



# Perkins-Tryon High School

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## Perkins-Tryon Schools Return to Athletics - Summer 2020

The Perkins-Tryon Athletics summer programs will resume on June 15, 2020 following the current OSSAA policies with the following modifications in light of Covid-19. Prior to participation in summer programs all athletes will be required to have a guardian signed Covid-19 Risk Acknowledgment Waiver. All coaches will receive a copy of this document and will be expected to follow the guidelines as stated.

### JUNE 1, 2020 - JUNE 15, 2020

June 1, 2020 is the official start date for the summer athletics season. No athletes are allowed on campus during this phase. Athletes can be contacted through zoom or other virtual means. Coaches are allowed to meet and access facilities. Plans should be made during this phase to implement the following guidelines with a focus on procedures that will account for social distancing and limiting physical contact. Needed supplies for proper sanitization should be requested and ordered during this time. All facilities should be thoroughly cleaned in preparation for workouts.

### PHASE ONE: JUNE 15, 2020 - JUNE 26, 2020

On June 15, 2020 coaches may have face-to-face contact using the provisions provided below. Phase one includes High School athletes only. All workouts are voluntary, and attendance will be taken for monitoring purposes only. No team practice is permitted. No camps, clinics, or leagues may be conducted or attended. Strength and conditioning is permitted. During this phase each person, each day of attendance in each activity must complete a COVID-19 Screening form. Vulnerable individuals should not oversee or participate in any workouts during any phase. Indoor facilities should be used by student athletes and coaches only, no spectators.

### **INDOOR GUIDELINES: WEIGHT ROOM/GYM/HITTING FACILITIES**

- Each person entering the facility must have their temperature checked upon arrival. Any individual with a temperature registering 100.4 degrees or above must not be permitted to stay.
- Hands must be washed, or hand sanitizer used prior to entering the facility and touching any equipment.
- Locker rooms and/or restrooms if opened must be sanitized before use and at the conclusion of the workout.
- Lifters will be placed in groups of 3. These groupings will remain consistent throughout this phase.
- Spotters will be on each end of the weight bar.
- Social distancing requirements must be followed. In gymnasiums and weight rooms, the maximum number of athletes and coaches shall not exceed 20 athletes and 2 coaches. In the baseball/softball hitting facilities, the maximum number shall not exceed 10 athletes and 2 coaches.
- Any equipment used including weights, balls, bats, helmets, etc. must be disinfected appropriately with use.
- No shared hydrating bottles, towels, gloves, or any other personal equipment is permitted.
- Coaches or other supervisory adults must wear a mask or cloth face covering at times when social distancing cannot be achieved.
- Facility cleanliness should be maintained during a workout by keeping an awareness of surfaces frequently touched that may require sanitization. All surfaces in the facility should be thoroughly cleaned at the end of each workout.

### **OUTDOOR GUIDELINES: TRACK/FIELDS**

- Each person entering the facility must have their temperature checked upon arrival. Any individual with a temperature registering 100.4 degrees or above must not be permitted to stay.

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- Coaches or other supervisory adults must wear a mask or cloth face covering at times when social distancing cannot be achieved.
- Hands must be washed or hand sanitizer used prior to entering the facility and touching any equipment.
- Locker rooms and/or restrooms if opened must be sanitized before use and at the conclusion of the workout.
- Social distancing guidelines must be followed.
- No shared helmets or equipment worn on the head including facemasks.
- No shared hydrating bottles, towels, gloves, or any other personal equipment is permitted.
- Any equipment used including balls, bats, helmets, etc. must be disinfected appropriately with use.
- Facility cleanliness should be maintained during a workout by keeping an awareness of surfaces frequently touched that may require sanitization. All surfaces in the facility should be thoroughly cleaned at the end of each workout.

#### **DEAD WEEK: JUNE 27, 2020- JULY 5, 2020**

Per OSSAA rules, there shall be no athletic meetings, practices, workouts, or contacts between June 27<sup>th</sup> and July 5<sup>th</sup>. Athletes and Coaches are not allowed access to facilities during this time.

#### **PHASE TWO: JULY 6, 2020- AUGUST 1, 2020**

On July 6, 2020 coaches may resume face-to-face contact using the provisions provided below. Phase two includes both High School and Junior High athletes. No team practice is permitted. No camps, clinics, or leagues may be conducted or attended. Strength and conditioning is permitted. The need for Covid-19 screenings and social distancing requirements for coaches and athletes will be reevaluated based on current trends and state recommendations. Vulnerable individuals should not oversee or participate in any workouts during any phase. Indoor facilities should be used by student athletes and coaches only, no spectators.

- Each person entering the facility must have their temperature checked upon arrival. Any individual with a temperature registering 100.4 degrees or above must not be permitted to stay.
- Hands must be washed or hand sanitizer used prior to the use of any equipment.
- Any equipment used including weights, balls, bats, helmets, etc. must be disinfected appropriately with use.
- No shared hydrating bottles, towels, gloves, or any other personal equipment is permitted.
- Facility cleanliness should be maintained during a workout by keeping an awareness of surfaces frequently touched that may require sanitization. All surfaces in the facility should be thoroughly cleaned at the end of each workout.

#### **JULY 15, 2020**

Practice may begin for fast-pitch softball, fall baseball, volleyball, cross country. Strength and conditioning for all other sports may continue.

**This is a working document and will be reevaluated as needed by athletic administration for effectiveness to ensure the safety of students.**

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