

CYO RETURN TO PLAY PROTOCOL – CROSS COUNTRY – 2020

ALL PRE-SEASON SPORTS ACTIVITIES ARE VOLUNTARY!!

These policies were created by the CYO Office through consultation with Archdiocesan Leadership, and in alignment with IHSAA policies for this fall. Athletic Directors should make sure all coaches are trained properly in this protocol!

GENERAL SAFETY GUIDELINES –

- All athletes should have masks on upon arrival, departure, and any time where the team is meeting or talking but not working out
- No masks for the athletes during the workout
- Coaches are encouraged to wear a face covering, unless under rigorous activity or poses a health risk
- Athletes should report to activity in proper gear and return home immediately to shower at the conclusion
- Gathering sizes should be monitored as much as possible to reduce risk. Practice social distancing as much as possible. Running groups should be no more than 10 and those groups should stay the same every day
- No sharing of clothing, shoes, towels, or water bottles
- Hand sanitizer should be available at all times
- Shared hydration stations (water trough, water fountains, water hose, etc.) should not be used except for filling of individual, labeled water bottles. EVERY coach and player should bring their own water bottle!
- Pre-practice screening is important! Parents should pre-screen at home, and should keep their child home if showing any symptoms

COACH'S RESPONSIBILITIES –

- Maintain social distancing between athletes as much as possible
- Clean/sanitize any equipment used daily before and after each practice
- Any coach or athlete with COVID-19 related symptoms are not allowed to take part in workouts or practices and should contact their primary care provider or the local testing site for further instructions. Those showing symptoms should not attend practice
- Coaches must track COVID-19 impacted attendance and report to school officials. Make sure that person does not return to practice until proper return to play protocol is followed
- If a coach becomes aware that either an athlete or coach from their team contracts the COVID-19 virus and tests positive, the head coach must notify Bruce Scifres at the CYO Office, as well as the school Principal, the Athletic Director, and Parish Officials. From this group the local Health Department and Archdiocesan Leadership will be notified.

PHYSICAL FORM GUIDELINES – In following the guidelines of the IHSAA, all CYO athletes who have a valid physical on file with their Athletic Director from the 2019 – 2020 school year are not required to get a new physical for the 2020 – 2021 school year, PROVIDED THAT THEIR PARENT SIGNS THE RELEASE FORM WITH THE ATHLETIC DIRECTOR STATING THERE HAS BEEN NO CHANGE IN THE HEALTH OF THEIR CHILD SINCE THE PREVIOUS YEAR. PLEASE CONTACT YOUR ATHLETIC DIRECTOR FOR MORE INFORMATION ABOUT THIS! Any student who is new to CYO or

who does not have a valid physical on file with the Athletic Director from the 2019 – 2020 school year must have a valid physical filed with the AD before they can begin official practice on August 17th, 2020.

STUDENT HEALTH AND SAFETY PLAN – In the attachment, you will find a copy of the Student Health and Safety Plan, which school Principals will be ensuring every parent gets a copy of, signs, and returns it to the school to be kept on file. It is recommended by the Archdiocese that coaches do the same with those participating in CYO sports this year! Please follow through with this and make sure that all parents of CYO athletes are aware of this and have signed this document, even those athletes who might not attend your school!