CHECKLIST

__ PAPERWORK + POLICY MANAGEMENT
__ Physicals
   Review and distribute special state requirements.
__ COVID-19 Waiver
   Distribute required school policies or waivers.

__ STAFF MANAGEMENT
__ Mobile Health Screening Tools
   Provide staff with a mobile tool to:
      a) Take attendance  b) Screen athletes  c) Create reports
__ Virtual Coach and Team Meetings
   Conduct informational meetings with coaches and teams.
__ Practice Sessions
   Review national, state, and local guidance to enhance safety.
__ Coach Education
   Review online certification and education options.

__ SPORTS EQUIPMENT MANAGEMENT
__ Equipment Reconditioning
   Confirm that your reconditioning resources are up and running.

__ HEALTH & SAFETY EQUIPMENT MANAGEMENT
__ Infrared thermometers
__ Tape or paint for marking safe spaces
__ Hand sanitizer, sanitizing wipes, and face masks

__ EVENT MANAGEMENT
__ Decide who will be allowed to attend
   Tier 1: Athletes, coaches, officials, event staff, medical staff, security.
   Tier 2: Media, Tier 3: Spectators, vendors.
__ Review transportation options

PHASE 1 GUIDANCE

__ PRE-WORKOUT SCREENING
__ Record athlete and coach attendance.
__ Screen athletes and coaches for symptoms.
__ Record and store screening clearances and symptoms.
__ Send anyone with a positive symptom home.
__ Urge symptomatic persons to seek medical advice.
__ Report all symptoms and illnesses.
__ Prohibit vulnerable persons from participation and oversight.

__ LIMITATIONS ON GATHERINGS
__ Limit groups to 10 or less.
__ Keep groups consistent.
__ Do not use locker rooms.

__ FACILITIES CLEANING
__ Schedule and implement regular cleaning plans.

__ PHYSICAL ACTIVITY AND ATHLETIC EQUIPMENT
__ Do not share athletic equipment, balls, towels, clothing, or shoes.
__ Clean all common equipment between uses.
__ Do not lift weights that require a spotter.

__ HYDRATION
__ Require athletes bring fluid from home.
__ Do not use hydration stations.

Always practice social distancing and good hygiene.

Did you know that you can simplify your checklist?
Registration, attendance, screenings, reminders, certificates, rosters, inventory, and policies can flow through FinalForms to ensure compliance.

SPORT RISK LEVELS

LOW MODIFY
Sports that allow for social distancing or individual participation AND allow for equipment to be cleaned between uses.
- XC running
- Throwing events
- Alpine Skiing
- Sideline Cheer
- Individual running, swimming, or sculling events
- Golf
- Soccer
- Water polo
- 7 on 7 football
- Gymnastics

MODERATE MODIFY
Sports involving close, sustained contact, but with protective equipment in place that may reduce the likelihood of respiratory particle transmission OR intermittent close contact OR group sports OR sports that use equipment that can’t be cleaned between uses.
- Basketball
- Volleyball
- Baseball
- Pole Vault
- Girls Lacrosse
- Crew w/ 2+ rowers in shell
- Swimming relays
- Field Hockey
- Ice Hockey
- Jump events

HIGH MODIFY
Sports involving close, sustained contact, lack of significant protective barriers, and high probability of respiratory particles being transferred.
- Wrestling
- Football
- Boys Lacrosse
- Competitive Cheer
- Dance

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Information based on “Guidance for Opening Up High School Athletics and Activities”, published by the National Federation of State High School Associations (NFHS) and Sports Medicine Advisory Committee (SMAC).

IT’S TIME TO TALK WITH SOMEONE WHO ‘GETS IT’.
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COVID-19 REOPENING INFORMATION

CHECKLIST

___ PAPERWORK + POLICY MANAGEMENT

___ Physicals
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___ STAFF MANAGEMENT

___ Mobile Health Screening Tools
   Provide staff with a mobile tool:
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___ Virtual Coach and Team Meetings
   Conduct informational meetings with coaches and teams.

___ Practice Sessions
   Review national, state, and local guidance to enhance safety.

___ Coach Education
   Review online certification and education options.

___ SPORTS EQUIPMENT MANAGEMENT

___ Equipment Reconditioning
   Confirm that your reconditioning resources are up and running.

___ HEALTH & SAFETY EQUIPMENT MANAGEMENT

___ Infrared thermometers
___ Tape or paint for marking safe spaces
___ Hand sanitizer, sanitizing wipes, and face masks

___ EVENT MANAGEMENT

___ Decide who will be allowed to attend
   Tier 1: Athletes, coaches, officials, event staff, medical staff, security.
   Tier 2: Media. Tier 3: Spectators, vendors.

___ Review transportation options

PHASE 2 GUIDANCE

___ PRE-WORKOUT SCREENING

____ Record athlete and coach attendance.
____ Screen athletes and coaches for symptoms.
____ Record and store screening clearances and symptoms.
____ Send anyone with a positive symptom home.
____ Urge symptomatic persons to seek medical advice.
____ Report all symptoms and illnesses.
____ Prohibit vulnerable persons from participation and oversight.

___ LIMITATIONS ON GATHERINGS

____ Limit groups to 10 or less indoors, 50 or less outdoors.
____ Keep groups consistent.
____ Do not use locker rooms.

___ FACILITIES CLEANING

____ Schedule and implement regular cleaning plans.

___ PHYSICAL ACTIVITY AND ATHLETIC EQUIPMENT

____ Do not share athletic towels, clothing, or shoes.
____ Clean all equipment and balls throughout sessions.
____ Place spotters at ends of weight bars.

___ HYDRATION

____ Require athletes bring fluid from home.
____ Do not use hydration stations.

Always practice social distancing and good hygiene.

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SPORT RISK LEVELS

**LOW OK**
Sports that allow for social distancing or individual participation AND allow for equipment to be cleaned between uses.
- XC running
- Throwing events
- Alpine Skiing
- Sideline Cheer
- Individual running, swimming, or sculling events
- Golf
- Soccer
- Water polo
- 7 on 7 football
- Gymnastics

**MODERATE MODIFY**
Sports involving close, sustained contact, but with protective equipment in place that may reduce the likelihood of respiratory particle transmission OR intermittent close contact OR group sports OR sports that use equipment that can’t be cleaned between uses.
- Basketball
- Volleyball
- Baseball
- Soccer
- Tennis
- Swimming relays
- Field Hockey
- Pole Vault
- Girls Lacrosse
- Crew w/ 2+ rowers in shell
- Gymnastics (if equipment can be sufficiently cleaned between competitors)
- Softball
- Jump events
- Ice Hockey

**HIGH MODIFY**
Sports involving close, sustained contact, lack of significant protective barriers, and high probability of respiratory particles being transferred.
- Wrestling
- Football
- Boys Lacrosse
- Competitive Cheer
- Dance

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__ EVENT MANAGEMENT
__ Decide who will be allowed to attend
   Tier 1: Athletes, coaches, officials, event staff, medical staff, security.
   Tier 2: Media. Tier 3: Spectators, vendors.
__ Review transportation options

PHASE 3 GUIDANCE

__ PRE-WORKOUT SCREENING
__ Record athlete and coach attendance.
__ Screen athletes and coaches for symptoms in high risk sports.
__ Record and store screening clearances and symptoms.
__ Send anyone with a positive symptom home.
__ Urge symptomatic persons to seek medical advice.
__ Report all symptoms and illnesses.
__ Allow vulnerable persons to participate and oversee.

__ LIMITATIONS ON GATHERINGS
__ Limit groups to 50 or less indoors or outdoors.
__ Keep groups consistent.

__ FACILITIES CLEANING
__ Schedule and implement regular cleaning plans.

__ PHYSICAL ACTIVITY AND ATHLETIC EQUIPMENT
__ Do not share athletic towels, clothing, or shoes.
__ Clean all equipment and balls throughout sessions.
__ Place spotters at ends of weight bars.

__ HYDRATION
__ Require athletes bring fluid from home.
__ Do not use hydration stations.

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PHASE 3 GUIDANCE

SPORT RISK LEVELS

LOW OK
Sports that allow for social distancing or individual participation AND allow for equipment to be cleaned between uses.
- XC running
- Throwing events
- Alpine Skiing
- Sideline Cheer
- Individual running, swimming, or sculling events
- Golf
- Soccer
- Water polo
- 7 on 7 football
- Gymnastics

MODERATE OK
Sports involving close, sustained contact, but with protective equipment in place that may reduce the likelihood of respiratory particle transmission OR intermittent close contact OR group sports OR sports that use equipment that can’t be cleaned between uses.
- Basketball
- Volleyball
- Tennis
- Swimming relays
- Field Hockey
- Gymnastics (if equipment can be sufficiently cleaned between competitors)
- Baseball
- Pole Vault
- Girls Lacrosse
- Crew w/ 2+ rowers in shell
- Softball
- Jump events
- Ice Hockey

HIGH MODIFY
Sports involving close, sustained contact, lack of significant protective barriers, and high probability of respiratory particles being transferred.
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- Football
- Boys Lacrosse
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