

Liberty CUSD #2 Return To Play Phase 1 Action Plan

****All coaches and athletes at Liberty CUSD #2 must adhere to follow in accordance with IHSA and IDPH:**

-A Google sheet has been created and shared with each coach that is broken up by date, time, and facility in 1-hour increments. Each coach will be responsible for signing up for times. The time of use will be from 8 am to 6 pm Monday through Saturday.

-At this time facilities will be only allowed to HS and JH teams. No non-school teams at this time.

-Groups of 10, which will include all coaches present, will only be allowed to use each facility at a time.

-Coaches are responsible for taking their own temperatures and the temperatures of their athletes prior to participation in any allowable activities. Coaches will have all athletes check in at the main entrance (by the board office on the south side of the school) and use the thermometer there to check temperatures first. Any temperatures at or greater than 100.4 degrees F (recommendations per CDC) need to be sent home and recommended they check in with their healthcare provider. (We are working on providing each team with a thermometer).

-Coaches must maintain a daily record of what athletes are participating and on what days. If any athletes have a temperature or symptom this must also be recorded.

-All coaches and athletes must remain 6 ft apart per social distancing guidelines. If this is not possible at anytime, masks must be worn.

-All groups must be pre-determined by the coaches, groups must stay the same at all times, students may not be switched.

-During phase 1 only weight lifting, running, and exercises promoting physical fitness are allowed. No sport specific activities at this time, as

well as no sport specific equipment. Free weight exercises that require a spotter are not allowed at this time.

-Frequently touched objects and surfaces need to be sufficiently disinfected after use. Wipes will be provided at each facility.

-Athletes must bring their own water bottles and personal equipment. Locker rooms are prohibited at this time.

-If any student or coach has any symptom of COVID-19, they should not come.

-Congregation of students should not occur before or after practices.

-Frequent hand washing or hand sanitizing should occur.