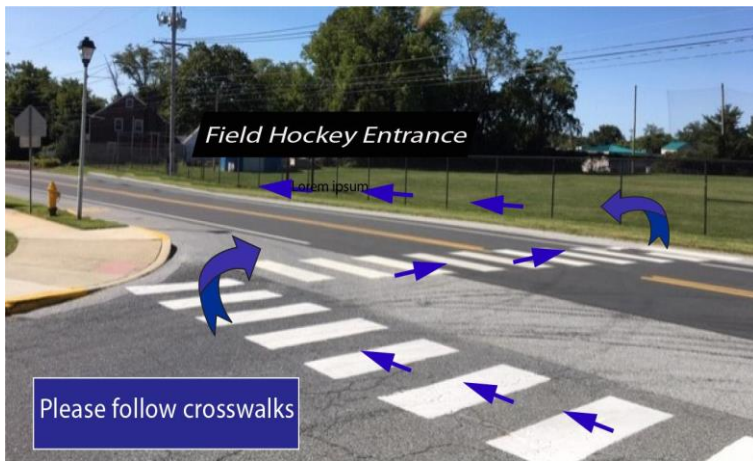


Guidelines:

- No switching sides between sets (unless clear advantages exist and then benches are sanitized prior to the switch.)
- The pre-game conference shall be held in the center of the court and attendees shall be limited to the officials, the head coach from each team, and one captain from each team.
- Breaks will be performed every 20 minutes during practices and games. Breaks of two minutes will consist of hand hygiene and the opportunity to remove [face coverings](#) while maintaining a distance of six feet.
- At least 4 Ball rotation for games and practices will be used. Cleaning protocols will take place per sport guidelines.
- Teams are required to train line judges, there will be no line judge meeting. Line judges must wear masks.

Field Hockey

- Upon arrival on campus, field hockey players will park in the lower lot, with a social/physical distance of six feet and [mask](#), and report directly to the field hockey specific report area. Athletes should use the crosswalk to cross the street to the field hockey field, and report to the gate by the storage building to have their temperature checked.



- Upon completion of screening, student-athletes will be assigned a socially/physically distanced area of six feet by the coach. This area will be used for personal belongings, including: bags, water bottles, etc.

Guidelines:

- The pre-game conference shall be held in the center of the field and attendees shall be limited to the head or center official, the head coach from each team, and one captain from each team.
- Games will be played in four 15- minute quarters with breaks of at least two minutes provided between quarters. Breaks of two minutes will consist of hand hygiene and the opportunity to remove [face coverings](#) while maintaining a distance of six feet.
- Practices will include breaks every 20 minutes following the same guidelines as games.

Cross Country

- Upon arrival on campus, runners will park in the upper lot with social/physical distance of six feet and [mask](#), walk down the steps and report directly to the cross country specific screening area. The cross country screening area is at the lower gate to the stadium. The athletes will meet by the main concession stand area to have their temperature checked.



- Upon completion of screening, student-athletes will report to the assigned area. Student-athletes will be expected to wear a [face mask](#) and maintain a social/physical distance of six feet when traveling to and arriving at the area.

Guidelines:

- Student-athletes may remove their [face coverings](#) when active on the course if they are not within six feet of others or in direct contact with another person, but they must wear [face coverings](#) at all other times, including at the start of the race.
- Coaches and officials will initiate staggered starts at practices and competitions.

Boys' Soccer

- Upon arrival on campus, soccer players will park in the upper parking lot, with a social/physical distance of six feet and [mask](#), and report directly to the soccer specific screening area. The soccer screening area is at the gates by the home side stadium seating area:



- Upon completion of screening, student-athletes will report to the assigned area. Student-athletes will be expected to wear a [face mask](#) and maintain social/physical distance of six feet when traveling to and arriving at the assigned area.

Guidelines:

- The pre-game conference shall be held in the center of the field and attendees shall be limited to the head or center referee, the head coach from each team, and one captain from each team.
- Games shall be played in four 20- minute periods with breaks of at least two minutes provided between periods. Breaks of two minutes will consist of hand hygiene and the opportunity to remove [face coverings](#) while maintaining a distance of six feet.
- Practices will include breaks every 20 minutes following the same guidelines as games.

Football

- Upon arrival on campus, football players will park in the lower parking lot, with social distancing and [mask](#), and report directly to the football specific screening area. The football screening area is at the back side of the softball field near the track and field throwing pit.



- Upon completion of screening, student-athletes will report to their assigned area. Student-athletes will be expected to wear a [face mask](#) and maintain a social/physical distance of six feet when traveling to and arriving at the station.

Guidelines:

- CSW follows the requirements in the plan for football proposed by the Delaware Interscholastic Football Coaches Association and approved by the DIAA Board prior to the start of the fall season. The plan shall include rules modifications and sport-specific requirements that are designed to protect the physical well-being of student-athletes. The Board may mandate additional sport-specific requirements to protect the physical well-being of student-athletes.

CHEERLEADING

- Upon arrival on campus, cheerleaders will park in the lower lot, with social distancing and [mask](#), and report directly to the cheer specific screening area. The cheerleading screening area is at the back double gates near the visitors side of the field. Cheer team members will get their temperature checked at the back gate, and report to the grassy area near the picnic tables:



- Upon completion of screening, student-athletes will report to the assigned area. Student-athletes will be expected to wear a [face mask](#) and maintain a social/physical distance of six feet when traveling to and arriving at the station.

Guidelines:

- No stunts, no contact, no tumbling.
- Social and physical distance at all times (6 feet).
- During practices, breaks of at least two minutes during which student-athletes may remove their [face coverings](#) while maintaining a distance of six feet from others, shall be taken every 20 minutes.

Transportation

Bus protocols

Athletes in need of transportation to attend away games must wear a [face mask](#) at all times. Per DPH Guidelines, only one athlete per seat will be allowed. Seating begins in the second row behind the driver. Please note the seating arrangement in the picture below.

