PROPOSED
HIGH SCHOOL
RETURN TO PLAY & ACTIVITY
From Covid-19 'Break'

Suggested Guidelines & Information

FLORIDA-BASED INITIATIVE WORKING GROUP

VERSION 5: June 9, 2020

RETURN TO PLAY – INFORMATION DISCLAIMER

- ***THIS DOCUMENT WAS ORIGINALLY SET UP AS A PROPOSED APPROACH FOR HIGH SCHOOL ATHLETES TO 'RETURN TO PLAY' FROM THE COVID-19 BREAK***
- ***THE SUGGESTIONS HAVE BEEN INFLUENCED BY A NUMBER OF RECOMMENDATIONS FROM RESPECTED ORGANIZATIONS SUCH AS THE CDC, NFHS, NSCA & OTHERS.***
- ***LOCAL DISTRICT, CITY, COUNTY AND STATE RECOMMENDATIONS AND POLICIES MAY AFFECT THE MANNER IN WHICH YOU CHOOSE TO IMPLEMENT SOME OF THESE SUGGESTIONS***
- ***WE HOPE THAT YOU FIND THE INFORMATION USEFUL WHEN DESIGNING YOUR OWN RETURN TO PLAY PROGRAM FOR YOUR STUDENT ATHLETES***
- ***PLEASE CONSULT YOUR MEDICAL STAFF, DISTRICT ADMINSTRATORS AND LEGAL DEPARTMENT BEFORE IMPLEMENTING YOUR OWN RETURN TO PLAY PLAN***

WHY 'RETURN TO PLAY' GUIDELINES?
Unprecedented Situation

- ***Our students had experienced 8-12+ Weeks of Inactivity***
  - **Lack of Coaching, Supervision and Organization concerning Student Physical Activity Levels**
    - **Adherence to PE Lessons or Strength and Conditioning Activities**
      - **Estimate 20%-30%**
    - **Varied Individual Activity Levels**
      - **Deconditioning Very Real and Probable Concern**
        - **Increases Injury Potential**
      - **Regular, Consistent Physical Training vs. 'ZERO' Activity**

WHY 'RETURN TO PLAY' GUIDELINES?
Unprecedented Situation

- **Possible Change in Student Health and Injury Status**
- **Nutrition, Sleep and Other Basic Needs May Be Drastically Altered**
- **Possible Changes in Student Mental Health Status**
- **Possible Changes in Student Socioeconomic Conditions**
- **Possible Changes in Family Structure**
- **Students May be Dealing with:**
    - **Family Members Who Have Been Sick**
    - **Family Members Who Have Lost Jobs**
    - **Family Members Or Friends Who May Have Died**
    - **Other Family Structure Upheavals**

WHY 'RETURN TO PLAY' GUIDELINES?
Unprecedented Situation

PROVIDE A SAFE ENVIRONMENT FOR OUR STUDENT ATHLETES TO RETURN TO PLAY

- **SCREENING**
- **EVALUATION**
- **PHYSICAL, MENTAL & EMOTIONAL WELL-BEING**
- **SAFETY**
- **INJURY PREVENTION**

WHY 'RETURN TO PLAY' GUIDELINES?
SAFETY OF THE STUDENT ATHLETE

PRIMARY GOAL :

Keep Our Student Athletes SAFE & HEALTHY By Following a Scientifically and Medically Based Plan To Prepare Them For a RETURN TO PLAY (RTP)

The Guidelines of this RTP Plan are based on the recommendations of : *CDC, NSCA, NFHS, CSSCa, NHSSCA, ACSM, KSI and CREP*.

‘RETURN TO PLAY’ OBJECTIVES

PRIMARY GOAL :

This RTP plan involves a phased, progressive and planned approach to allow our students to safely move through the following spectrum over the Summer/Fall time frame

Guidelines are based on NFHS Recommendations, CDC guidelines and Federal/State guidelines and Florida state statutes

‘RETURN TO PLAY’ OBJECTIVES

The Summer Will Be a Crucial Time Period to Prepare our Athletes.

HOWEVER,

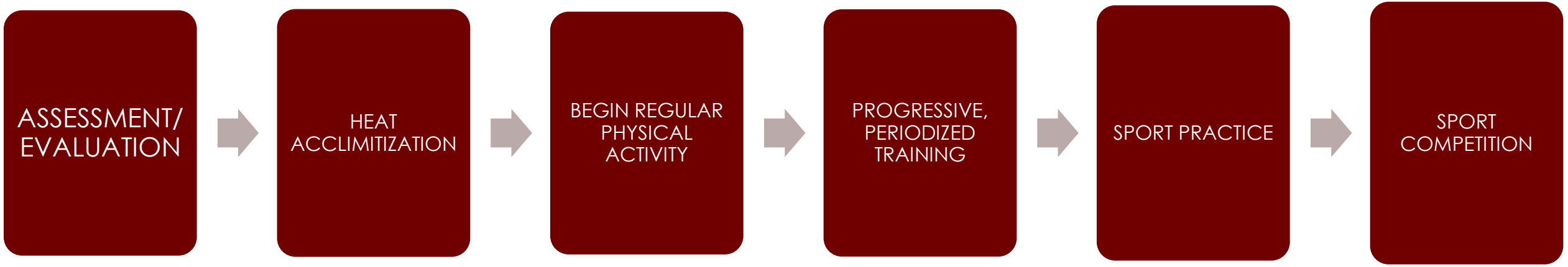
It is important to remember that the Covid-19 Pandemic is a constantly-changing, fluid situation

As such, expect to make adjustments to plans, guidelines and schedules as may be mandated by the School, County, District and/ or State.

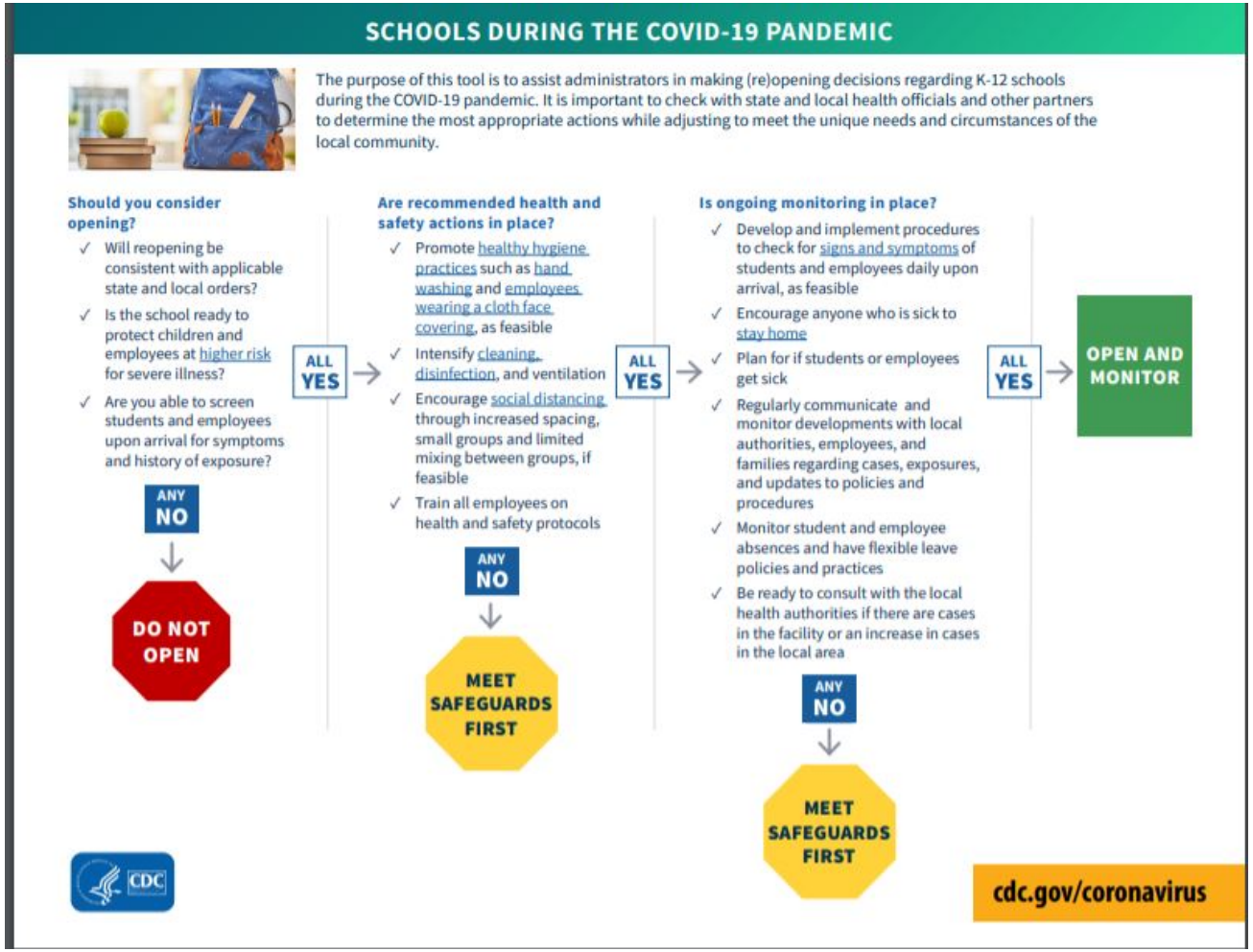
The Team Doctor and/or ATC shall have FINAL say on all daily sessions in terms of participation, duration, intensity and frequency.

Rules/Policies are in place to keep EVERYONE safe, including students, coaches, teachers, support staff, and students’ families. As such, rules and instructions should be followed at all times.

WHY 'RETURN TO PLAY' GUIDELINES? *PROGRESSIVE APPROACH*



‘RETURN TO PLAY’ – SCHOOL SETTING



Coaching & Supervision Responsibilities

- **Mandatory** reporting of signs/symptoms for any student. Such students should be quarantined and sent home with parent or guardian.
  - ***RATHER BE SAFE THAN SORRY***
- Keep expectations realistic. Assume all athletes are in a deconditioned state.
- Stay on schedule. Time is of essence for rotations to work.
- ENSURE that social distancing is maintained at all times. 8-10 feet between individuals at all times.
- ENSURE and ENFORCE the pre-determined and marked TRAVEL ROUTES that are set up for Athlete and Coach travel between areas.
- Do not allow Students to 'hang around' after session ends. They must have transportation waiting for them at end of session and should NOT loiter in the school area.
- While waiting for transportation, ENSURE student athletes maintain Social Distancing.
- Wear a Mask at all times around students.
- Wear gloves when applicable.
- CERTIFICATIONS Must Be Up to Date – First Aid, CPR, Concussion, Heat Acclimatization, Sudden Cardiac Death

DAILY EXPECTATIONS FOR STUDENT ATHLETES

- If you feel sick, feverish, or short of breath before workouts, do NOT come to School. Notify coaches and healthcare provider immediately.
- If you become ill or feel 'sick' while in our care, remove yourself from activity and notify coach.
- Wash and sanitize hands before and after each transition from training setting to the next.
- Do not touch your face.
- **NO** physical contact with teammates or coaches. Maintain a 8-10 foot DISTANCE BUFFER at all times.
- Remain in your ASSIGNED EXERCISE STATION for the entire training session at that Setting.
- If you have to go to the restroom, alert the coach or ATC and they will provide you with instructions and direction.
- Athletes must follow travel PRE DETERMINED ROUTES from setting to setting to avoid crossing paths with other groups. This includes trips to the restroom or Trainer.

DAILY EXPECTATIONS FOR STUDENT ATHLETES

AT RISK STUDENT POPULATIONS-

(NFHS RECOMMENDS NOT ALLOWING PARTICIPATION UNTIL A LATER PHASE)

AT RISK STAFF POPULATIONS- Recommend that you consult your District Policy/County Policy/ School Policy

ASTHMA

LUNG DISEASE

HEART DISEASE

ALLERGIES

BLOOD PRESSURE

DIABETES

IMMUNO –COMPROMISED

EXPOSURE TO COVID-19

POSITIVE TEST FOR COVID-19

CURRENTLY SICK

DAILY EXPECTATIONS & RESPONSIBILITIES OF PARENTS

- Parents should make sure that their child has an UP-TO-DATE physical
- Please communicate any recent physical, mental or emotional changes with your child since school shifted to eLearning in mid-March.
- If your child feels sick, feverish, or short of breath before workouts, do NOT allow them to come. Notify coaches and healthcare provider immediately.
- Please make sure your child is here on time and picked up immediately at the end of their session. Time is of essence.
- Please do not congregate with other parents on school premises while you child is involved in activity. Your safety is just as important to us as your child's.
- If you notice any changes in your child's health or well being while in your care, please let us know immediately.

DAILY EXPECTATIONS FOR COACHES

- If YOU feel sick, feverish, or short of breath before workouts, do NOT come to School. Notify other coaches and healthcare provider immediately.
- If someone in your immediate household is sick, feverish or short of breath, do NOT come to school. Contact the ATC for guidance on the length of time needed to stay off campus after you are asymptomatic.
- Please make sure you are here thirty minutes ahead of the first scheduled athlete group to assist with set-up, disinfection of equipment, planning and screening.
- All coaches will be screened at the beginning and end of the day.
- Please do not congregate with other coaches, parents, students or staff. Adhere to CDC social distancing at all times. If you must violate the required distance for an emergency situation, you MUST wear a mask. Gloves should be used if you need to have physical contact of any manner. Your safety is just as important to us as our students.
- If you notice any changes in your health or well being, please let us know immediately.
- Be Aware of Heat Acclimatization Issues for yourselves as well as our student athletes.

DAILY EXPECTATIONS FOR COACHES

AT RISK STAFF POPULATIONS-

-NFHS Recommends Participation Does Not Take Place Until a Later Phase

-Consult Your Own District Policy/County Policy/ School Policy

ASTHMA

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POSITIVE TEST FOR COVID-19

CURRENTLY SICK

BASIC FACTS OUR STUDENTS AND PARENTS NEED TO BE AWARE OF WITH COVID-19

ADDRESSING PARENT CONCERNS

- Begin with sending a letter home to inform parents/guardians
- Recorded Zoom, Schoology or Teams Teleconference call or Microsoft Teams
- Open Q and A session with AD, ATC, SCHOOL NURSE, TEAM DOCTOR, CSCS, & HEAD COACHES – online

- ***How will we address various opinions?***
- Using a research-based approach
- Video message from Florida RTP Sports Science Group
- Use CDC guidelines, position statements/consensus statements, systematic reviews
  - NFHS, NSCA, NHSSCA, CREP, CSSCa, ACSM, Aspen Project, KSI, Florida RTP Sports Science Group
  - Possibly Disseminate via FHSAA

BASIC FACTS OUR STUDENTS AND PARENTS NEED TO BE AWARE OF WITH COVID-19

EDUCATING STUDENTS ABOUT PROCEDURES & REASONS FOR THEM

- Teleconference (TEAMS,ZOOM, SCHOOLOGY) with Parents and Students
  - before starting program – live and recorded
- TEAMBUILDR Communication with Students
- CONNECT ED CALL & EMAIL to Parents to Share with Students
- DAY 1 –Small Group Education
  - AD, ATC, CSCS, HEAD COACH all in attendance for each group
    - This may be only thing done on day 1 along with Screening and FHSAA courses
    - Handout – electronic to mobile device to limit passing materials back and forth

BASIC FACTS OUR STUDENTS AND PARENTS NEED TO BE AWARE OF WITH COVID-19

FROM THE CDC :

Know How It Spreads

- There is currently no vaccine to prevent coronavirus disease 2019 (COVID-19).
- **The best way to prevent illness is to avoid being exposed to this virus.**
- The virus is thought to spread mainly from person-to-person.
  - Between people who are in close contact with one another (within about 6-8 feet).
  - Through respiratory droplets produced when an infected person coughs, sneezes or talks.
  - These droplets can land in the mouths or noses of people who are nearby or possibly be inhaled into the lungs.
  - Some recent studies have suggested that COVID-19 may be spread by people who are not showing symptoms.

BASIC FACTS OUR STUDENTS AND PARENTS NEED TO BE AWARE OF WITH COVID-19

FROM THE CDC

- **Everyone** Should:
  - Wash your hands often
    - Wash your hands often with soap and water for at least 20 seconds especially after you have been in a public place, or after blowing your nose, coughing, or sneezing.
    - If soap and water are not readily available, **use a hand sanitizer that contains at least 60% alcohol**. Cover all surfaces of your hands and rub them together until they feel dry.

Avoid touching your eyes, nose, and mouth with unwashed hands

BASIC FACTS OUR STUDENTS AND PARENTS NEED TO BE AWARE OF WITH COVID-19

HAND WASHING

- ***SOURCE : CDC***

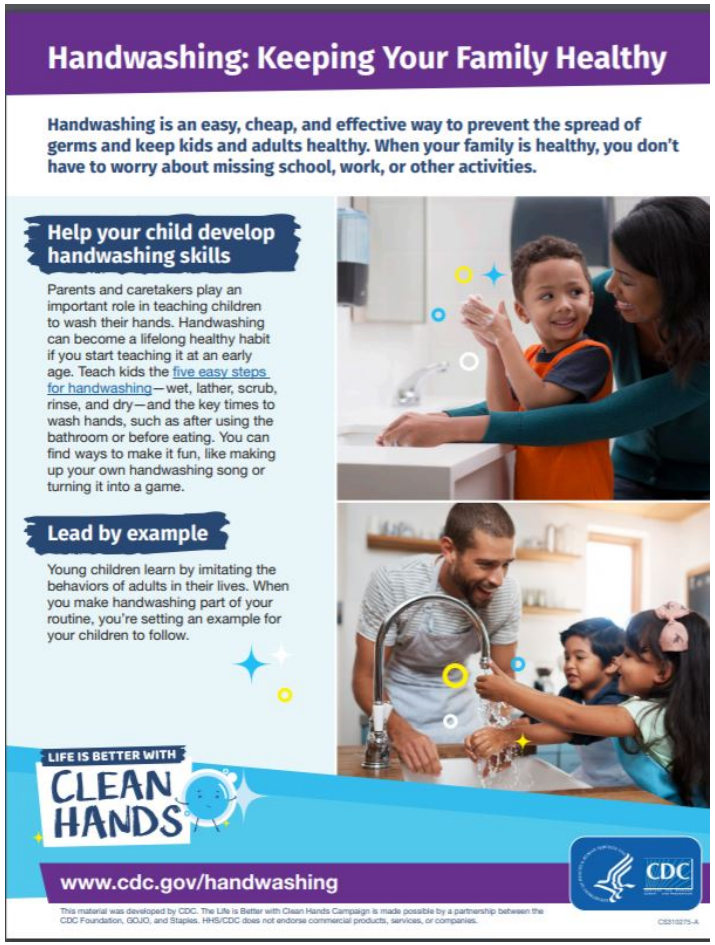
- **Follow Five Steps to Wash Your Hands the Right Way**
- Washing your hands is easy, and it's one of the most effective ways to prevent the spread of germs. Clean hands can stop germs from spreading from one person to another and throughout an entire community—from your home and workplace to childcare facilities and hospitals.

- **Follow these five steps every time**.

- **Wet** your hands with clean, running water (warm or cold), turn off the tap, and apply soap.
- **Lather** your hands by rubbing them together with the soap. Lather the backs of your hands, between your fingers, and under your nails.
- **Scrub** your hands for at least 20 seconds. Need a timer? Hum the "Happy Birthday" song from beginning to end twice.
- **Rinse** your hands well under clean, running water.
- **Dry** your hands using a clean towel or air dry them.

BASIC FACTS OUR STUDENTS AND PARENTS NEED TO BE AWARE OF WITH COVID-19 HAND WASHING

SOURCE : CDC



BASIC FACTS OUR STUDENTS AND PARENTS NEED TO BE AWARE OF WITH COVID-19 HAND WASHING

SOURCE : CDC

BASIC FACTS OUR STUDENTS AND PARENTS NEED TO BE AWARE OF WITH COVID-19

FROM THE CDC

- ***Everyone Should:***
  - **AVOID CLOSE CONTACT**
    - **Avoid close contact with people who are sick, even inside your home.**
      - If possible, maintain 6 feet between the person who is sick and other household members.

Put distance between yourself and other people outside of your home.

- Remember that some people without symptoms may be able to spread virus.
- Stay at least 6 feet (about 2 arms' length) from other people.
- Do not gather in groups.
- Stay out of crowded places and avoid mass gatherings.
- Keeping distance from others is especially important for people who are at higher risk of getting very sick.

BASIC FACTS OUR STUDENTS AND PARENTS NEED TO BE AWARE OF WITH COVID-19

FROM THE CDC

- ***Everyone Should***:
- Cover your mouth and nose with a cloth face cover when around others
- You could spread COVID-19 to others even if you do not feel sick.
- Everyone should wear a cloth face cover when they have to go out in public, for example to the grocery store or to pick up other necessities.
  - Cloth face coverings should not be placed on young children under age 2, anyone who has trouble breathing, or is unconscious, incapacitated or otherwise unable to remove the mask without assistance.
- The cloth face cover is meant to protect other people in case you are infected.
- Do NOT use a facemask meant for a healthcare worker.
- Continue to keep about 6 feet between yourself and others. The cloth face cover is not a substitute for social distancing.

BASIC FACTS OUR STUDENTS AND PARENTS NEED TO BE AWARE OF WITH COVID-19

FROM THE CDC

Everyone should:

- Cover coughs and sneezes
- **If you are in a private setting and do not have on your cloth face covering, remember to always cover your mouth and nose** with a tissue when you cough or sneeze or use the inside of your elbow.
- **Throw used tissues** in the trash.
- Immediately **wash your hands** with soap and water for at least 20 seconds. If soap and water are not readily available, clean your hands with a hand sanitizer that contains at least 60% alcohol.

BASIC FACTS OUR STUDENTS AND PARENTS NEED TO BE AWARE OF WITH COVID-19

FROM THE CDC

Everyone should:

- Clean and disinfect
- **Clean AND disinfect frequently touched surfaces daily**. This includes tables, doorknobs, light switches, countertops, handles, desks, phones, keyboards, toilets, faucets, and sinks.
- **If surfaces are dirty, clean them.** Use detergent or soap and water prior to disinfection.
- **Then, use a household disinfectant.** Most common EPA-registered household disinfectantsexternal icon will work.

BASIC FACTS OUR COACHES NEED TO BE AWARE OF WITH COVID-19

EDUCATIONAL COMPONENT PRIOR TO INITIATION OF RTP.

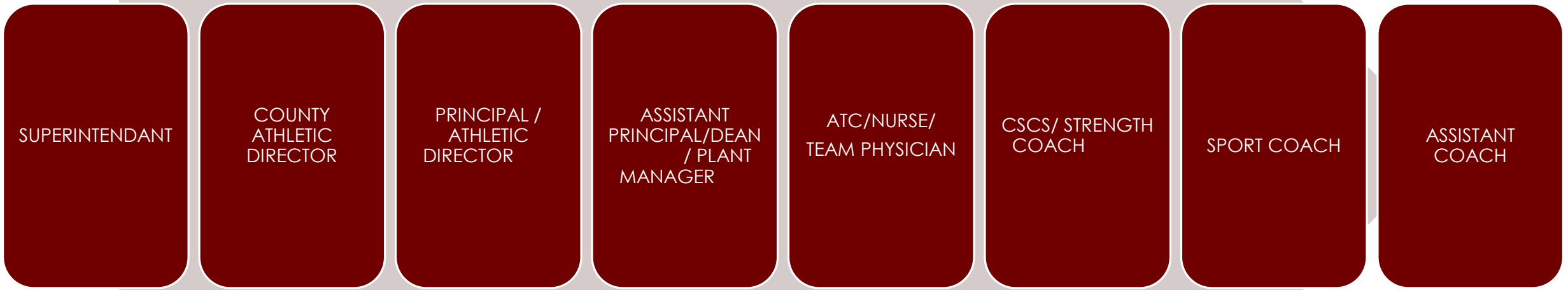
MISCROSOFT TEAMS MEETING AND TRAINING AS WELL AS IN PERSON IN SMALL GROUPS OF 6-10

COVER THE FOLLOWING INFORMATION:

PROCEDURES	**EXPECTATIONS**	**SAFETY RULES**
PROPER USE OF PPE	**SCREENING PROCEDURES**	**SANITIZATION AND CLEANING**
RISKS INVOLVED	**FIRST AID PROTOCOLS**	**PROCEDURES AND RESPONSIBILITIES**
CHAIN OF COMMAND		

IDENTIFICATION OF 'VULNERABLE POPULATIONS' AMONG STAFF ***- possible reassignment of duties***

DISTRICT CHAIN OF COMMAND



INDIVIDUAL SCHOOL CHAIN OF COMMAND

FACILITY PREPARATION AND SANITIZING

FROM THE NFHS

Facilities Cleaning:

- Adequate cleaning schedules should be created and implemented for all athletic facilities to mitigate any communicable diseases.
- Prior to an individual or groups of individuals entering a facility, hard surfaces within that facility should be wiped down and sanitized (chairs, furniture in meeting rooms, locker rooms, weight room equipment, bathrooms, athletic training room tables, etc.).
- Individuals should wash their hands for a minimum of 20 seconds with warm water and soap before touching any surfaces or participating in workouts.
- Hand sanitizer should be plentiful and available to individuals as they transfer from place to place.
- Weight equipment should be wiped down thoroughly before and after an individual's use of equipment.
- Appropriate clothing/shoes should be worn at all times in the weight room to minimize sweat from transmitting onto equipment/surfaces.
- Any equipment such as weight benches, athletic pads, etc. having holes with exposed foam should be covered.
- Students must be encouraged to shower and wash their workout clothing immediately upon returning to home.

FACILITY PREPARATION AND SANITIZING - RESPONSIBILITIES

For the ATC

- Sanitize countertops daily
- Sanitize coolers, bottles, caps, crates, trays
- Sanitize treatment tables, pillows, wedges, Game Ready sleeves, Normatec sleeves, rehabilitation equipment after each athlete
- Sanitize common areas daily – door handles, fridge handles, cabinets, ice machine door, ice scoops, hydrocollator handle, kit handles, water boy nozzles/handles, rolling carts
- Wash moist heat pack sleeves after each use
- Sign off on each sanitation chart each day, week, month
- Wash hands or use hand sanitizer before interacting with each athlete
- → Include guidelines from KSI

FACILITY PREPARATION AND SANITIZING - RESPONSIBILITIES

Daily, Weekly & Monthly Sanitization Checklists

See APPENDIX 3

FACILITY PREPARATION AND SANITIZING - RESPONSIBILITIES

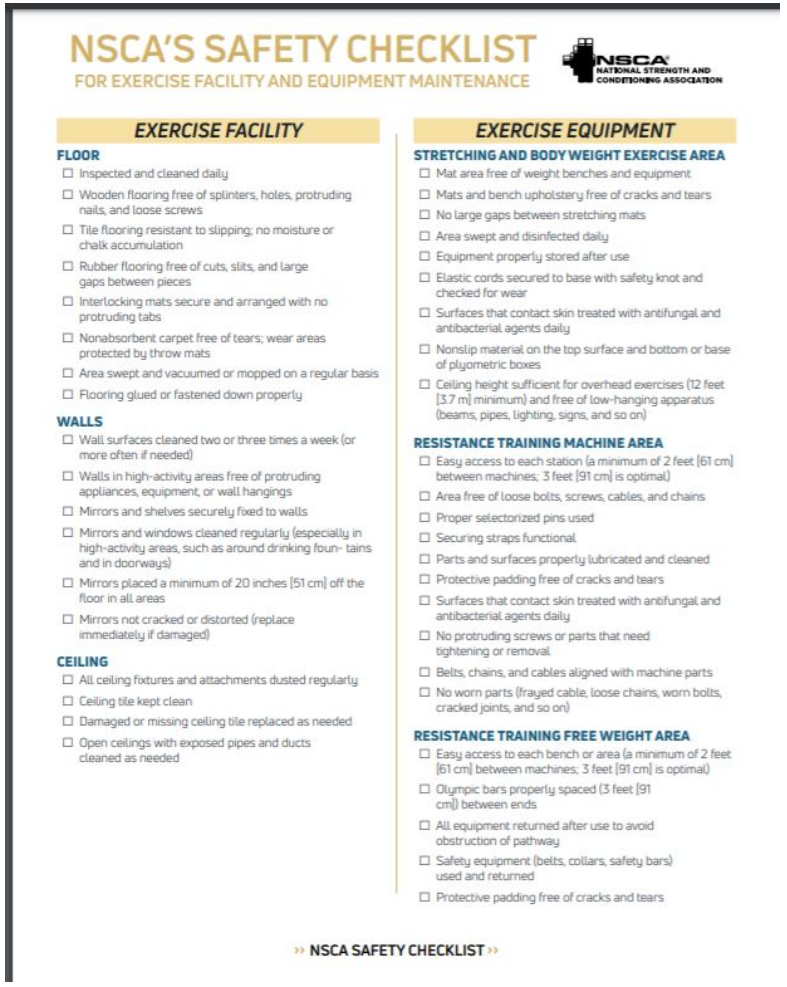
- **For the Strength and Conditioning Coach**
  - Sanitize benches, barbells, a bumpers after each athlete
  - Sanitize weights daily
  - Cover any holes or tears on benches or pads
  - Platforms and Weights
  - Medicine Balls
  - Cables
  - Glute Ham Apparatus
  - Barbells
  - Dumbbells
  - Ropes
  - Cones
  - Bands

Safety measures in all forms must be strictly enforced in the weight room.

FACILITY PREPARATION AND SANITIZING
Responsibilities of Strength & Conditioning Coach

https://www.nsca.com/contentassets/2a0a87ccabbe4a149dd915168b20d603/nsca-safety-checklist.pdf

EXAMPLE



NSCA'S SAFETY CHECKLIST

FOR EXERCISE FACILITY AND EQUIPMENT MAINTENANCE

NSCA NATIONAL STRENGTH AND CONDITIONING ASSOCIATION

EXERCISE FACILITY

FLOOR

- ☐ Inspected and cleaned daily
- ☐ Wooden flooring free of splinters, holes, protruding nails, and loose screws
- ☐ Tile flooring resistant to slipping; no moisture or chalk accumulation
- ☐ Rubber flooring free of cuts, slits, and large gaps between pieces
- ☐ Interlocking mats secure and arranged with no protruding tabs
- ☐ Nonabsorbent carpet free of tears; wear areas protected by throw mats
- ☐ Area swept and vacuumed or mopped on a regular basis
- ☐ Flooring glued or fastened down properly

WALLS

- ☐ Wall surfaces cleaned two or three times a week (or more often if needed)
- ☐ Walls in high-activity areas free of protruding appliances, equipment, or wall hangings
- ☐ Mirrors and shelves securely fixed to walls
- ☐ Mirrors and windows cleaned regularly (especially in high-activity areas, such as around drinking foun- tains and in doorways)
- ☐ Mirrors placed a minimum of 20 inches [51 cm] off the floor in all areas
- ☐ Mirrors not cracked or distorted (replace immediately if damaged)

CEILING

- ☐ All ceiling fixtures and attachments dusted regularly
- ☐ Ceiling tile kept clean
- ☐ Damaged or missing ceiling tile replaced as needed
- ☐ Open ceilings with exposed pipes and ducts cleaned as needed

EXERCISE EQUIPMENT

STRETCHING AND BODY WEIGHT EXERCISE AREA

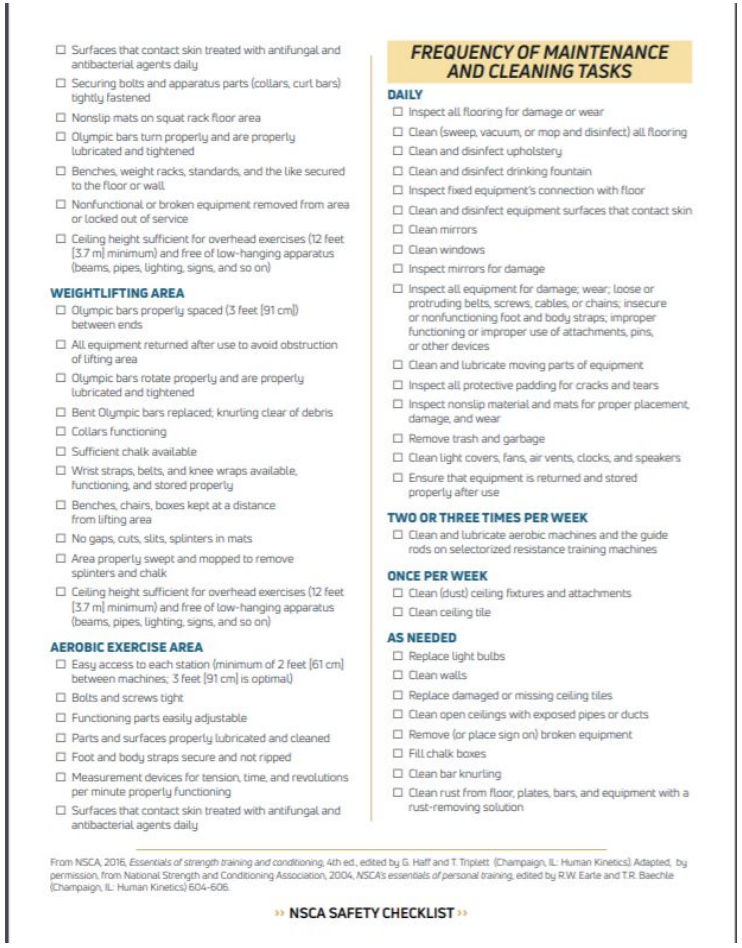
- ☐ Mat area free of weight benches and equipment
- ☐ Mats and bench upholstery free of cracks and tears
- ☐ No large gaps between stretching mats
- ☐ Area swept and disinfected daily
- ☐ Equipment properly stored after use
- ☐ Elastic cords secured to base with safety knot and checked for wear
- ☐ Surfaces that contact skin treated with antifungal and antibacterial agents daily
- ☐ Nonslip material on the top surface and bottom or base of plyometric boxes
- ☐ Ceiling height sufficient for overhead exercises (12 feet [3.7 m] minimum) and free of low-hanging apparatus (beams, pipes, lighting, signs, and so on)

RESISTANCE TRAINING MACHINE AREA

- ☐ Easy access to each station (a minimum of 2 feet [61 cm] between machines; 3 feet [91 cm] is optimal)
- ☐ Area free of loose bolts, screws, cables, and chains
- ☐ Proper selectorized pins used
- ☐ Securing straps functional
- ☐ Parts and surfaces properly lubricated and cleaned
- ☐ Protective padding free of cracks and tears
- ☐ Surfaces that contact skin treated with antifungal and antibacterial agents daily
- ☐ No protruding screws or parts that need tightening or removal
- ☐ Belts, chains, and cables aligned with machine parts
- ☐ No worn parts (frayed cable, loose chains, worn bolts, cracked joints, and so on)

RESISTANCE TRAINING FREE WEIGHT AREA

- ☐ Easy access to each bench or area (a minimum of 2 feet [61 cm] between machines; 3 feet [91 cm] is optimal)
- ☐ Olympic bars properly spaced (3 feet [91 cm]) between ends
- ☐ All equipment returned after use to avoid obstruction of pathway
- ☐ Safety equipment (belts, collars, safety bars) used and returned
- ☐ Protective padding free of cracks and tears



- ☐ Surfaces that contact skin treated with antifungal and antibacterial agents daily
- ☐ Securing bolts and apparatus parts (collars, curl bars) tightly fastened
- ☐ Nonslip mats on squat rack floor area
- ☐ Olympic bars turn properly and are properly lubricated and tightened
- ☐ Benches, weight racks, standards, and the like secured to the floor or wall
- ☐ Nonfunctional or broken equipment removed from area or locked out of service
- ☐ Ceiling height sufficient for overhead exercises (12 feet [3.7 m] minimum) and free of low-hanging apparatus (beams, pipes, lighting, signs, and so on)

WEIGHTLIFTING AREA

- ☐ Olympic bars properly spaced (3 feet [91 cm]) between ends
- ☐ All equipment returned after use to avoid obstruction of lifting area
- ☐ Olympic bars rotate properly and are properly lubricated and tightened
- ☐ Bent Olympic bars replaced; knurling clear of debris
- ☐ Collars functioning
- ☐ Sufficient chalk available
- ☐ Wrist straps, belts, and knee wraps available, functioning, and stored properly
- ☐ Benches, chairs, boxes kept at a distance from lifting area
- ☐ No gaps, cuts, slits, splinters in mats
- ☐ Area properly swept and mopped to remove splinters and chalk
- ☐ Ceiling height sufficient for overhead exercises (12 feet [3.7 m] minimum) and free of low-hanging apparatus (beams, pipes, lighting, signs, and so on)

AEROBIC EXERCISE AREA

- ☐ Easy access to each station (minimum of 2 feet [61 cm] between machines; 3 feet [91 cm] is optimal)
- ☐ Bolts and screws tight
- ☐ Functioning parts easily adjustable
- ☐ Parts and surfaces properly lubricated and cleaned
- ☐ Foot and body straps secure and not ripped
- ☐ Measurement devices for tension, time, and revolutions per minute properly functioning
- ☐ Surfaces that contact skin treated with antifungal and antibacterial agents daily

FREQUENCY OF MAINTENANCE AND CLEANING TASKS

DAILY

- ☐ Inspect all flooring for damage or wear
- ☐ Clean (sweep, vacuum, or mop and disinfect) all flooring
- ☐ Clean and disinfect upholstery
- ☐ Clean and disinfect drinking fountain
- ☐ Inspect fixed equipment's connection with floor
- ☐ Clean and disinfect equipment surfaces that contact skin
- ☐ Clean mirrors
- ☐ Clean windows
- ☐ Inspect mirrors for damage
- ☐ Inspect all equipment for damage; wear; loose or protruding belts, screws, cables, or chains; insecure or nonfunctioning foot and body straps; improper functioning or improper use of attachments, pins, or other devices
- ☐ Clean and lubricate moving parts of equipment
- ☐ Inspect all protective padding for cracks and tears
- ☐ Inspect nonslip material and mats for proper placement, damage, and wear
- ☐ Remove trash and garbage
- ☐ Clean light covers, fans, air vents, clocks, and speakers
- ☐ Ensure that equipment is returned and stored properly after use

TWO OR THREE TIMES PER WEEK

- ☐ Clean and lubricate aerobic machines and the guide rods on selectorized resistance training machines

ONCE PER WEEK

- ☐ Clean (dust) ceiling fixtures and attachments
- ☐ Clean ceiling tile

AS NEEDED

- ☐ Replace light bulbs
- ☐ Clean walls
- ☐ Replace damaged or missing ceiling tiles
- ☐ Clean open ceilings with exposed pipes or ducts
- ☐ Remove (or place sign on) broken equipment
- ☐ Fill chalk boxes
- ☐ Clean bar knurling
- ☐ Clean rust from floor, plates, bars, and equipment with a rust-removing solution

From NSCA, 2016, *Essentials of strength training and conditioning*, 4th ed., edited by G. Haff and T. Triplett. (Champaign, IL: Human Kinetics.) Adapted, by permission, from National Strength and Conditioning Association, 2004, *NSCA's essentials of personal training*, edited by R.W. Earle and T.R. Baechle (Champaign, IL: Human Kinetics) 604–606.

FACILITY PREPARATION AND SANITIZING - RESPONSIBILITIES

For the Sport Coaches (FROM NFHS)

There should be no shared athletic equipment (towels, clothing, shoes, or sports specific equipment) between students.

- Students should wear their own appropriate workout clothing (do not share clothing) individual clothing/towels should be washed and cleaned after every workout.
- All athletic equipment, including balls, should be cleaned after each use and prior to the next workout.
- Individual drills requiring the use of athletic equipment are permissible, but the equipment should be cleaned prior to use by the next individual.

FACILITY PREPARATION AND SANITIZING - RESPONSIBILITIES

- **For the Sport Coaches (from NFHS)**

FROM NFHS

Examples (including by limited to):

o A basketball player can shoot with a ball(s), but a team should not practice/pass a single ball among the team where multiple players touch the same ball.

o A football player should not participate in team drills with a single ball that will be handed off or passed to other teammates.

Contact with other players is not allowed, and there should be no sharing of tackling dummies/donuts/sleds.

o A volleyball player should not use a single ball that others touch or hit in any manner.

o Softball and baseball players should not share gloves, bats, or throw a single ball that will be tossed among the team.

A single player may hit in cages, throw batting practice (with netting as backstop, no catcher). Prior to another athlete using the same balls, they should be collected and cleaned individually.

o Wrestlers may skill and drill without touching a teammate.

o Cheerleaders may not practice/perform partner stunts or building. (Chants, jumps, dances without contact are permissible.)

o Tennis players may do individual drills, wall volleys and serves.

o Runners should maintain the recommended 6 feet of distancing between individuals

INITIAL RETURN

SCREENING PROCESS

INITIAL RETURN

Source :

NFHS 'Guidelines For Opening Up High School Athletics and Activities

All coaches and students will be screened for signs/symptoms of Covid-19 prior to a training session. (See following slides)

Responses to screening questions for EACH person will be recorded and stored so that there is a record of everyone present in case a student or coach develops Covid-19

Any person with positive symptoms will not be permitted to take part in training sessions and should contact his or her primary care provider or other appropriate health-care professional

Vulnerable individuals (per CDC definition) should not oversee or participate in training during phase 1

INITIAL RETURN - SCREENING PROCEDURES Questionnaire

- **Initial return to sport questionnaire**
  - Did they contract COVID-19? If so, when? Have they fully recovered?
  - Did anyone in their home contract COVID-19? If so, when? Have they fully recovered?
  - Has he/she had contact with someone who was under investigation for COVID-19?
  - Has he/she been in a large gathering of 100 people or more within the last 3 weeks?
  - Are they symptomatic- cough, fever, shortness of breath? Does he/she have at least two of these symptoms- fever, chills, repeated shaking with chills, muscle pain, headache, sore throat, new loss of taste or smell? https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/symptoms.html

INITIAL RETURN - SCREENING PROCEDURES Questionnaire

Initial return to sport questionnaire - continued

- Have they been around/in contact with anyone who was symptomatic?
- Does he/she have a history of upper respiratory problems? Asthma?
- Have he/she traveled internationally, especially to China, Iran, UK, Ireland, most European countries? Has he/she been in around/in contact with someone who has?
- Has he/she been on a cruise or an airplane?
- CDC Guidelines regarding return to work - https://www.cdc.gov/coronavirus/2019-ncov/hcp/return-to-work.html

DAILY CHECK-IN SCREENING PROCEDURES

- **<u>Daily check in for signs/symptoms of sickness, check temperatures of each athlete</u>**
- Sign off sheet for each athlete
- Are they symptomatic?
- Have they been around anyone that is symptomatic?
- NEEDS FOR EACH SCHOOL:
    - *Thermometers*
    - *PPE: Masks, gloves*
    - *Pulse Oximeters (?)*
    - *disinfectants (EPA registered) –*
        - *Whizzer is included (Tier I Product – products that are in compliance with EPA's emerging viral pathogen guidance for antimicrobial pesticides)*
        - *NCL Neutral-Q Disinfectant Cleaner, other NCL (Tier II Products that disinfect against human coronavirus*

DAILY CHECK-IN SCREENING PROCEDURES

Sample Monitoring Form

Source : NFHS

COVID-19 Athlete/Coach Monitoring Form

		Circle Yes/No below										
Name	Time	Fever		Cough		Sore Throat		Shortness of Breath		Close contact, or cared for someone with COVID-19		Temp (if higher than 100.3°F)
		Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	
		Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	
		Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	
		Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	
		Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	
		Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	
		Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	
		Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	
		Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	
		Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	
		Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	

DAILY SCREENING PROCEDURES

Educate Coaches and Support Personnel

- **Inform coaches/athletes of emergency warning signs for COVID-19**
- Include the following signs:
  - trouble breathing
  - persistent pain or pressure in the chest
  - new confusion or inability to arouse
  - bluish lips or face
- ***CALL 911***

PHASE ONE OVERVIEW

OBJECTIVE :

SAFELY AND EFFECTIVELY BEGIN THE RETURN TO PLAY PROGRAM

SAFELY EVALUATE THE STUDENT ATHLETE TO DETERMINE STARTING FITNESS LEVEL

BEGIN A PHASED, PROGRESSIVE STRENGTH AND CONDITIONING PROGRAM THAT ADDRESSES:

- CARDIOVASCULAR FITNESS (AEROBIC & ANAEROBIC)
- MUSCULOSKELETAL FITNESS
- NUEROMUSCULAR COORDINATION
- FLEXIBILITY, MOBILITY & STABILITY
- MOVEMENT SKILL
- BALANCE & PROPRIOCEPTION

SUGGESTED DURATION: 3-4 WEEKS

This will be dependent of external factors, such as county, state or federal input.

PHASE ONE OVERVIEW

OBJECTIVE :

*IT IS ESSENTIAL THAT COACHES, IN CONJUNCTION WITH ATC & CSCS, APPROACH THIS EVALUATION PROCESS AND BEGIN PHYSICAL TRAINING WITH THE ASSUMPTION THAT **ALL** STUDENT ATHLETES WILL BE IN A DECONDITIONED STATE*

THE HEALTH AND WELL-BEING OF OUR STUDENTS IS OF PARAMOUNT IMPORTANCE

HEAT ACCLIMITIZATION PROCESS WILL BE IMPLEMENTED

BE OVERLY CONSERVATIVE!!!

BETTER SAFE THAN SORRY!!!

PHASE ONE OVERVIEW

Source :**NFHS 'Guidelines For Opening Up High School Athletics and Activities**

Limitations on Gatherings

NO MORE THAN 10 PEOPLE AT A TIME IN ANY GROUP AT A TIME, REGARDLESS OF INDOOR OR OUTDOOR SETTING (personal view : The space of the area may limit this number. I would err on side of conservatism and hold group to 6-8 athletes and 1 or 2 coaches)

LOCKER ROOMS AND SHOWERS SHOULD NOT BE USED DURING PHASE 1. Students should arrive in proper gear and immediately return home to shower and wash clothes following the end of the training session)

WORKOUTS SHOULD BE CONDUCTED IN 'PODS' OF STUDENTS WITH THE SAME 5-10 STUDENTS ALWAYS WORKING OUT TOGETHER. Smaller Pods can be used for Weight Training. This ensures more limited exposure if someone develops an infection.

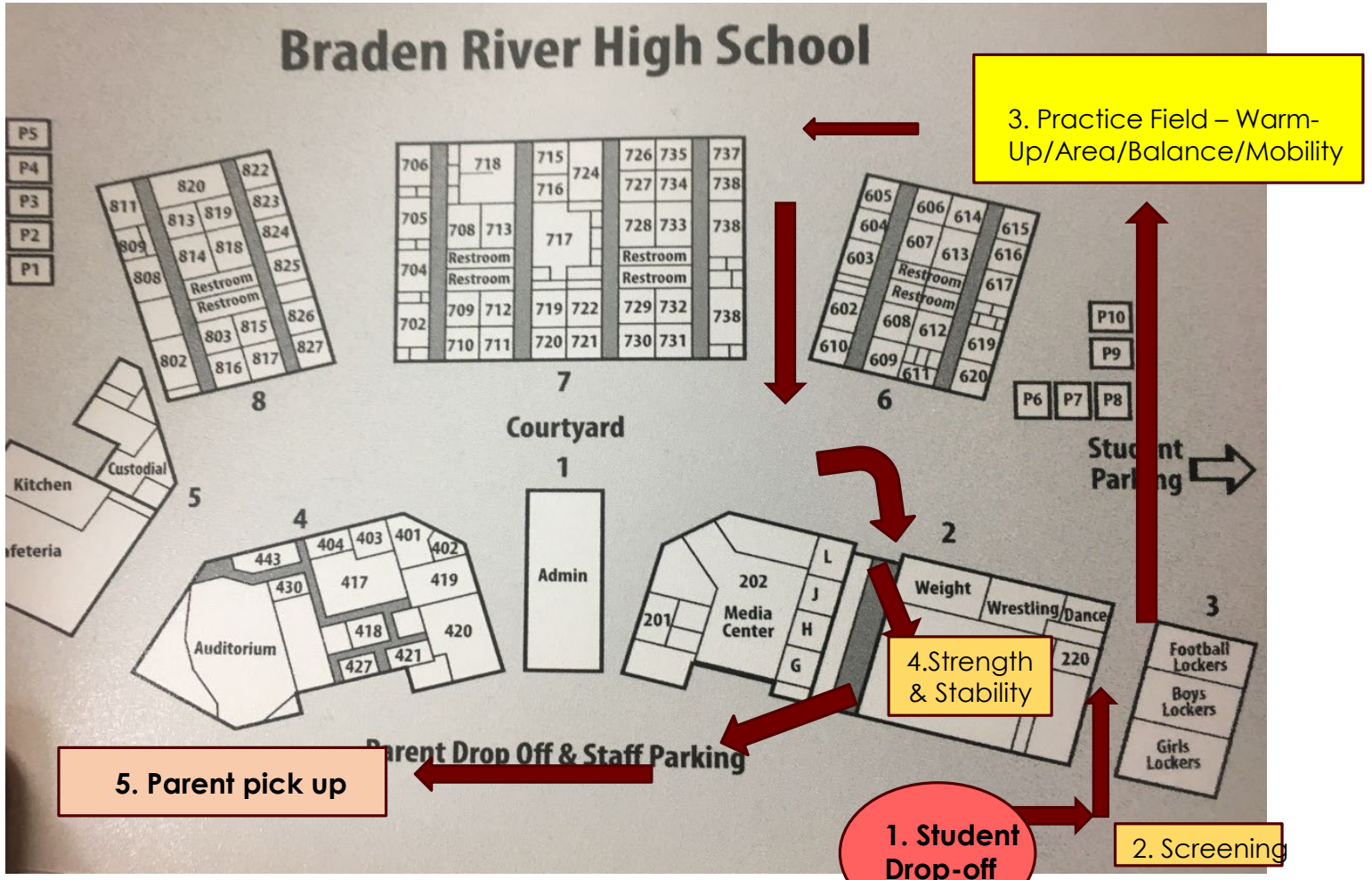
THERE MUST BE A MINIMUM DISTANCE OF 6 FEET BETWEEN EACH INDIVIDUAL AT ALL TIMES. If this is not possible indoors, then the maximum number of individuals in the room MUST be decreased until proper social distancing can occur.

PHASE ONE :
Athlete Responsibilities
Items to Bring each Day

- **Big Water Bottle and Towel** – there will no sharing of towels or community water bottles provided. The water fountains will be OFF-LIMITS
- COOLERS will be Supervised by ATC to allow for CONTACTLESS Refills
- Bottle of hand sanitizer should be strongly encouraged.
- Additional Hand Sanitizer stations should be located around the school building.
- Tennis Shoes and Cleats – athletes will be expected to keep these with them as they move from area to area.
- Phone or Mobile Device to Enter Daily Questionnaire Answers
  - If a student does not have one, He or She can do a paper survey.
  - Please bring own pen and do NOT share
- A positive and patient attitude to improve daily

ROUTES OF MOVEMENT BY EACH GROUP (example)

Drop-off & Pick-Up areas: cones set up at 6 foot intervals to ensure social distancing Staff at each station to help supervise movement pathways



Staff releases student one at a time from one area to next with 90 - 120 second intervals

PHASE ONE –MEDICAL / ATC

DAY ONE :

- **PHYSICALS – Update, Possible On-Site Physical at some Schools**
- **INSURANCE - (Non-District)**
- **COMPLETEDPAPERWORK**
  - FHSSA TESTING (i.e. concussion testing - SCAT 5)
- **Daily check in for signs/symptoms of sickness**
- **Check temperatures of each athlete**
- **Possible Pulse Oximetry- 02 Saturation Levels –**
  - **Screen for 'Silent Hypoxia" (Low Oxygen Levels without apparent signs/symptoms)**

PHASE ONE Conditioning – MEDICAL/ATC

HYDRATION :

ALL STUDENTS SHOULD CONTINUE TO BRING THEIR OWN WATER BOTTLE - **SHOULD NOT** BE SHARED

HYDRATION STATIONS (WATER COWS, WATER TROUGH, FOUNTAINS) **SHOULD NOT** BE USED

COOLERS – UNLESS ABSOLUTE EMERGENCY, COOLERS SHOULD NOT BE UTILIZED
IF A COOLER MUST BE USED -**'CONTACTLESS' Refills under direct supervision of ATC with PPE**

ATC WILL HAVE DECISION MAKING AUTHORITY ON HYDRATION BREAKS AND WILL INCORPORATE INTO PRACTICE/RTP PLANS EVERY SESSION –WILL FOLLOW WBGT & NATA STATEMENTS ON HEAT REGARDING 'WATER' BREAKS

STUDENT ATHLETES ARE ALLOWED TO GET WATER WHENEVER THEY DESIRE.

PHASE ONE Conditioning – MEDICAL/ATC

HYDRATION & HEAT CONSIDERATIONS:

USE OF THE WBGT monitor?

- Slower Acclimatization Process
- (Normally 14 days)

https://natajournals.org/doi/pdf/10.4085/1062-6050-44.3.332

- **Heat**
- Wet Bulb Globe Temperature – new to district policy, follow chart set by GA
- About: https://ksi.uconn.edu/prevention/wet-bulb-globe-temperature-monitoring/ AND https://www.nata.org/sites/default/files/environmentalmonitoringactivitymodifications.pdf
- KSI Charts to follow https://ksi.uconn.edu/wp-content/uploads/sites/1222/2018/08/RegionalWBGT_2015_AppliedGeography.pdf

Table 3 Regional heat safety activity guidelines based on the Georgia High School Association policy. Values are wet-bulb globe temperatures (C). (WE ARE CATEGORY 3 based on region.)

Cat 3	Cat 2	Cat 1	Activity guidelines
<27.8 °C/82.0 °F	<26.5 °C/79.7 °F	<24.5 °C/76.1 °F	Normal activities—Provide at least three separate rest breaks each hour with a minimum duration of 3 min each during the workout
27.9–30.5 °C/82.2–86.9 °F	26.6–29.2 °C/79.9–84.6 °F	24.6–27.2 °C/76.3–81.0 °F	Use discretion for intense or prolonged exercise; watch at-risk players carefully. Provide at least three separate rest breaks each hour with a minimum duration of 4 min each
30.6–32.2 °C/87.1–90.0 °F	29.3–30.9 °C/84.7–87.6 °F	27.3–28.9 °C/81.1–84.0 °F	Maximum practice time is 2 h. For football: Players are restricted to helmet, shoulder pads, and shorts during practice. If the WBGT rises to this level during practice, players may continue to work out wearing football pants without changing to shorts. For all sports: Provide at least four separate rest breaks each hour with a minimum duration of 4 min each
32.3–33.3 °C/90.1–91.9 °F	31.0–32.0 °C/87.8–89.6 °F	29.0–30.0 °C/84.2–86.0 °F	Maximum practice time is 1 h. For football: No protective equipment may be worn during practice, and there may be no conditioning activities. For all sports: There must be 20 min of rest breaks distributed throughout the hour of practice
≥33.4 °C/92.1 °F	≥32.1 °C/89.8 °F	≥30.1 °C/86.2 °F	No outdoor workouts. Delay practice until a cooler WBGT level is reached

PHASE ONE Conditioning – MEDICAL/ATC

https://natajournals.org/doi/pdf/10.4085/1062-6050-44.3.332

https://ksi.uconn.edu/prevention/heat-acclimatization/

- Have coolers of ice ready daily for cold water immersion if needed
- Cool first, transfer second
- Water AND shade break every AT LEAST every 30 minutes per NATA guidelines

Preseason Heat-Acclimatization Guidelines

Area of Practice Modification	Practices 1-5		Practices 6-14
	Days 1-2	Days 3-5	
# of Practices Permitted Per Day	1		2, only every other day
Equipment	Helmets only	Helmets & Shoulder Pads	Full Equipment
Maximum Duration of Single Practice Session	3 hours		3 hours (a total maximum of 5 hours on double session days)
Permitted Walk Through Time	1 hour (but must be separated from practice for 3 continuous hours)		
Contact	No Contact	Contact only with blocking sleds/dummies	Full, 100% live contact drills

NOTE: warm-up, stretching, cool-down, walk-through, conditioning, and weight-room activities are included as part of practice time

PHASE ONE Conditioning – Return To Play

WEEK ONE :

SUGGESTED THAT CONDITIONING SHOULD BE INCORPORATED INTO THE DYNAMIC WARM-UP

REST PERIODS BETWEEN EACH 10 YARD DRILL IN THE DYNAMIC WARM-UP SHOULD BE 30-60 SECONDS, DEPENDING ON ATHLETE RESPONSE TO WORKLOAD. Work to Rest Ratios of 1:4 -1:6 might be a good starting point.

TOTAL WARM-UP TIME, INCLUDING NEUROMUSCULAR PROPRIOCEPTION, BALANCE AND STABILITY WORK WILL NOT EXCEED 15 MINUTES DURING WEEK ONE (and will be Progressed each week, based on individual student response and adaptation)

TOTAL SESSION TIME (Warm-Up, Conditioning, Strength Training, Cool-Down) = 60 MINUTES

Refer to : Research in Appendix Two (Florida RTP Project Sports Science Sub-Group)

EXAMPLES Documents/Video (Appendix Four)

Video instruction from Hospital for Special Surgery

-Web-based platform- available to all coaches and students -free of charge courtesy of HSS

PHASE ONE Conditioning – Return To Play

Will take place Outside (Outside Environment allows for Heat Acclimatization Process to Begin)

When outside, All precautions should be taken to minimize risk of Heat-Related Illness

WARM-UP/ CONDITIONING WILL INCLUDE SHOULD INCLUDE AN ***OBSERVATIONAL ASSESSMENT*** COMPONENT BY COACHES FOR RETURNING STUDENT ATHLETES

TOWARDS THE *END OF WEEK 3 OR 4*, MORE TRADTIONAL ASSESSMENTS MAY BE APPLICABLE

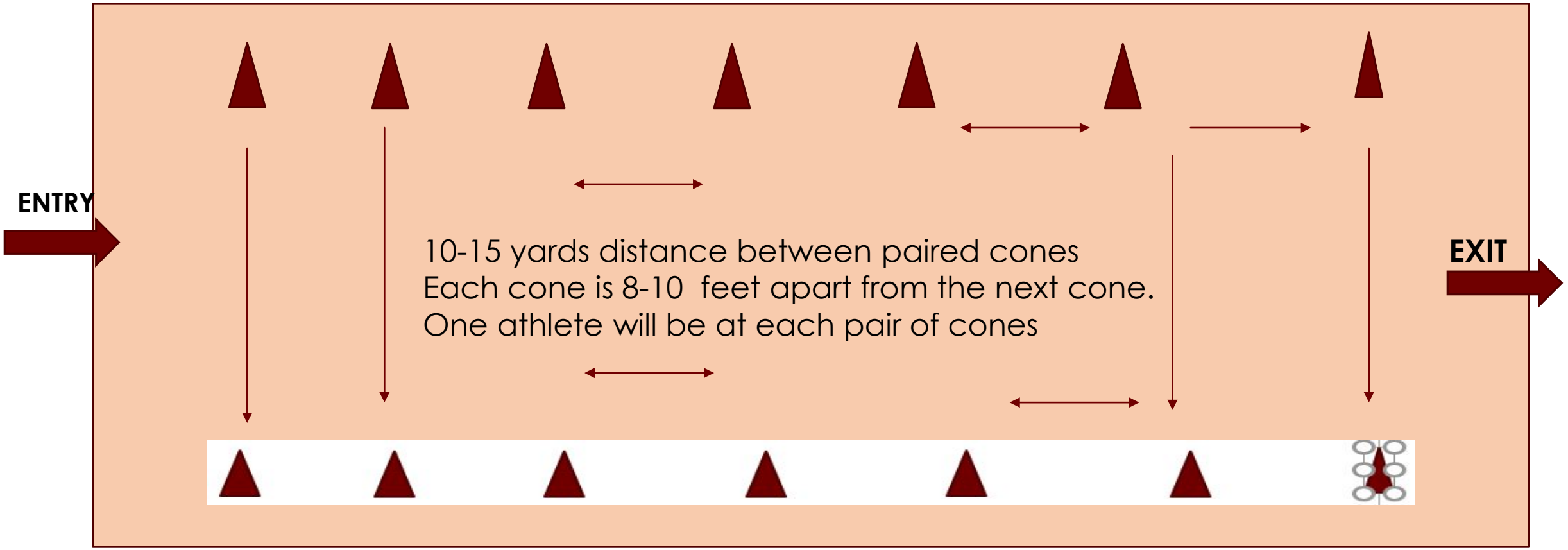
WEEK 3 OR WEEK 4 ASSESSMENT

Low Risk, Easily Administered, Reproducible, Not involve equipment that is shared

examples : Standing Long Jump, 10 Yard Burst, Balance and Proprioception

Depending on Respective Fitness Level, Modified Tempo Runs May Be Implemented During This Phase.

PHASE ONE Conditioning – Return To Play Warm-Up Option



PHASE ONE Conditioning – Return To Play

SUGGESTED WEEKLY PROGRESSION:

Volume expressed in total yardage
Intensity expressed in RPE (See Appendix 5)

WEEK ONE:	**40% of normal volume**	**Overall RPE of 4 on a 1-10 scale**
WEEK TWO:	**50 % of normal volume**	**Overall RPE of 5-6 on a 1-10 scale**
WEEK THREE:	**60% of normal volume**	**Overall RPE of 5-7 on a 1-10 scale**
WEEK FOUR :	**70% of normal volume**	**Overall RPE of 6-7 on a 1-10 scale**

Volume : Total yards
RPE Scale is a way to measure perceived individual effort and stress load

HAVE A PLAN…JUST LIKE FOR A SPORT PRACTICE,,,,HAVE A PRE-SCRIPTED TRAINING SESSION AND ADAPT AS NEEDED BASED ON ATHLETE RESPONSE. SHARE THE PLAN WITH THE ATC.

FOR ATHLETE SAFETY, STAFF MUST ALL BE ON SAME PAGE AT ALL TIMES!!

PHASE ONE Conditioning – Return To Play

Rating of Perceived Exertion (RPE Scale)	
10	Maximal
9	Really, Really, Hard
8	Really Hard
7	
6	Hard
5	Challenging
4	Moderate
3	Easy
2	Really Easy
1	Rest

PHASE ONE – Return To Play
STRENGTH TRAINING

OBJECTIVE :

Begin the process of improving student's current levels of strength, stability and mobility

REBUILD THE FOUNDATION

During the first week of PHASE ONE, it will be helpful to assume all student athletes are in a deconditioned state until proven other wise.

Assessments can be made based on observation of basic strength training movements involving bodyweight resistance and conservative external loading with medicine balls or weight plates.

Any equipment used such as a medicine ball or 10 lb. plate will be used by single athlete for the entire strength training block. It will be disinfected both at the beginning of the training session and at the end of the session.

Session duration will be limited (45 MINUTES) and slowly progressed each week to allow for adaptation.

PHASE ONE – Return To Play
STRENGTH TRAINING

SPECIFICS :

This training block can be performed on the field or in the air-conditioned gymnasium.

Students will be spaced 8-10 feet apart (6 foot social distancing with a 'cushion').

There should be no physical contact between students and/or coaches during this phase.

Students will have their own individual exercise station and stay there throughout the entire strength training session. Any equipment (Bands, Medicine Balls, 5 or 10 lb. plate)will only be used by that athlete. Pre-session and post-session disinfecting will take place.

Strength and Conditioning Coaches will circulate around the group, coaching technique, offering direction and encouragement. All Coaches should watch for signs of fatigue or other physical distress.

Coaches will follow all social distancing procedure the entire session. If a Coach wears a mask, he or she can use an air-horn or phone sound in place of a traditional whistle.

PHASE ONE – Return To Play
STRENGTH TRAINING

SPECIFICS :

This strength training block should be heavy on instruction and allow for adequate rest intervals between sets and transitions to different exercises.

Examples of appropriate exercises include Bodyweight or Medicine Ball Squats, Lunge Variations, Rowing, Overhead Pressing, Push-Ups and Core Exercises.

Suggested Set and Rep Ranges for the first two weeks should be between 1-3 sets of 5-10 reps per exercise, depending on the student's fitness level.

A Work: Rest Ratio of 1:4 to 1:6 would be appropriate at the beginning of this Phase.

Progression of volume and load should be gradual during this phase.

Maximal lifts should NOT be attempted during this phase.

Strength Coaches should identify exercises that do not necessitate use of a spotter.

3 days of Strength Training would be appropriate during Phase One.

PHASE ONE – Return To Play
STRENGTH TRAINING

SUGGESTED PROGRESSIONS:

Progressions should be phased and occur in direct response to the student athletes' response to training load and intensity.

Volume : Total Number of Reps

As we incorporate traditional strength training (weightlifting) back into the program around week 3 or 4, we can begin to count reps at a specific RPE.

AVOID INCREASES OF MORE THAN 5-10 % TOTAL VOLUME DURING WEEKS 1-4

RPE Ratings Should Not EXCEED 4-5 DURING WEEKS 1 & 2

RPE Ratings Should Not EXCEED 6-8 DURING WEEKS 3-4.

PHASE ONE SPORT SKILLS- Return To Play

If Sport Skills are to be practiced during PHASE ONE, they should be more technique oriented, not involve the use of any shared equipment and be conducted in accordance with the conditioning level of the athlete at the time.

Examples might be teaching individual technique to students as far as a stance for football or basketball shooting form or arm swing exercises for runners.

A great idea would be to use an off-day from strength training to work on sport skills or alignment after the Dynamic Warm-Up.

PHASE TWO OVERVIEW

GOAL :

PREPARE THE STUDENT ATHLETE TO BE ABLE TO SAFELY PRACTICE FOR SPORT

CONTINUE TO BUILD WORK CAPACITY

CONTINUE TO INCREASE INDIVIDUAL LEVELS OF CONDTIONING

INCREASE MUSCULOSKELETAL STRENGTH

INCREASE NEUROMUSCULAR COORDINATION AND POWER

IMPROVE REACTIVE/ELASTIC STRENGTH

PHASE TWO OVERVIEW

Source : **NFHS 'Guidelines For Opening Up High School Athletics and Activities**

Limitations on Gatherings

NO MORE THAN 10 PEOPLE AT A TIME IN ANY INDOOR GROUP AT A TIME

UP TO 50 MAY GATHER IN AN OUTDOOR SETTING EVEN WHEN OUTSIDE, THERE MUST BE A MINIMUM DISTANCE OF 6 FEET BETWEEN EACH INDIVIDUAL AT ALL TIMES. If this is not possible indoors, then the number of individuals in the room MUST be decreased until proper social distancing can occur.

IF LOCKER ROOMS OR MEETING ROOMS ARE USED, THE 6 FOOT SOCIAL DISTANCING MUST BE ENFORCED. Students should be encouraged to shower as soon as they return home and wash clothes.

WORKOUTS SHOULD CONTINUE TO BE CONDUCTED IN 'PODS' OF STUDENTS WITH THE SAME 5-10 STUDENTS ALWAYS WORKING OUT TOGETHER. Smaller Pods can be used for Weight Training. This ensures more limited exposure if someone develops an infection.

PAINT OR TAPE CAN BE USED TO ENSURE A MINIMUM DISTANCE OF 6 FEET BETWEEN INDIVIDUALS AT ALL TIMES

PHASE TWO SCREENING PROCEDURES

Source :

NFHS 'Guidelines For Opening Up High School Athletics and Activities

All coaches and students will be screened for signs/symptoms of Covid-19 prior to a training session. (See following slides)

Responses to screening questions for EACH person will be recorded and stored so that there is a record of everyone present in case a student or coach develops Covid-19

Any person with positive symptoms will not be permitted to take part in training sessions and should contact his or her primary care provider or other appropriate health-care professional

Vulnerable individuals (per CDC definition) should not oversee or participate in training during phase 2

PHASE TWO – MEDICAL/ATC

HYDRATION :

ALL STUDENTS SHOULD CONTINUE TO BRING THEIR OWN WATER BOTTLE - **SHOULD NOT** BE SHARED

HYDRATION STATIONS (WATER COWS, WATER TROUGH, FOUNTAINS) **SHOULD NOT** BE USED

COOLERS – '**CONTACTLESS'** Refills under direct supervision of ATC with PPE

ATC WILL HAVE DECISION MAKING AUTHORITY ON HYDRATION BREAKS AND WILL INCORPORATE INTO PRACTICE/RTP PLANS EVERY SESSION –WILL FOLLOW WBGT & NATA STATEMENTS ON HEAT REGARDING 'WATER' BREAKS

PHASE TWO Conditioning – Return To Play

WEEKS 5-7:

CONDITIONING (SPEED DEVELOPMENT/AGILITY WORK) SHOULD BE PRECEDED BY A DYNAMIC WARM-UP

TOTAL WARM-UP TIME, INCLUDING NEUROMUSCULAR PROPRIOCEPTION, BALANCE AND STABILITY WORK SHOULD LAST 10-15 MINUTES

SUGGESTED WORK TO REST RATIO RANGING FROM 1:4 to 1:6 BETWEEN EACH 10-20 YARD DRILL IN THE DYNAMIC WARM-UP

WORK:REST RATIOS SHOULD BE ADJUSTED BY THE COACHING STAFF BASED ON OBSERVED ATHLETE PERFORMANCE, SELF-REPORTED RPEs AND ATC INPUT.

Refer to :

Research in Appendix Two (Florida RTP Project Sports Science Sub-Group)

Lansky Documents/Video (Appendix Four)

Video instruction from Hospital for Special Surgery

-Web-based platform- available to all coaches and students

PHASE TWO Conditioning – Return To Play

WEEKS 5-7:

CONDITIONING (SPEED DEVELOPMENT/AGILITY WORK) SHOULD BE PRECEDED BY A DYNAMIC WARM-UP

TOTAL WARM-UP TIME, INCLUDING NEUROMUSCULAR PROPRIOCEPTION, BALANCE AND STABILITY WORK SHOULD LAST 10-15 MINUTES

SUGGESTED WORK TO REST RATIO RANGING FROM 1:2 to 1:4 BETWEEN EACH 10-20 YARD DRILL IN THE DYNAMIC WARM-UP

WORK:REST RATIOS SHOULD BE ADJUSTED BY THE COACHING STAFF BASED ON OBSERVED ATHLETE PERFORMANCE, SELF-REPORTED RPEs AND ATC INPUT.

Refer to :

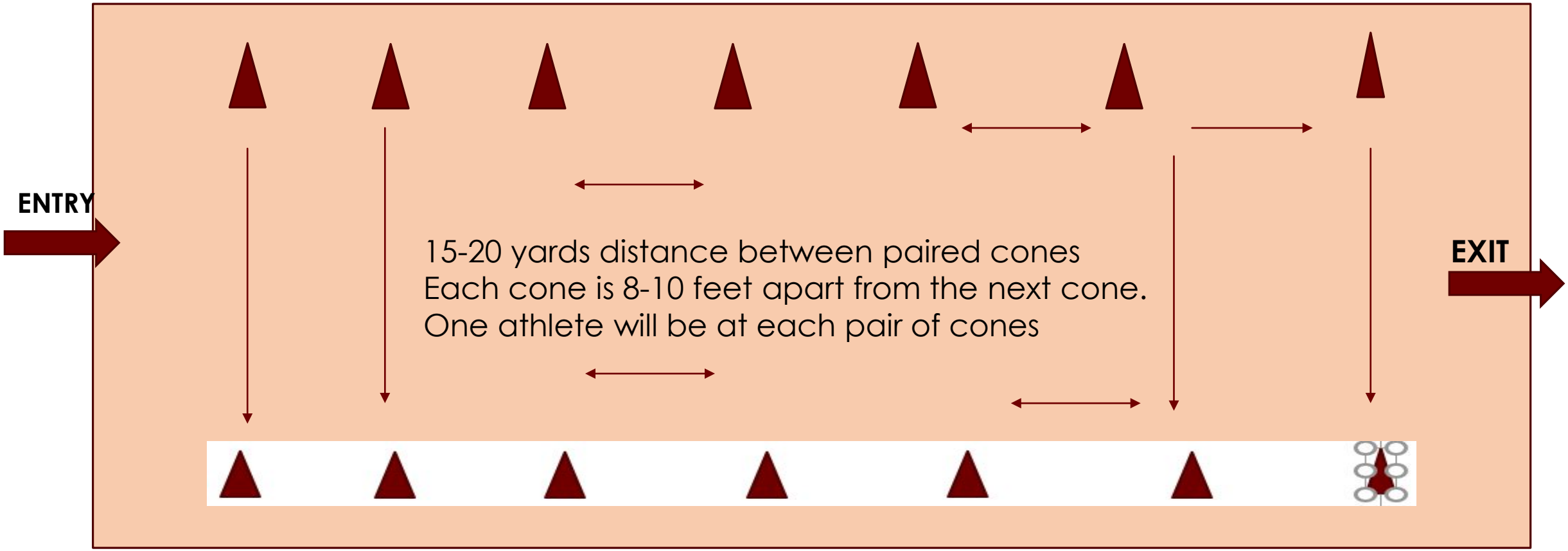
Research in Appendix Two (Florida RTP Project Sports Science Sub-Group)

EXAMPLE Documents/Video (Appendix Four)

Video instruction from Hospital for Special Surgery

-Web-based platform- available to all coaches and students

PHASE TWO Conditioning – Return To Play Warm-Up Option



PHASE TWO Conditioning – Return To Play

SPEED & AGILITY WORK SHOULD FOCUS ON MOVEMENT EFFICIENCY, ACCERATION AND DECELERATION AND CHANGE OF DIRECTION SKILLS.

WORK SHOULD BEGIN WITH LINEAR SPRINT WORK AND PRE-PROGRAMMED CHANGE OF DIRECTION DRILLS.

PROPER MECHANICS SHOULD BE STRESSED AT ALL TIMES TO MINIMIZE RISK OF SOFT TISSUE INJURIES.

AGILITY DRILLS SHOULD **NOT** BE USED FOR CONDITIONING
TEMPO RUNS SHOULD BE USED FOR TRADITIONAL CONDITIONING (example : Stride 50 yds – Walk 50 yds)

CHANGE OF DIRECTION DRILLS SHOULD PROGRESS TO MORE 'CHAOS' OR 'REACTION- ORIENTED' MOVEMENTS OVER THESE THREE WEEKS AS ATHLETES PREPARE FOR PRACTICE.

PHASE TWO Conditioning – Return To Play

SUGGESTED WEEKLY PROGRESSION:

Volume expressed in total yardage
Intensity expressed in RPE (See Appendix 5)

WEEK FIVE:	**75-85% of normal volume**	**Overall RPE of 5-7**	**on a 1-10 scale**
WEEK SIX:	**80-90 % of normal volume**	**Overall RPE of 6-8**	**on a 1-10 scale**
WEEK SEVEN:	**90-100% of normal volume**	**Overall RPE of 7-9**	**on a 1-10 scale**

Volume : total yards
RPE Scale is a way to measure perceived individual effort and stress load

HAVE A PLAN…JUST LIKE FOR A SPORT PRACTICE,,,,HAVE A PRE-SCRIPTED TRAINING SESSION AND ADAPT AS NEEDED BASED ON ATHLETE RESPONSE. SHARE THE PLAN WITH THE ATC.

FOR ATHLETE SAFETY, STAFF MUST ALL BE ON SAME PAGE AT ALL TIMES!!

PHASE TWO Conditioning - RTP

Rating of Perceived Exertion (RPE Scale)	
10	Maximal
9	Really, Really, Hard
8	Really Hard
7	
6	Hard
5	Challenging
4	Moderate
3	Easy
2	Really Easy
1	Rest

PHASE TWO – Return To Play
STRENGTH TRAINING

OBJECTIVE :

CONTINUE TO IMPROVE MUSCULOSKELETAL STRENGTH, STABILITY, AND FLEXIBILITY

TRADITIONAL STRENGTH AND POWER TRAINING IN THE WEIGHT ROOM CHARACTERIZES THIS PHASE OF STRENGTH TRAINING.

A PLANNED PROGRESSION OF LOAD AND INSTENSITY SHOULD BE FOLLOWED AT ALL TIMES.

COACHES MUST BE VIGILANT AND ENSURE A SAFE TRAINING ENVIRONMENT

STRENGTH AND CONDITIONING COACHES SHOULD CONTINUE TO TEACH TECHNIQUE AND PROVIDE GUIDANCE AND ENCOURAGEMENT AT ALL TIMES.

PHASE TWO – Return To Play
STRENGTH TRAINING

SPECIFICS :

This training block can be performed in the Weight Room or a dedicated area with shade and protection from the sun and heat.

Students will continue to train in the same PODS as Phase One.

Students will be spaced 8-10 feet apart (6 foot social distancing with a 'cushion').

Students will use every other Rack/Platform/Lifting Area. They will have their own dedicated training area and equipment.

All weightlifting equipment will be disinfected both at the beginning of the training session and at the end of the session.

Successive Groups will use the opposite rack that was used in the preceding group.

There should be no physical contact between students and/or coaches during this phase.

Coaches will also follow all Social Distancing Procedures in the Weight Room.

PHASE TWO – Return To Play
STRENGTH TRAINING

HEAVIER LOADS MAY BE ATTEMPTED TOWARDS THE **END** OF PHASE TWO

-SHOULD BE PERFORMED IN POWER RACK/CAGE WITH SAFETY SPOT STANDS

-STRENGTH & CONDITIONING COACH SHOULD MAKE DECISION OF WHETHER TO ATTEMPT HEAVIER LIFTS BASED ON OBSERVATION, REVIEW OF TRAINING PROGRESS AND HEALTH STATUS OF THE ATHLETE – BE CONSERVATIVE

If there is an emergency situation or spotters must be used, a TWO PERSON SPOT should be used

One Person on each side of the barbell is Recommended

-ATHLETES SHOULD ALWAYS FOLLOW THE PRESCRIBED PROGRAM AND REPORT ANY HEALTH OR FITNESS PROBLEMS TO ATC AND COACH

-ATHLETE SHOULD CONTINUE TO PRACTICE GOOD HYDRATION & HYGEINE PRACTICES

PHASE TWO – Return To Play
STRENGTH TRAINING

SPECIFICS :

This strength training block should continue to emphasize instruction and allow for adequate rest intervals between sets and transitions to different exercises.

Work: Rest Ratios are related to the relative intensity (%1RM) of the load being used and the training objective

-Endurance

-Hypertrophy

-Maximum Strength

-Power

Progression of volume and load should be planned and adjusted as needed based on daily observation, fitness level and communication.

Coaches should identify exercises that do not necessitate use of a spotter.(Social Distancing)

3-5 days of Strength Training can be Planned, based on the respective goals.

PHASE TWO – Return To Play
STRENGTH TRAINING

SUGGESTED PROGRESSIONS:

Progressions should be phased and occur in direct response to the student athletes' response to training load and intensity.

Volume : Total Number of Reps

As traditional strength training (weightlifting) becomes a greater part of the RTP program we can count reps at a specific RPE.

AVOID DRASTIC INCREASES OF MORE THAN 10% TOTAL VOLUME EACH WEEK

RPE Ratings Should Not EXCEED 5-8 DURING WEEKS 5-7

Athletes May Report an RPE of 9 toward the end of Week 7

PHASE TWO SPORT SKILLS/PRACTICE
Return To Play

- **SOURCE : NFHS GUIDELINES**
  - LOWER RISK SPORT PRACTICES AND COMPETITIONS MAY RESUME (SEE APPENDIX 7)
  - MODIFIED PRACTICES MAY BEGIN FOR MODERATE RISK SPORTS
  - THERE SHOULD BE NO SHARED ATHLETIC TOWELS, CLOTHING OR SHOES BETWEEN STUDENTS
  - STUDENTS SHOULD WEAR THEIR OWN APPROPRIATE WORKOUT CLOTHING (DO NOT SHARE CLOTHING) AND INDIVIDUAL CLOTHING AND TOWELS SHOULD BE WASHED AND CLEANED AFTER EVERY SESSION
  - ALL ATHLETIC EQUIPMENT, INCLUDING BALLS, SHOULD BE CLEANED INTERMITTENTLY DURING PRACTICES AND CONTESTS,
  - HAND SANITIZER SHOULD BE PLENTIFUL AT ALL CONTESTS & PRACTICES
  - ATHLETIC EQUIPMENT SUCH AS BATS, BATTING HELMETS AND CATCHERS GEAR SHOULD BE CLEANED BETWEEN EACH USE

PHASE THREE OVERVIEW – Return to Play

- **PREPARE FOR COMPETITION**
  - CONTINUE TO PHYSICALLY PREPARE THE STUDENT ATHLETE TO PRACTICE AND COMPETE AT A HIGH LEVEL WHILE MINIMIZING THE RISK OF INJURY
  - IDENTIFY ANY POTENTIAL ISSUES THAT MAY ARISE DURING SPORT PRACTICE FROM A PHYSIOLOGICAL, BIOMECHANICAL OR NEUROLOGICAL PERSPECTIVE
    - ATC/CSCS WORKING TOGETHER TO OBSERVE, ASSESS AND EVALUATE AS SPORT PRACTICE 'RAMPS UP'
    - ACT TO ENHANCE STUDENT ATHLETE SAFETY AND WELL-BEING
    - ATC SHOULD HAVE 'ON-SITE' AUTHORITY IN THIS RESPECT
    - RECOMMENDED PRE-PRACTICE MEETING BETWEEN ATC, CSCS & SPORT COACHING STAFF TO MAKE SURE EACH IS 'ON SAME PAGE',

PHASE THREE OVERVIEW – RETURN TO PLAY

STRENGTH AND CONDITIONING GOALS :

CONTINUE TO BUILD WORK CAPACITY

INCREASE NEUROMUSCULAR STRENGTH AND POWER

IMPROVE LEVEL OF SPORT-SPECIFIC CONDITIONING ('Gameshape')

-ENERGY SYSTEMS/METABOLIC SPECIFICITY

-Example : Cross Country vs. Football

(Aerobic vs. Anerobic)

-BIOMECHANICAL SPECIFICITY

- Stance, Posture, etc.

PHASE THREE OVERVIEW

Source : NFHS 'Guidelines For Opening Up High School Athletics and Activities

Limitations on Gatherings

UP TO 50 MAY GATHER IN INDOOR AND OUTDOOR SETTINGS.

(AS LONG AS STATE AND COUNTY MEDICAL ADVICE ALLOWS)

WHEN NOT DIRECTLY PARTICIPATING IN PRACTICES OR CONTESTS, CARE SHOULD BE TAKEN TO MAINTAIN A MINIMIM DISTANCE OF 3-6 FEET BETWEEN EACH INDIVIDUAL.

(AS LONG AS STATE AND COUNTY MEDICAL ADVICE ALLOWS)

FOLLOW FACILITIES CLEANING GUIDELINES (SEE APPENDIX 6)

PAINT OR TAPE CAN BE USED TO ENSURE MINIMUM DISTANCES BETWEEN ATHLETES.

PHASE THREE SCREENING PROCEDURES

Source :

NFHS 'Guidelines For Opening Up High School Athletics and Activities

Any person who has had a fever or cold symptoms in the previous 24 hours should NOT be allowed to take part in workouts or practices and should contact his or her primary care provider or other appropriate health-care professional.

Records should continue to be kept of all individuals present.

Vulnerable individuals (per CDC definition) can resume public interactions, but should practice physical distancing, minimizing exposure to social settings when distancing may not be practical, unless precautionary measures are observed.

PHASE THREE SCREENING PROCEDURES

THINGS TO CONSIDER DURING PHASE THREE

County officials should decide whether to continue with daily temperature checks, expanded questionnaires, and other screening tools during this phase.

May want to match school screening protocols with sport screening protocols for consistency.

PHASE THREE OVERVIEW – Return to Play

- **PREPARE FOR COMPETITION**
  - CONTINUE TO PHYSICALLY PREPARE THE STUDENT ATHLETE TO PRACTICE AND COMPETE AT A HIGH LEVEL WHILE MINIMIZING THE RISK OF INJURY
  - IDENTIFY ANY POTENTIAL ISSUES THAT MAY ARISE DURING SPORT PRACTICE FROM A PHYSIOLOGICAL, BIOMECHANICAL OR NEUROLOGICAL PERSPECTIVE
    - ATC/CSCS WORKING TOGETHER TO OBSERVE, ASSESS AND EVALUATE AS SPORT PRACTICE 'RAMPS UP'
    - ACT TO ENHANCE STUDENT ATHLETE SAFETY AND WELL-BEING
    - ATC SHOULD HAVE 'ON-SITE' AUTHORITY IN THIS RESPECT
    - RECOMMENDED PRE-PRACTICE MEETING BETWEEN ATC, CSCS & SPORT COACHING STAFF TO MAKE SURE EACH IS 'ON SAME PAGE',

PHASE THREE OVERVIEW – RETURN TO PLAY

STRENGTH AND CONDITIONING GOALS :

CONTINUE TO BUILD WORK CAPACITY

INCREASE NEUROMUSCULAR STRENGTH AND POWER

IMPROVE LEVEL OF SPORT-SPECIFIC CONDITIONING ('Gameshape')

-ENERGY SYSTEMS/METABOLIC SPECIFICITY

-Example : Cross Country vs. Football

(Aerobic vs. Anerobic)

-BIOMECHANICAL SPECIFICITY

- Stance, Posture, etc.

PHASE THREE Conditioning – Return To PLAY

WEEKS 8-12

PRACTICE, GAMES AND CONDITIONING (SPEED DEVELOPMENT/AGILITY WORK) SHOULD BE PRECEDED BY A DYNAMIC WARM-UP

TOTAL WARM-UP TIME, INCLUDING NEUROMUSCULAR PROPRIOCEPTION, BALANCE AND STABILITY WORK SHOULD LAST 10-15 MINUTES

SUGGESTED WORK TO REST RATIO SHOULD MATCH THE METABOLIC AND ENERGY SYSTEM DEMANDS OF THE SPORT

WORK:REST RATIOS SHOULD BE ADJUSTED BY THE COACHING STAFF BASED ON OBSERVED ATHLETE PERFORMANCE, SELF-REPORTED RPEs AND ATC INPUT.

PHASE THREE Conditioning – Return To Play

SPEED, AGILITY AND CONDITIONING SHOULD BE INCORPORATED INTO THE SPORT PRACTICE SESSION IN A *PLANNED,PROGRESSIVE* MANNER

PHASE THREE Conditioning – Return To Play

SUGGESTED PROGRESSION:

IMPORTANT POINT TO REMEMBER:

A RETURN TO REGULAR PRACTICE WILL INVOLVE A SIGNIFICANT AMOUNT OF TRAINING VOLUME IN TERMS OF RUNNING DISTANCES AND INTENISITIES.

Additional Conditioning Work May NOT be Necessary

Strong suggestion to use the RPE Scale as a way to measure individual effort and stress loads.

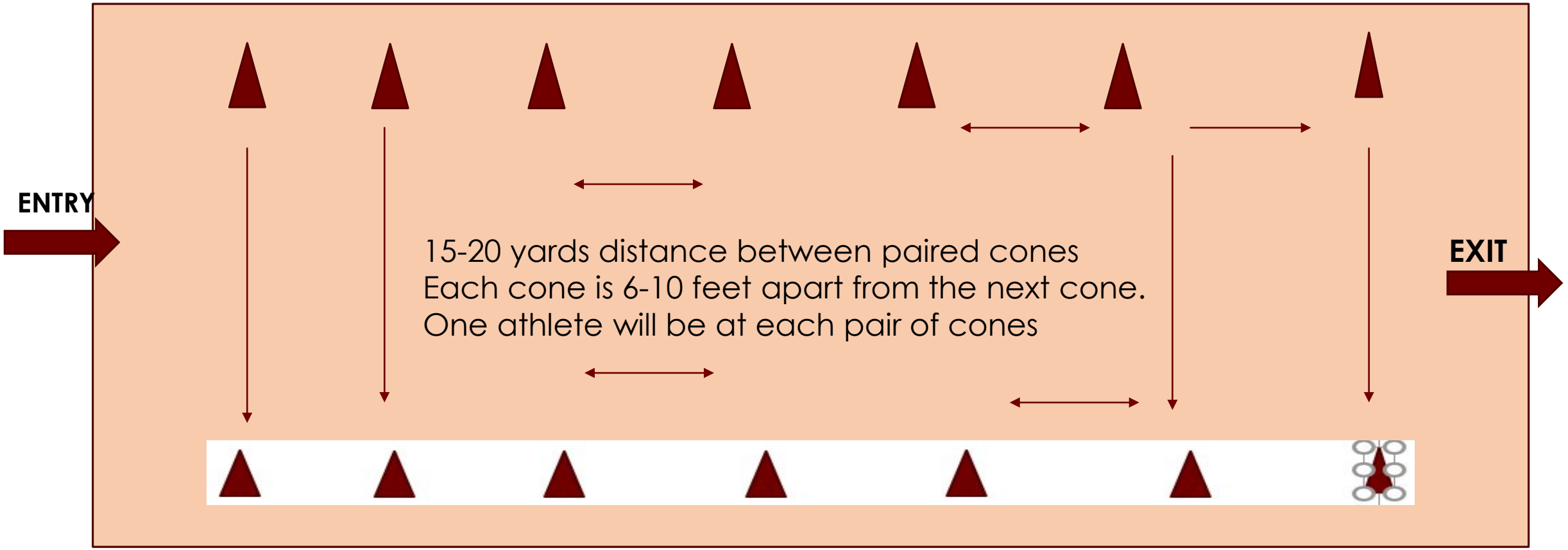
HAVE A PRACTICE PLAN PRE-SCRIPTED PRACTICE SCHEDULE AND ADAPT AS NEEDED BASED ON ATHLETE RESPONSE. SHARE THE PLAN WITH THE ATC.

FOR ATHLETE SAFETY, STAFF MUST ALL BE ON SAME PAGE AT ALL TIMES!!

PHASE THREE Conditioning - RTP

Rating of Perceived Exertion (RPE Scale)	
10	Maximal
9	Really, Really, Hard
8	Really Hard
7	
6	Hard
5	Challenging
4	Moderate
3	Easy
2	Really Easy
1	Rest

PHASE THREE Conditioning – Return To Play Warm-Up Option



PHASE THREE – Return To Play
STRENGTH TRAINING

OBJECTIVE :

CONTINUE TO IMPROVE MUSCULOSKELETAL STRENGTH, POWER, STABILITY, AND FLEXIBILITY

TRADITIONAL STRENGTH AND POWER TRAINING IN THE WEIGHT ROOM CHARACTERIZES THIS PHASE OF STRENGTH TRAINING.

A PLANNED PROGRESSION OF LOAD AND INSTENSITY SHOULD BE FOLLOWED AT ALL TIMES.

WITH THE ADDED STRESS OF REGULAR PRACTICES, COACHES SHOULD ADJUST THE VOLUME OF STRENGTH TRAINING WORK TO ENHANCE RECOVERY

COACHES MUST BE VIGILANT AND ENSURE A SAFE TRAINING ENVIRONMENT

STRENGTH AND CONDITIONING COACHES SHOULD CONTINUE TO TEACH TECHNIQUE AND PROVIDE GUIDANCE AND ENCOURAGEMENT AT ALL TIMES.

PHASE THREE – Return To Play
STRENGTH TRAINING

SPECIFICS :

Recommended that students continue to train in the same PODS.

Students will be spaced 3-6 feet apart (May want to continue with 6 foot social distancing).

Students will use every other Rack/Platform/Lifting Area. They will have their own dedicated training area and equipment.

All weightlifting equipment will be disinfected both at the beginning of the training session and at the end of the session.

Successive Groups will use the opposite Rack that was used in the preceding group.

There should be no physical contact between students and/or coaches during this phase.

Coaches will also follow all Social Distancing Procedures associated with Phase 3 while in the Weight Room.

PHASE THREE – Return To Play
STRENGTH TRAINING

CONTINUE WITH THE FOLLOWING:

-SQUATS, PULLS AND PRESSES SHOULD BE PERFORMED IN POWER RACK/CAGE WITH SAFETY SPOT STANDS

-STRENGTH AND CONDITIONING COACH SHOULD MAKE DECISION OF WHETHER TO ATTEMPT HEAVIER LIFTS BASED ON OBSERVATION, REVIEW OF TRAINING PROGRESS AND HEALTH STATUS OF THE ATHLETE. *ATHLETE INPUT VIA REPORTED RPE IS VALUABLE TOOL FOR THIS.*

-IF SPOTTING, DO THE FOLLOWING: ***-TWO PERSON SPOT should be used***

-One person on each side of the barbell is Recommended

-Athletes should be taught how to 'miss' Olympic Lifts

-ATHLETES SHOULD ALWAYS FOLLOW THE PRESCRIBED PROGRAM AND REPORT ANY PROBLEMS TO ATC AND COACH

-ATHLETES SHOULD CONTINUE TO PRACTICE GOOD HYGEINE AND HYDRATION

PHASE THREE – Return To Play
STRENGTH TRAINING

SPECIFICS :

This strength training block should continue to emphasize instruction and allow for adequate rest intervals between sets and transitions to different exercises.

Work: Rest Ratios are related to the relative intensity (%1RM) of the load being used and the training objective

-Endurance

-Hypertrophy

-Maximum Strength

-Power

Progression of volume and load should be planned and adjusted as needed based on daily observation, fitness level and communication.

Coaches should identify exercises that do not necessitate use of a spotter.(Social Distancing)

2-5 days of Strength Training can be Planned, based on the respective goals.

PHASE THREE – Return To Play
STRENGTH TRAINING

SUGGESTED PROGRESSIONS:

Progressions should be phased and occur in direct response to the student athletes' response to training load and intensity.

Volume : Total Number of Reps

Suggested that coaches continue to monitor volume of work by counting reps at a specific RPE.

AVOID DRASTIC INCREASES IN TOTAL VOLUME FROM WEEK TO WEEK

MATCH STRENGTH TRAINING VOLUMES TO PRACTICE VOLUMES

PHASE THREE SPORT PRACTICE
Return To Play

- **SOURCE : NFHS GUIDELINES**
  - MODERATE RISK SPORT PRACTICES AND COMPETITIONS MAY RESUME (SEE APPENDIX 7)
  - THERE SHOULD BE NO SHARED ATHLETIC TOWELS, CLOTHING OR SHOES BETWEEN STUDENTS
  - STUDENTS SHOULD WEAR THEIR OWN APPROPRIATE WORKOUT CLOTHING (DO NOT SHARE CLOTHING) AND INDIVIDUAL CLOTHING AND TOWELS SHOULD BE WASHED AND CLEANED AFTER EVERY SESSION
  - ALL ATHLETIC EQUIPMENT, INCLUDING BALLS, SHOULD BE CLEANED INTERMITTENTLY DURING PRACTICES AND CONTESTS
  - HAND SANITIZER SHOULD BE PLENTIFUL AT ALL CONTESTS & PRACTICES
  - ATHLETIC EQUIPMENT SUCH AS BATS, BATTING HELMETS AND CATCHERS GEAR SHOULD BE CLEANED BETWEEN EACH USE. OTHER EQUIPMENT SUCH AS EAR GUARDS, FOOTBALL HELMETS, FOOTBALL PADS, LACROSSE HELMETS/PADS/GLOVES/EYEWEAR SHOULD BE WORN BY ONLY ONE INDIVIDUAL AND NOT SHARED.

PHASE THREE SPORT PRACTICE
Return To Play

- **SOURCE : NFHS GUIDELINES**
  - **MODIFIED PRACTICES MAY BEGIN FOR HIGHER RISK SPORTS**
    - *CONTINUE WITH PRE-PRACTICE SCREENING AS IN PHASES 1 and 2.*
    - *SHOWER IMMEDIATELY AFTER PRACTICES AND CONTESTS*
    - *RE-ASSESS EPIDEMIOLOGY DATA AND EXPERIENCES IN OTHER STATES AND OTHER LEVELS OF COMPETITION TO DETERMINE WHEN HIGHER RISK SPORTS COMPETITION MAY RESUME*
    - *REFER TO APPENDIX E FOR CLASSIFICATION OF SPORT BY RISK*

APPENDIX ONE : RELEVANT GUIDELINES & SOURCES

https://www.nfhs.org/media/3812287/2020-nfhs-guidance-for-opening-up-high-school-athletics-and-activities-nfhs-smac-may-15_2020-final.pdf

https://www.nsca.com/contentassets/61c0fb0a476149848de009f1630fa457/nsca-covid-19-rtt.pdf

https://www.nsca.com/contentassets/2a0a87ccabbe4a149dd915168b20d603/nsca-safety-checklist.pdf

https://ksi.uconn.edu/covid-19-return-to-activity/

APPENDIX 1 : REFERENCE MATERIALS

https://www.cdc.gov/coronavirus/2019-ncov/community/schools-childcare/youth-sports.html

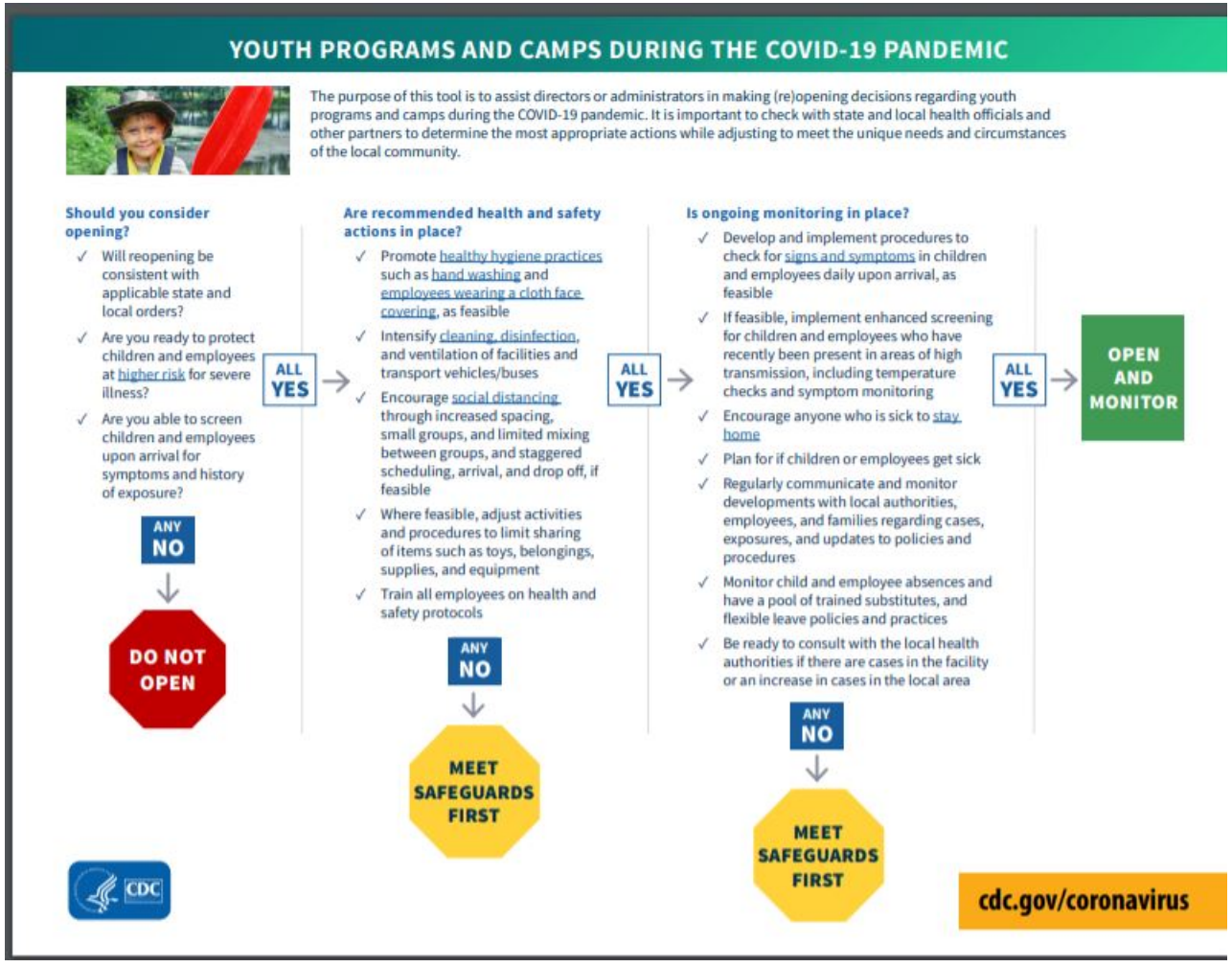
https://www.cdc.gov/coronavirus/2019-ncov/community/schools-childcare/summer-camps.html

https://www.cdc.gov/coronavirus/2019-ncov/community/schools-childcare/schools.html

https://www.cdc.gov/coronavirus/2019-ncov/community/clean-disinfect/index.html

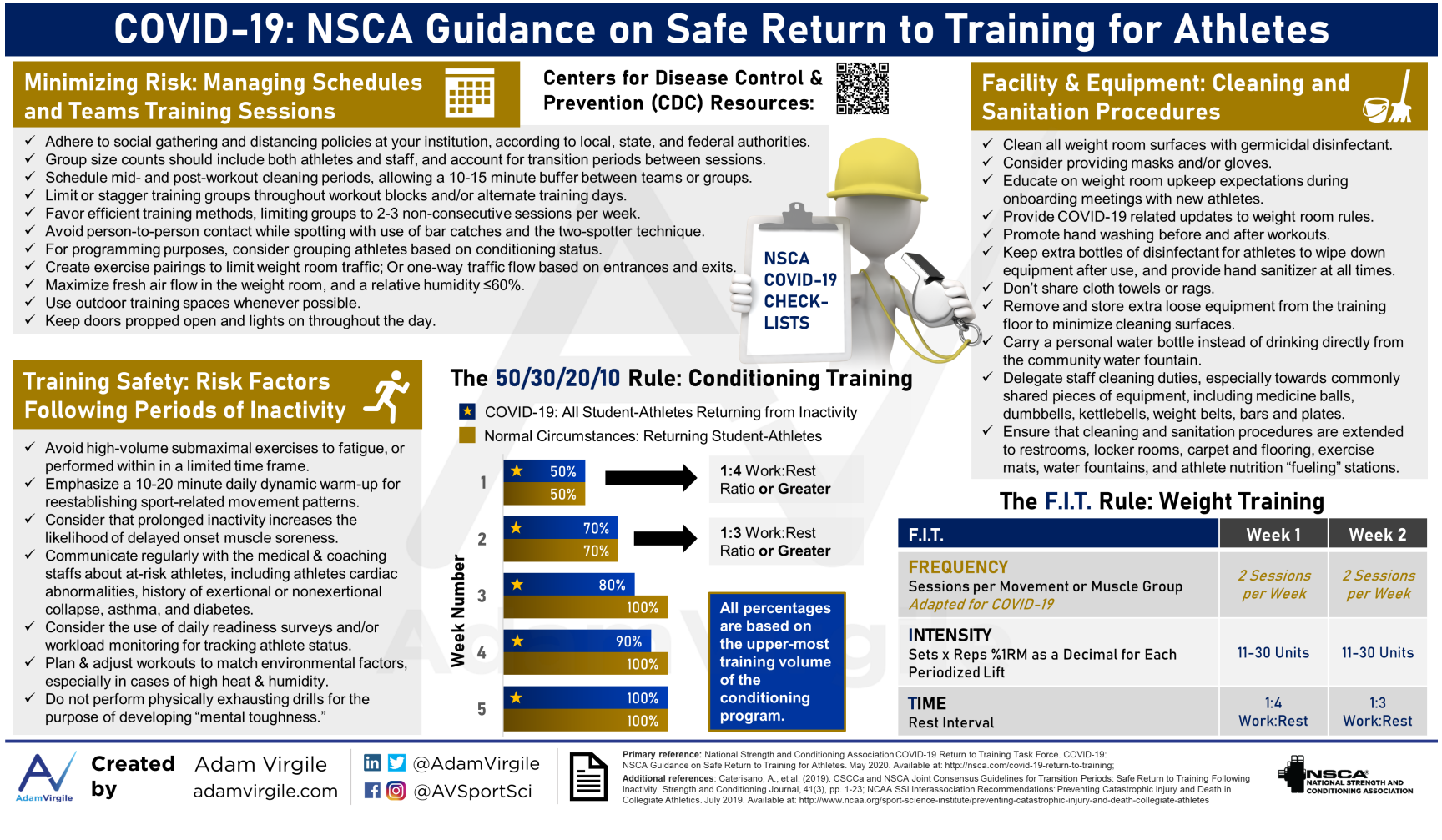
APPENDIX ONE : RELEVANT GUIDELINES & SOURCES

https://www.cdc.gov/coronavirus/2019-ncov/community/schools-childcare/Camps-Decision-Tree.pdf



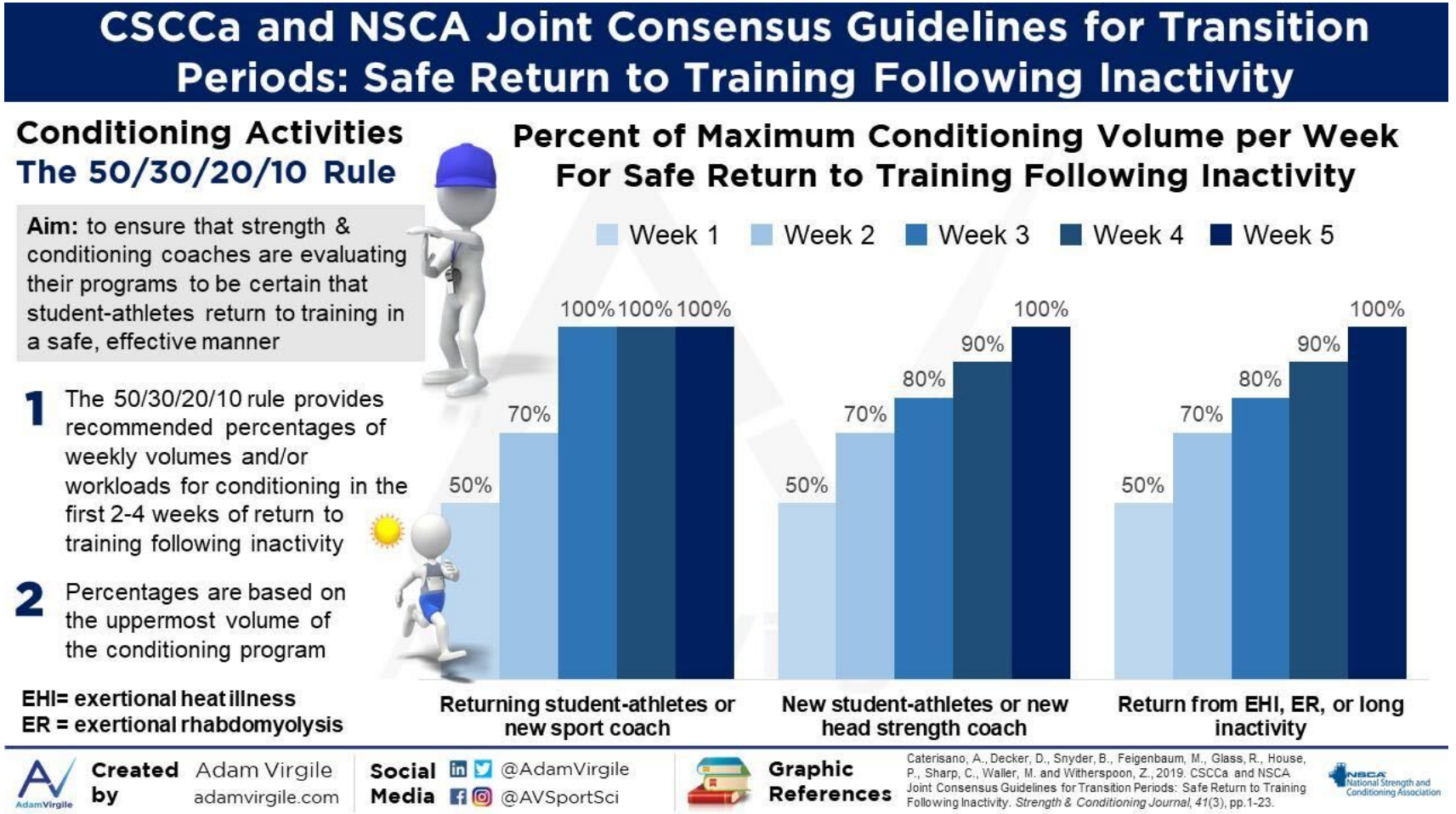
APPENDIX ONE : RELEVANT GUIDELINES & SOURCES

https://www.nsca.com/contentassets/7b0a45e1ccd841078c48bb30edd51212/nsca-covid-infographic.png



APPENDIX ONE : RELEVANT GUIDELINES & SOURCES

https://www.nsca.com/contentassets/d0257099ef8f4db7b5d0197ee030a25f/joint-infographic.jpg

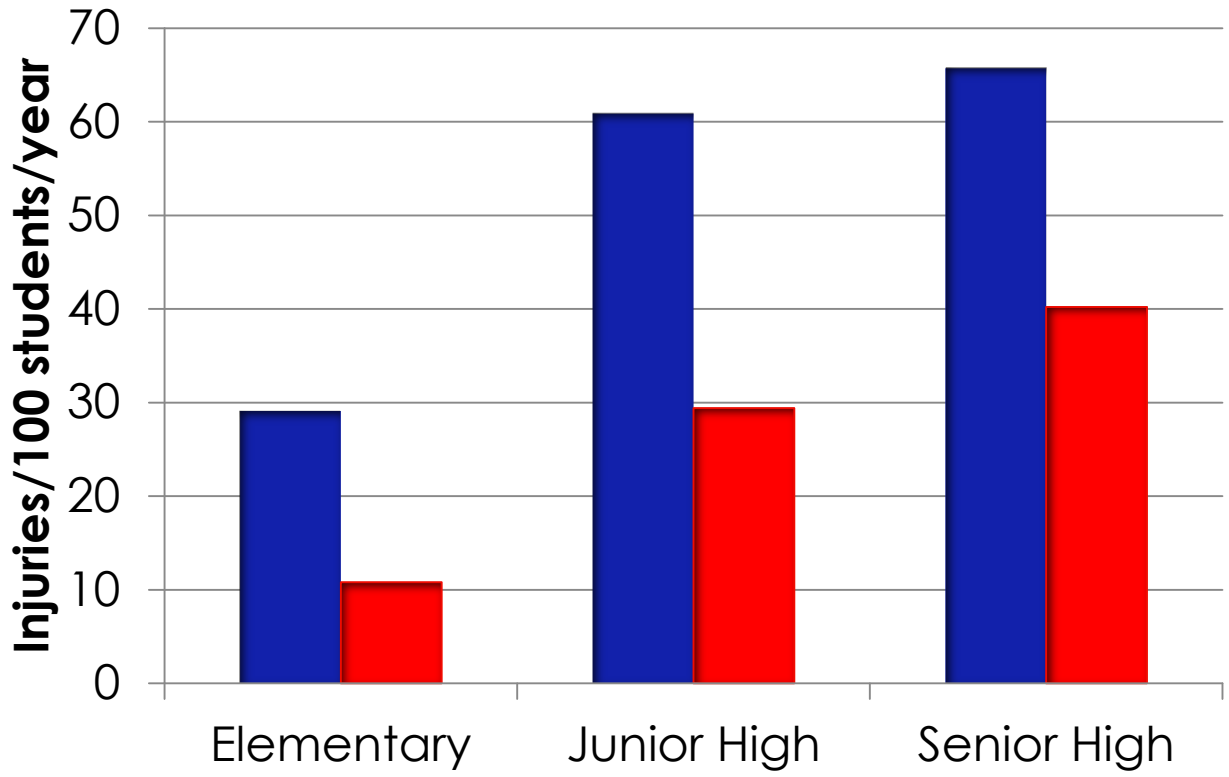


APPENDIX TWO : RELATIONSHIP OF TRAINING LOAD AND INJURY

- ***INPUT FROM FLORIDA RTP WORKING – SPORT SCIENCE SUB-GROUP***

- **David Gil, BS, MA – Performance Lab Director, Vert**
- **Eric Foran, MS,CSCS, RSCC,CES – Director of S&C Miami Heat**
- **Carlos Daniel, MS, CSCS*R, CES, CFCS – Head of S&C.Vanderbilt mens basketball**
- **Lauren Green –MS, RSCC, PES Athletic Performance Coordinator, UC San Diego**
- **Carlyn Stilling, Bkin,CSEP-CEP, NSCA-CSCS – MSc Student -Injury prevention, University Calgary Sports Injury Prevention Centre**
- **Natosha Gottlieb MS, CSCS, USAW L1 – Assistant Director Olympic Sports, Strength and Conditioning, Florida State University**
- **Joseph Janosky, MS, PT, ATC – Director, Sports Safety Program, HSS – Hospital for Special Surgery**

Sport and Recreational Injury



- Injuries over past year
- Injuries requiring medical attention

Youth sports-related injuries have increased by 500% to 700% in the last 10 years!!!

Emery et al., 2009

Injuries are a Part of the Game…

Canadian Youth Soccer

- 30% of coaches believe knee injuries cannot be prevented
- <10% of players and coaches believe a warm-up can prevent injuries
- >75% coaches believe stretching is primary focus for prevention
- ↑ years of playing experience = ↓adherence NMT

Brown et al, 2010, McKay et al 2014

MYTHBUSTER:
Injuries ARE NOT Just Bad Luck

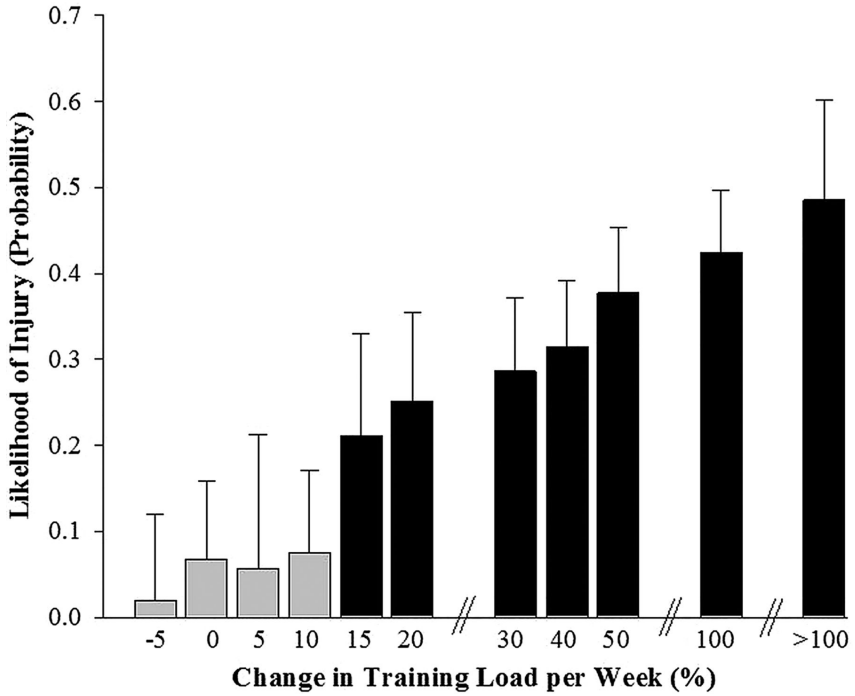
i.e. Rapid increases in training load during the **week prior** to injury compared to that of the 4 preceding weeks *(Rogalski, 2013)*

'Overuse injuries almost always involve training errors'

Dr. Lyle J. Micheli Director, Division of Sports Medicine at Children's Hospital Boston

APPENDIX ONE : RELATIONSHIP OF TRAINING LOAD AND INJURY

Likelihood of injury with different changes in training load



Tim J Gabbett Br J Sports Med 2016;50:273-280

Costs are to PERFORMANCE

Lower injury burden, lower injury incidence and higher match availability to be associated with performance, measured via metrics such as:

- final league ranking
- points per match
- success in tournaments.
- (Drew et al, 2017)

- Proper training *is* your injury prevention
- No difference between performance and injury prevention – it is how we maximize athletic performance

The Performance Pyramid

Kinetic linking, dominant prime movers, jumping and landing patterns

Jump height, agility, attack velocity

Movement

Fundamental patterns, asymmetries, pain

Nutrition, Energy, stress, sleep, mood, focus, pain

Neuromuscular Training

12 weeks of neuromuscular training (15 min dynamic warmup before every PE class)

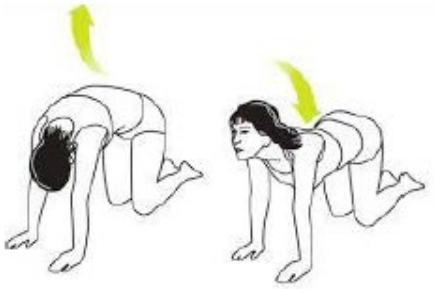
- ↓ 70% in ALL sport injury
- ↓ 69% in lower limb injury
- ↓ 73% in ankle sprains
- ↓ 64% in knee sprains

Richmond et al 2016

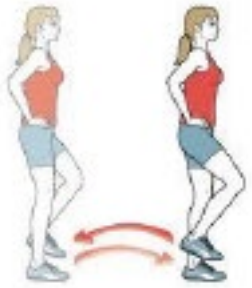
Neuromuscular Training Program Components

1. Aerobic
2. Dynamic Stretching

3. Strength and mobility



4. Agility



5. Balance

ADDITIONAL REFERENCE MATERIAL

- ***Stress importance of balance and proprioception (prevents injury)***
- Malliou, P. et al. 'Proprioceptive Training (balance Exercises) Reduces Lower Extremity Injuries in Young Soccer Players'. 1 Jan. 2004 : 101 – 104.
- https://content.iospress.com/articles/journal-of-back-and-musculoskeletal-rehabilitation/bmr00100
- ***Stress importance of Core Training (with examples and progression)***
- APA McGill, Stuart PhD Core Training: Evidence Translating to Better Performance and Injury Prevention, Strength and Conditioning Journal: June 2010 - Volume 32 - Issue 3 - p 33-46
- https://journals.lww.com/nsca-scj/Fulltext/2010/06000/Core_Training__Evidence_Translating_to_Better.4.aspx

APPENDIX THREE : Sanitization Checklists

APPENDIX THREE :
DAILY
Sanitization Checklists

Developed by
Mikayla Owen, MS, LAT, ATC

DAILY SANITATION CHECKLIST

EQUIPMENT	DATE OF SANITATION																	
Rehab Equipment Used																		
Game Ready Handle/Sleeve																		
Treatment Tables																		
Pillows																		
Wedges																		
Bottle Caps																		
Bottles																		
Crates																		
Counter																		
Utensils/Container																		
Kit Handles																		
Cabinet Handles																		
Door Handles																		
Ice Machine Door																		
Hydrocollator Handle																		
Hydrocollator Sleeves																		
Towels																		
Sweep Floors																		
Rolling Carts																		
Water Boy Nozzle/Handle																		

APPENDIX THREE : WEEKLY Sanitization Checklists

WEEKLY DEEP CLEAN CHECKLIST

EQUIPMENT	SANITIZED	DATE OF SANITATION															
Rehabilitation Supplies																	
Under Treatment Tables																	
Sink																	
Bottle Cap Containers																	
Counter/Supplies																	
Utensils/Container																	
Supplies in Kits																	
Kits																	
Cabinets																	
Doors																	
Hydrocollator																	
Game Ready																	
Normatec																	
Coolers																	
Ice Machine																	
Normatec/Sleeves																	
Game Ready/Sleeves																	
Hydrocollator																	

Developed by
Mikayla Owen, MS, LAT, ATC

APPENDIX THREE :
WEEKLY
MONTHLY Checklists

EQUIPMENT WORKING	YES	NO	LOCATION	CONDITION NOTES
Hydrocollator (Large)				
Hydrocollator (Small)				
Hydroworks Tub				
Rubbermaid Tub (100 gal)				
Rubbermaid Tub (100 gal)				
Vacuum Splints				
Vacuum Splint Pump				
Vacuum Splint Bag				
Travel Case				
Rolling Kit				
Small Kit				
High Taping Table				
Treatment Table 1				
Treatment Table 2				
Treatment Table 3				

ATC Signature: _____ Date _____

ATC Printed Name: _____

MONTHLY EQUIPMENT CHECKLIST

MONTH/YEAR: _____

EQUIPMENT WORKING	YES	NO	LOCATION	CONDITION NOTES
Refrigerator/Freezer				
Chairs				
Pedal Exerciser				
Stationary Bike				
Mirror				
Blue Foam Balance Pad				
Black Mini Step Block				
Blue Balance Discs				
Cones				
Goniometers				
Resistance Bands/Bars				
Therabands				
Stretch Ropes				
Jump Rope				
Hand Weights/Wall Mount				

ATC Signature: _____ Date _____

ATC Printed Name: _____

Developed by
Mikayla Owen, MS, LAT, ATC

APPENDIX THREE :
WEEKLY
MONTHLY Checklists - continued

EQUIPMENT WORKING	YES	NO	LOCATION	CONDITION NOTES
Resistance Bands				
Ankle Weights				
Hooks and Board				
BAPs Board				
Large Foam Rollers				
Small Foam Rollers				
Foam Half Roll				
Calf ProStretch				
Spirometer				
Game Ready/Attachment				
Game Ready Sleeves				
Normatec/Attachment				
Normatec Sleeves				
TENs Unit				
TENs Unit Pads				

ATC Signature: _____ Date _____

ATC Printed Name: _____

MONTHLY EQUIPMENT CHECKLIST

MONTH/YEAR: _____

EQUIPMENT WORKING	YES	NO	LOCATION	CONDITION NOTES
Anatomical Charts				
Small Pillows				
Wedge Pillows				
Travel Treatment Table/Discs				
Ice Massage Cups				
Hydrocollator Steam Packs				
Hydrocollator Sleeves				
Crutches				
Boots				
Wrist Braces				
Knee Braces				
Ankle Braces				
Back Brace				
Pulse Oximeter				
Spine Board				

ATC Signature: _____ Date _____

ATC Printed Name: _____

Developed by
Mikayla Owen, ATC

APPENDIX THREE :
WEEKLY
MONTHLY Checklists - continued

MONTHLY EQUIPMENT CHECKLIST

MONTH/YEAR: _____

EQUIPMENT WORKING	YES	NO	LOCATION	CONDITION NOTES
Blood Pressure Cuff				
Stethoscope				
Rollers				
Megaphone				
Paraffin Bath				

EQUIPMENT	CALIBRATION DATE
Hydrocollator (Large)	
Hydrocollator (Small)	
Paraffin Bath	
Ice Machine	

ATC Signature: _____ Date _____

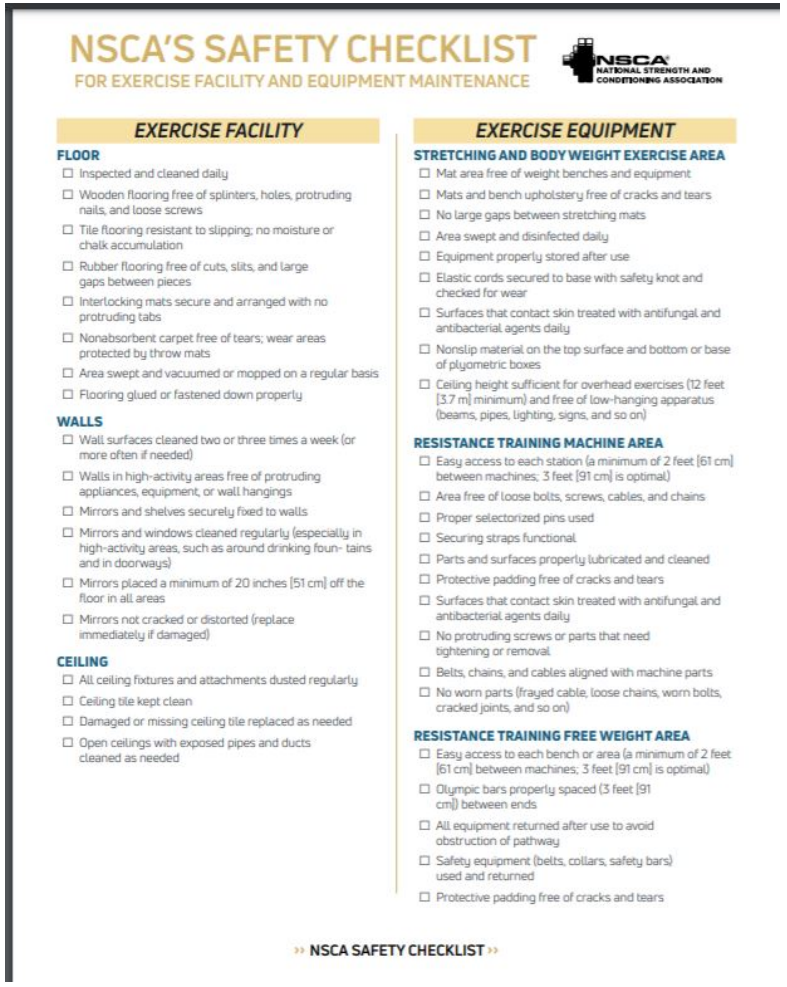
ATC Printed Name: _____

Developed by
Mikayla Owen, MS, LAT, ATC

FACILITY PREPARATION AND SANITIZING
Responsibilities of Strength & Conditioning Coach

https://www.nsca.com/contentassets/2a0a87ccabbe4a149dd915168b20d603/nsca-safety-checklist.pdf

National Strength & Conditioning Association



NSCA'S SAFETY CHECKLIST

FOR EXERCISE FACILITY AND EQUIPMENT MAINTENANCE

NSCA NATIONAL STRENGTH AND CONDITIONING ASSOCIATION

EXERCISE FACILITY

FLOOR

- ☐ Inspected and cleaned daily
- ☐ Wooden flooring free of splinters, holes, protruding nails, and loose screws
- ☐ Tile flooring resistant to slipping; no moisture or chalk accumulation
- ☐ Rubber flooring free of cuts, slits, and large gaps between pieces
- ☐ Interlocking mats secure and arranged with no protruding tabs
- ☐ Nonabsorbent carpet free of tears; wear areas protected by throw mats
- ☐ Area swept and vacuumed or mopped on a regular basis
- ☐ Flooring glued or fastened down properly

WALLS

- ☐ Wall surfaces cleaned two or three times a week (or more often if needed)
- ☐ Walls in high-activity areas free of protruding appliances, equipment, or wall hangings
- ☐ Mirrors and shelves securely fixed to walls
- ☐ Mirrors and windows cleaned regularly (especially in high-activity areas, such as around drinking foun- tains and in doorways)
- ☐ Mirrors placed a minimum of 20 inches [51 cm] off the floor in all areas
- ☐ Mirrors not cracked or distorted (replace immediately if damaged)

CEILING

- ☐ All ceiling fixtures and attachments dusted regularly
- ☐ Ceiling tile kept clean
- ☐ Damaged or missing ceiling tile replaced as needed
- ☐ Open ceilings with exposed pipes and ducts cleaned as needed

EXERCISE EQUIPMENT

STRETCHING AND BODY WEIGHT EXERCISE AREA

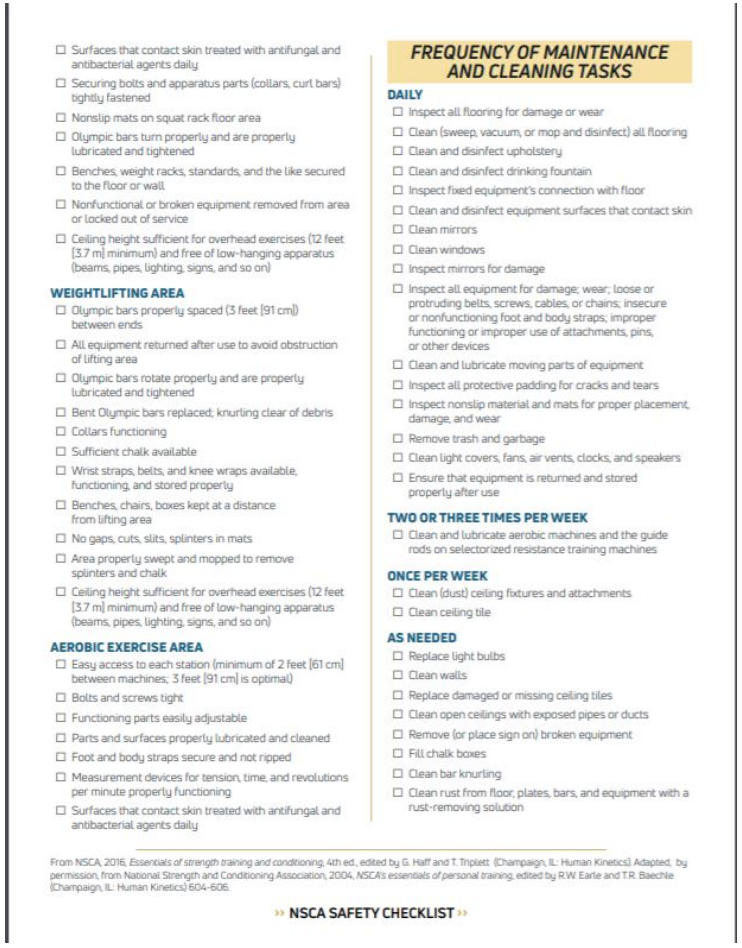
- ☐ Mat area free of weight benches and equipment
- ☐ Mats and bench upholstery free of cracks and tears
- ☐ No large gaps between stretching mats
- ☐ Area swept and disinfected daily
- ☐ Equipment properly stored after use
- ☐ Elastic cords secured to base with safety knot and checked for wear
- ☐ Surfaces that contact skin treated with antifungal and antibacterial agents daily
- ☐ Nonslip material on the top surface and bottom or base of plyometric boxes
- ☐ Ceiling height sufficient for overhead exercises (12 feet [3.7 m] minimum) and free of low-hanging apparatus (beams, pipes, lighting, signs, and so on)

RESISTANCE TRAINING MACHINE AREA

- ☐ Easy access to each station (a minimum of 2 feet [61 cm] between machines; 3 feet [91 cm] is optimal)
- ☐ Area free of loose bolts, screws, cables, and chains
- ☐ Proper selectorized pins used
- ☐ Securing straps functional
- ☐ Parts and surfaces properly lubricated and cleaned
- ☐ Protective padding free of cracks and tears
- ☐ Surfaces that contact skin treated with antifungal and antibacterial agents daily
- ☐ No protruding screws or parts that need tightening or removal
- ☐ Belts, chains, and cables aligned with machine parts
- ☐ No worn parts (frayed cable, loose chains, worn bolts, cracked joints, and so on)

RESISTANCE TRAINING FREE WEIGHT AREA

- ☐ Easy access to each bench or area (a minimum of 2 feet [61 cm] between machines; 3 feet [91 cm] is optimal)
- ☐ Olympic bars properly spaced (3 feet [91 cm]) between ends
- ☐ All equipment returned after use to avoid obstruction of pathway
- ☐ Safety equipment (belts, collars, safety bars) used and returned
- ☐ Protective padding free of cracks and tears



- ☐ Surfaces that contact skin treated with antifungal and antibacterial agents daily
- ☐ Securing bolts and apparatus parts (collars, curl bars) tightly fastened
- ☐ Nonslip mats on squat rack floor area
- ☐ Olympic bars turn properly and are properly lubricated and tightened
- ☐ Benches, weight racks, standards, and the like secured to the floor or wall
- ☐ Nonfunctional or broken equipment removed from area or locked out of service
- ☐ Ceiling height sufficient for overhead exercises (12 feet [3.7 m] minimum) and free of low-hanging apparatus (beams, pipes, lighting, signs, and so on)

WEIGHTLIFTING AREA

- ☐ Olympic bars properly spaced (3 feet [91 cm]) between ends
- ☐ All equipment returned after use to avoid obstruction of lifting area
- ☐ Olympic bars rotate properly and are properly lubricated and tightened
- ☐ Bent Olympic bars replaced; knurling clear of debris
- ☐ Collars functioning
- ☐ Sufficient chalk available
- ☐ Wrist straps, belts, and knee wraps available, functioning, and stored properly
- ☐ Benches, chairs, boxes kept at a distance from lifting area
- ☐ No gaps, cuts, slits, splinters in mats
- ☐ Area properly swept and mopped to remove splinters and chalk
- ☐ Ceiling height sufficient for overhead exercises (12 feet [3.7 m] minimum) and free of low-hanging apparatus (beams, pipes, lighting, signs, and so on)

AEROBIC EXERCISE AREA

- ☐ Easy access to each station (minimum of 2 feet [61 cm] between machines; 3 feet [91 cm] is optimal)
- ☐ Bolts and screws tight
- ☐ Functioning parts easily adjustable
- ☐ Parts and surfaces properly lubricated and cleaned
- ☐ Foot and body straps secure and not ripped
- ☐ Measurement devices for tension, time, and revolutions per minute properly functioning
- ☐ Surfaces that contact skin treated with antifungal and antibacterial agents daily

FREQUENCY OF MAINTENANCE AND CLEANING TASKS

DAILY

- ☐ Inspect all flooring for damage or wear
- ☐ Clean (sweep, vacuum, or mop and disinfect) all flooring
- ☐ Clean and disinfect upholstery
- ☐ Clean and disinfect drinking fountain
- ☐ Inspect fixed equipment's connection with floor
- ☐ Clean and disinfect equipment surfaces that contact skin
- ☐ Clean mirrors
- ☐ Clean windows
- ☐ Inspect mirrors for damage
- ☐ Inspect all equipment for damage; wear; loose or protruding belts, screws, cables, or chains; insecure or nonfunctioning foot and body straps; improper functioning or improper use of attachments, pins, or other devices
- ☐ Clean and lubricate moving parts of equipment
- ☐ Inspect all protective padding for cracks and tears
- ☐ Inspect nonslip material and mats for proper placement, damage, and wear
- ☐ Remove trash and garbage
- ☐ Clean light covers, fans, air vents, clocks, and speakers
- ☐ Ensure that equipment is returned and stored properly after use

TWO OR THREE TIMES PER WEEK

- ☐ Clean and lubricate aerobic machines and the guide rods on selectorized resistance training machines

ONCE PER WEEK

- ☐ Clean (dust) ceiling fixtures and attachments
- ☐ Clean ceiling tile

AS NEEDED

- ☐ Replace light bulbs
- ☐ Clean walls
- ☐ Replace damaged or missing ceiling tiles
- ☐ Clean open ceilings with exposed pipes or ducts
- ☐ Remove (or place sign on) broken equipment
- ☐ Fill chalk boxes
- ☐ Clean bar knurling
- ☐ Clean rust from floor, plates, bars, and equipment with a rust-removing solution

From NSCA, 2016, *Essentials of strength training and conditioning*, 4th ed., edited by G. Haff and T. Triplett. (Champaign, IL: Human Kinetics) Adapted, by permission, from National Strength and Conditioning Association, 2004, *NSCA's essentials of personal training*, edited by R.W. Earle and T.R. Baechle (Champaign, IL: Human Kinetics) 604-606.

APPENDIX 4
DYNAMIC WARM- UP

SAMPLE:RTP Suggested Dynamic Warm-up

Objective:

Prepare For activity by engaging in progressive build-up of neuromuscular and cardiorespiratory Systems.

Decrease potential for tendon, ligament and muscle injury

Gradual Build up of biomotor skill set and conditioning levels

Opportunity for Observation for a low-risk, safe assessment of student athlete fitness and conditioning levels

APPENDIX 4
DYNAMIC WARM- UP

RTP Suggested Dynamic Warm-up
Cones set up as in diagram on RTP document.
10 Pair of cones. 10-20 yards apart In terms of distance between pairs
10 feet apart in terms of each pair for social Distancing
Use 1:4 or 1:6 work: rest ratio as needed

Phase 1
A. Easy jog 10 yards. Walk 10 yards
B. Walking High knee hug to chest. 10 yds. Walk or Jog 10 yards
C. Walking Cradle hip hug. 10 yds. Walk or Jog 10 yds.
D. Walking alternating mini lunge with double arm reach overhead. 10 yds. Walk or Jog 10 yds
E. Turn sideways. Lateral big step - little step. 10 yds. Walk or Jog 10 yds
F. Remain facing same way. Lateral big step- little step. 10 yds. Walk or Jog 10 yds
G. Backwards ' monster walk'. 10 yds. Turn and Walk or Jog 10 yds.

Rest 2 -3 minutes

APPENDIX 4
DYNAMIC WARM- UP

RTP Suggested Dynamic Warm-up ***Phase 2. (performed in place)***
(Neuromuscular and Proprioception preparation)

Assume athletic base. Side to side Rocker lunge. Feet stay in place. 5 x each side
Single Leg Balance Shift. 2 second hold on one leg. Switch legs. 2 sets x 3 x ea side
MINI hop forward (6-12 inches). Stick landing. Flex at hip knee and ankles to absorb force of landing 2 sets x3 reps each
MINI Lateral two legged hop (6-12 inches) Flex at hip, knees and ankles to stick landing. 2 sets x 2 reps each side
Bodyweight squat 2 sets x 5 reps. Emphasize hip dominant movement pattern
Quadruped Stance Bird-dog with static hold at top for one count. Alternate sides. 2 sets x4 reps each side.
Plank 2 x10 seconds each
Supine hip bridge 2x5. Hold at top for one count.

Rest 2-3 minutes

APPENDIX 4
DYNAMIC WARM- UP

RTP Suggested Dynamic Warm-up ***Phase 3 (Dynamic Ramp-up)***

1. Skip 10 yds. Walk or Jog 10 yds
2. Skip 10 yds. Walk or Jog 10 yds
3. Lateral Shuffle 10 yds. Walk or Jog 10 yards
4. Face same way. Lateral shuffle 10 yds. Walk or jog 10 yds.
5. Carioca 10 yds. Walk or jog 10 yds 6.Face same way. Carioca 10 yds. Walk or Jog 10 yds.
7. Backwards A Skip 10 yds. Turn slowly and walk or jog 10 yds.
8. Backwards Run 10 yds. Turn solely and walk of jog 10 yds.

Rest 2-3 minutes

By end of week one start to incorporate beginning , low intensity accel-decel drills (proper stopping mechanics) at end of phase 3 And Easy beginner tempo runs on alternate days.

APPENDIX 4
DYNAMIC WARM- UP And PROGRESSIONS

Hospital for Special Surgery Sports Safety Program

https://sports-safety.hss.edu/p/30-day-motion-health-challenge

FREE TO ATHLETES AND COACHES

APPENDIX 5
RPE

Rating of Perceived Exertion (RPE Scale)	
10	Maximal
9	Really, Really, Hard
8	Really Hard
7	
6	Hard
5	Challenging
4	Moderate
3	Easy
2	Really Easy
1	Rest

APPENDIX 5
RPE

Rating of Perceived Exertion (RPE Scale)	
10	Maximal
9	Really, Really, Hard
8	Really Hard
7	
6	Hard
5	Challenging
4	Moderate
3	Easy
2	Really Easy
1	Rest

CAN BE USED FOR CONDITIONING AS WELL AS STRENGTH TRAINING

ATHLETES CAN REPORT RPE SCORES DURING TRAINING AS WELL AS AFTER

COACHES AND ATC CAN USE LOAD TO GUAGE LEVEL OF DIFFICULTY OF A PRACTICE OR DRILL AND ADJUST ACCORDINGLY

COACHES CAN ALSO PLAN PRACTICES USING RPE GOALS

SYSTEM IS BEING USED INCREASINGLY AROUND THE NATION

APPENDIX 5
RPE

Rating of Perceived Exertion (RPE Scale)	
10	Maximal
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6	Hard
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1	Rest

https://www.youtube.com/channel/UCG0NhNZhh4V9CrWtiY_zkeQ/

APPENDIX 6
PHASE 3 FACILITIES CLEANING

Facilities Cleaning:

- Adequate cleaning schedules should be created and implemented for all athletic facilities to mitigate any communicable diseases.
- Prior to an individual or groups of individuals entering a facility, hard surfaces within that facility should be wiped down and sanitized (chairs, furniture in meeting rooms, locker rooms, weight room equipment, bathrooms, athletic training room tables, etc.).
- Individuals should wash their hands for a minimum of 20 seconds with warm water and soap before touching any surfaces or participating in workouts.
- Hand sanitizer should be plentiful and available to individuals as they transfer from place to place.
- Weight equipment should be wiped down thoroughly before and after an individual's use of equipment.
- Appropriate clothing/shoes should be worn at all times in the weight room to minimize sweat from transmitting onto equipment/surfaces.
- Any equipment such as weight benches, athletic pads, etc. having holes with exposed foam should be covered.
- Students must be encouraged to shower and wash their workout clothing immediately upon returning to home.

Source ; NFHS Guidelines

APPENDIX 7
CLASSIFICATIONS OF SPORTS

Contests 1. Potential Infection Risk by Sport (modified from United States Olympic and Paralympic Committee – Sports Medicine recommendations)

Higher Risk: Sports that involve close, sustained contact between participants, lack of significant protective barriers, and high probability that respiratory particles will be transmitted between participants.

Examples: Wrestling, football, boys lacrosse, competitive cheer, dance

Moderate Risk: Sports that involve close, sustained contact, but with protective equipment in place that may reduce the likelihood of respiratory particle transmission between participants OR intermittent close contact OR group sports OR sports that use equipment that can't be cleaned between participants.

Examples: Basketball, volleyball, baseball*, softball*, soccer, water polo, gymnastics* (if equipment can't be sufficiently cleaned between competitors), ice hockey, field hockey, tennis*, swimming relays, pole vault*, high jump*, long jump*, girls lacrosse, crew with two or more rowers in shell, 7 on 7 football*
*Could potentially be considered "Lower Risk" with appropriate cleaning of equipment and use of masks by participants

Lower Risk: Sports that can be done with social distancing or individually with no sharing of equipment or the ability to clean the equipment between use by competitors.

Examples: Individual running events, throwing events (javelin, shot put, discus), individual swimming, golf, weightlifting, alpine skiing, sideline cheer, single sculling, cross country running (with staggered starts)

Source : NFHS Guidelines

THANK YOU TO THE FOLLOWING PEOPLE

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