Calallen ISD
Fall Sport Summer Athletic Programs

The following summarizes the guidelines and requirements for optional participation in Calallen ISD’s summer strength and conditioning and sport specific workouts. The district is committed to providing a healthy and safe environment for students, but in order to be successful, it will require support from staff, students, and families. Established procedures are non-negotiable, and adherence is required for continued performance. For the continued safety and health of staff and students, there will be no visitors or spectators allowed. Only staff and enrolled students may be present. For more information, please refer to the UIL COVID-19 information webpage.

1. The program will begin with fall sports only, including Volleyball, Cross Country, Football, Tennis, Golf, Cheer, and TopCats. Depending on the status of COVID-19 in July, staff will re-evaluate to determine if more participants can be included.
2. Students must arrive to workouts in proper gear, and will not be provided access to locker rooms or shower facilities. Students are encouraged to return home immediately and shower for health purposes.
3. Students will be required to submit the Calallen ISD Health Screening Form before the first workout of each week. In addition, students should self-screen every day for COVID-19 symptoms for themselves and family members before arrival.
4. Students will have their temperature taken daily upon arrival. Students with a temperature of 100.0 or higher will be sent home and not allowed to participate, and should follow the guidance listed below under Positive Cases or Students Showing Symptoms. Temperatures will be logged by cohort coaches daily.
5. Students will hand sanitize or wash hands upon arrival and regularly throughout the workout.
6. Students will be placed in a cohort of participants with an assigned coach. Cohort sizes will be determined by sport.
   a. Outdoor sport cohort size is 15 students.
   b. Indoor sport cohort size is 10 students.
7. Students must maintain proper social distancing throughout their time on campus:
   a. 6 feet when not actively exercising
   b. 10 feet when actively exercising
8. Students must provide their own water, as the school cannot provide under UIL guidelines. Students who do not have water will be prohibited from participating.
9. Students will provide their own towels if needed, the school will not provide one.
10. Face coverings and/or masks will be required during check-in and screening, and while spotting while lifting weights.
11. Students will abide by established entry and exit procedures to support social distancing.
12. Students should not congregate outside of buildings, in workout areas, or in parking areas.

Sanitation and Hygiene:

- All strength and conditioning equipment will be disinfected before and after each use by a student (contact equipment is prohibited).
• All equipment such as sports balls (example volleyball) will be regularly disinfected and will not be shared between cohort groups. After a cohort has used such equipment, it will be thoroughly disinfected.
• Indoor areas will be disinfected between use by cohorts.
• No competitive drills will be allowed to avoid student contact.
• Indoor facilities will be limited to 25% capacity.

Positive Cases or Students Showing Symptoms:

• Positive Cases: If a student in a cohort tests positive for COVID-19, the student and cohort must isolate and will not be allowed to participate for two weeks. The individual diagnosed will not return until the following criteria are met: at least three days (72 hours) have passed since recovery; the individual has improvement in respiratory symptoms; and at least ten days have passed since symptoms first appeared.
• Experiencing Symptoms: Any staff member or student who experiences any of the symptoms of COVID-19 should self-isolate until the following conditions are met:
  o If not evaluated by a medical professional or tested for COVID-19, the individual is assumed to have COVID-19 and must following guidelines as outlined for positive cases.
  o If the student has symptoms that may be COVID-19 and wants to return before completing the self-isolation period, a note from a medical professional is required.

By signing below, I acknowledge the requirements for participation in Calallen ISD Summer Strength and Conditioning and Sport Specific workouts, and will adhere to procedures as outlined. Furthermore, I understand that participation is optional, and that students shall not be required nor allowed to make up missed days or workouts.

Parent Information:

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Student / Participant Information:

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