



Lexington Athletic Department

Re-Opening Guidelines

August 1, 2020



Updated Phase 2 Guidelines - Beginning August 1, 2020

First and foremost, as we move forward and begin to allow sports/activities to transition into Phase 2 activities beginning August 1, 2020, it is critical to keep in mind that COVID 19 is a life-threatening virus, in which there is no current vaccine or guaranteed treatment. Safety must be our first priority and on the forefront of our minds at all times. We ask parents and students together to assess the risks involved in any extracurricular activity that they choose to participate in, and make a decision they feel comfortable with, especially as it pertains to COVID 19. These guidelines follow those put forth by Governor Mike DeWine's Responsible Restart Ohio and input from the Richland County Health Department, as well as guidance from both the National Federation of State High School Associations and the Ohio High School Athletic Association.

General Guidelines to be enforced during Phase 2:

- No one other than current students and staff are permitted to be involved in the training.
- All individuals must maintain 6 foot social distancing at all times other than when they are actively engaged in a sport/activity specific drill.
- Face coverings are required for coaches:
 - during the pre-workout screenings
 - while in any indoor location
- Face coverings are required for all athletes:
 - during the pre-workout screenings
 - while in any indoor location in which they are not actively engaged in exercise
- Face coverings are recommended for coaches and players while outdoors as they arrive, depart, and are not actively engaged in a workout/drill.
- No congregating in one area before, during, or after a workout.
- Facilities will all have an entrance and exit point that limit areas of congestion.
- Coaches must use the Athlete/Coach Monitoring Form to track attendance and track symptoms of athletes..
- Face coverings are required of athletic trainers when attending to an injured player, preferably a medical grade mask.
- Equipment and items related to the activity must be sanitized before, during, and after all workouts.



Lexington Athletic Department Re-Opening Guidelines August 1, 2020



- Facilities and workout stations will be sanitized before and after each workout session.
- Athletes must travel alone or with a family member to and from practice. There should be no sharing of rides with other teammates unless it is a necessity, at which point they must wear a facial covering.
- Athletes and Coaches will disinfect hands before touching any surfaces, or working out.
- Ensure that proper clothing is being worn during all workouts. Come to the workout in the clothes you will be practicing in.
- Locker room access will only be permissible in predetermined cases, monitored by coaches at all times, with each locker room limited in number to assure strict social distancing. No showering in locker rooms after practice/conditioning sessions. No loitering in the locker rooms. Locker rooms are for getting ones needed items, and then moving to their assigned location.
- Limit restroom use to emergencies only and one at a time. Restrooms designated as “open” will be cleaned daily by staff.
- No use of drinking fountains, or sharing of water bottles, water stations, towels or other items. Athletes must bring their own water and water bottles.
- Hand sanitizer will be readily available.
- If any of these guidelines are not followed, that athlete and/or athletic program will be removed from future training opportunities.
- The Lexington Local Schools will follow the Phase 2 Guidelines listed below until a Phase 3 approach is recommended by the governor's office and the OHSAA, and approved by the district.

PHASE 2 Guidelines

(Dependent on Health Department Guidelines and Recommendations)

Pre-Workout/Contact Screening:

- All coaches and students will be screened for signs/symptoms of COVID-19 prior to a workout, which will also include a temperature check. Record the data on the Athlete/Coach Monitoring Form.
- Responses to screening questions will be recorded and stored for contact tracing in the event that a COVID-19 infection occurs.
- Any person with positive responses on the screening will not be allowed to take part in workouts and should contact their medical provider.



Lexington Athletic Department Re-Opening Guidelines August 1, 2020



- If an athlete/coach would be diagnosed with COVID-19, they must follow the quarantine requirements set forth by the Richland County Health Department.
- Students that meet the guidelines of a “direct contact” with a person diagnosed with COVID-19 as defined by the Richland County Health Department must follow the quarantine requirements set forth by the Richland County Health Department.

Limitations on Gatherings:

- Gatherings will not consist of more than 35 people at a time inside the gymnasiums/field house floor, and no more than 22 people at a time within the weightroom.
- Locker room access will only be permissible in predetermined cases, monitored by coaches at all times, with each locker room limited in number to assure strict social distancing. No showering in locker rooms after practice/conditioning sessions. No loitering in the locker rooms. Locker rooms are for getting ones needed items, and then moving to their assigned location.
- There will be a minimum distance of 6 feet between each individual at all times.

Facilities Cleaning:

- Adequate cleaning schedules will be created and implemented for all athletic facilities.
- Prior to an individual or group entering a facility, all hard surfaces within that facility will be sanitized. Hard surface examples include but are not limited to chairs, furniture, weight room equipment, bathrooms, and training tables.
- Individuals will disinfect their hands before touching any surfaces or participating in workouts.
- Hand sanitizer will be plentiful and available to individuals.
- Weight equipment will be sanitized thoroughly before and after each individual uses the equipment.
- Shirts and shoes will be worn at all times.
- Any equipment such as weight benches and athletic pads having holes with exposed foam will be covered.
- Students will be encouraged to shower and wash their workout clothing immediately upon returning home.



Lexington Athletic Department

Re-Opening Guidelines

August 1, 2020



Physical Activity and Athletic Equipment:

- Open gyms/open fields/workouts/training/practices for non/low/contact sports and contact sports have resumed.
- The sharing of soccer balls, footballs, volleyballs, basketballs, baseballs, softballs and other training balls are allowed provided that they are cleaned before, regularly between drills, and after each training session.
- All athletic equipment, including balls, will be cleaned intermittently during practices and between practices/sessions.
- There are no summer tournaments, or team camps involving different schools or communities for contact sports during Phase 2.
- There will be no shared athletic equipment (towels, clothing, shoes, etc. between students.)
- Physical contact is only permitted within the rules of the game during competitive practice. Players and coaches are not to physically contact each other before, or after competitive practice (i.e. greetings, team huddles, high fives, congregation, etc)
- Limit time spent on activities where players are in close proximity for extended periods of time (e.g. repeatedly practicing corner kicks in soccer or rebounding drills in basketball).
- Ensure that facilities have adequate space for social distancing for players, coaches, athletic trainers, and parents/guardians off the field/court of play.
- Hand sanitizer will be readily available.
- Maximum lifts will be limited and power cages should be used for squats and bench presses. Spotters will stand at each end of the bar and wear a face covering.

Hydration:

- All students will bring their own water bottle, and water bottles will not be shared.
- Hydration stations (water fountains, water troughs, etc.) will not be used.



**Lexington Athletic Department
Re-Opening Guidelines
August 1, 2020**



**WAIVER OF LIABILITY, ACKNOWLEDGMENT AND
ASSUMPTION OF RISK AGREEMENT FOR USE OF
LEXINGTON LOCAL SCHOOL DISTRICT BOARD OF EDUCATION
SCHOOL FACILITIES AND EQUIPMENT DURING SUMMER BREAK**

Participant Name: _____ (Please Print)

On March 11, 2020, COVID-19, a highly contagious disease that is spread through person-to-person contact was declared a worldwide pandemic by the World Health Organization and on March 13, 2020, U.S. President Donald Trump declared the COVID-19 outbreak a national emergency. On March 12, 2020, the Director of the Ohio Department of Health (“ODH”) ordered K-12 schools to close. On March 17, 2020, the Director of ODH ordered all entertainment, recreation, and gymnasiums to close until the March 17, 2020 Order is rescinded or modified. On April 29, 2020, the Director of ODH ordered that all K-12 schools remain closed through June 30, 2020 due to COVID-19. On May 22, 2020 the Ohio Department of Health rescinded the March 17, 2020 order prohibiting recreational facilities and gymnasiums from opening. Additionally, schools and educational service centers are permitted to allow students to use the school facilities to participate in school activities.

Given the widespread outbreak and the possibility of COVID-19 being contracted, federal, state, and local governments, and federal and state health agencies, recommend social distancing and have, in many locations, prohibited or limited the congregation of groups of people. As a result, the Lexington Local School District Board of Education (“Board”) has put in place preventative measures to reduce the spread of COVID-19. Even with these measures, the Board cannot guarantee that its coaches, students or other individuals, participating in recreational or organized athletic or training and conditioning activities (“Participants”) at Board athletic facilities, stadiums, weight room, gymnasiums, or similar venues (“Facilities”) and using Board equipment (“Equipment”) will not become infected with COVID-19.

By signing this agreement, the Participant agrees that:

1. Use of Board Facilities and Equipment during extra curricular activities is voluntary;
2. While at Board Facilities and using Board Equipment, all safety and social distancing protocols as described in the Board’s Social-Distancing Procedures (see attachment) must be followed;
3. The Participant will not use the Facilities or Equipment if his/her temperature is above 100.4 degrees Fahrenheit on any day that the Participant is to participate in any activity, or if the Participant has been exposed to any person who has tested positive for COVID-19 in the past fourteen (14) days;
4. COVID-19 is contagious, and the Participant understands it is the sole responsibility of the Participant and his/her parent/guardian as applicable, to evaluate carefully all risks inherent in using the Board’s Facilities and Equipment. The Participant and his/her parent/guardian as



**Lexington Athletic Department
Re-Opening Guidelines
August 1, 2020**



applicable voluntarily assumes full responsibility for the risk that the Participant may be exposed to or infected by COVID-19 by using the Board’s Facilities and Equipment, and that such exposure or infection may result in personal injury, illness, permanent disability, death or other damages or expenses;

5. The risk of becoming exposed to or infected by COVID-19 at Board Facilities may result from the actions, omissions, or negligence of the Participant or others, including, but not limited to, Board students, staff, volunteers, and guests;
6. The Participant assumes all of the foregoing risks and accepts sole responsibility for any injury to the Participant including, but not limited to, personal injury, disability, death, illness, damage, loss, claim, liability, or expense, of any kind, that the Participant or their parent/guardian may experience or incur in connection with Participant’s use of Board Facilities or Equipment (“Claims”);
7. The Participant releases and agrees to hold harmless and indemnify the Board, its members, employees, and agents, from any and all liability, arising from negligence or otherwise, and any damages as a result of the Participant’s use of the Board’s Facilities or Equipment, including but not limited to property damage and any mental or physical bodily injury, including death; and
8. This release includes any Claims based on the actions, omissions, or negligence of the Board, its members, employees, agents, and representatives, whether a COVID-19 infection occurs before, during, or after use of the Board’s Facilities or Equipment.
9. The foregoing WAIVER OF LIABILITY, ACKNOWLEDGMENT, AND ASSUMPTION OF RISK AGREEMENT is intended to be as broad and inclusive as is permitted by the laws of the State of Ohio and that if any portion thereof is held invalid, it is agreed that the remaining provisions of this Agreement shall, notwithstanding, continue in full legal force and effect.

I, the undersigned, have read the above carefully, understand its significance, and voluntarily agree to all of its terms. If a student is under 18 years of age, this Agreement must be signed by the student’s parent or guardian. For divorced/separated parents, the parent/guardian signing below attests that he/she has legal authority to provide consent for the student to attend Board activities and use its Facilities and Equipment and to execute this Waiver of Liability, Acknowledgment, and Assumption of Risk Agreement.

Printed Name of Participant

Signature of Participant

Date

If student is a minor, either a parent or guardian must sign below, if they agree with the terms of this Agreement.

Printed Name of Parent/Guardian

Signature of Parent/Guardian



**Lexington Athletic Department
Re-Opening Guidelines
August 1, 2020**



Date _____



Ohio High School Athletic Association



COVID-19 Athlete/Coach Monitoring Form

DATE: _____ PERSON RESPONSIBLE: _____ FACILITY: _____

NAME	TIME	CIRCLE YES/NO BELOW										TEMP- IF > 100.4
		FEVER		COUGH		SORE THROAT		SHORTNESS OF BREATH		CONTACT W COVID-19		
Coach:		YES	NO	YES	NO	YES	NO	YES	NO	YES	NO	
1.		YES	NO	YES	NO	YES	NO	YES	NO	YES	NO	
2.		YES	NO	YES	NO	YES	NO	YES	NO	YES	NO	
3.		YES	NO	YES	NO	YES	NO	YES	NO	YES	NO	
4.		YES	NO	YES	NO	YES	NO	YES	NO	YES	NO	
5.		YES	NO	YES	NO	YES	NO	YES	NO	YES	NO	
6.		YES	NO	YES	NO	YES	NO	YES	NO	YES	NO	
7.		YES	NO	YES	NO	YES	NO	YES	NO	YES	NO	
8.		YES	NO	YES	NO	YES	NO	YES	NO	YES	NO	
9.		YES	NO	YES	NO	YES	NO	YES	NO	YES	NO	

Lexington Local Schools

Coaches' Acknowledgement of Understanding and Responsibility



**Lexington Athletic Department
Re-Opening Guidelines
August 1, 2020**



Once you have reviewed the guidelines please initial and sign and date the form.

_____ I acknowledge that I have read and viewed all content and understand my coaching responsibilities in regards to the content.

Printed Name _____

Signed Name _____

Date _____

Sport _____