

Athletic Practice Safety Checklist

California is reopening in stages to minimize the risk of spreading COVID-19. Shasta County is currently in Stage 2, which has allowed many lower-risk businesses to reopen with **required modifications**. Based on the state's guidance for childcare and fitness facilities, youth sports practices may begin **after a plan is created and staff are trained and ready to implement the plan**. In addition to coaches and staff, participants and parents must be oriented to the plan and agree to adhere to its guidelines. At this point, games, contact sports, and spectators are not allowed.

This guidance can be used for planning purposes and for implementation upon release and in accordance with state guidance for the industry. These recommendations are based on what is known now. When state guidelines become available, adjustments may be necessary.

Workplace Plan & Training

- Identify person(s) responsible for implementing the plan
- Include a risk assessment and measures that will be taken to prevent spread of the virus
- Train and communicate plan with employees and coaches
- Implement process to check for compliance and to document and correct deficiencies
- Implement process to investigate COVID-cases, alert Shasta County health department, and identify and isolate close workplace contacts of infected employees until they are tested
- Implement process for [symptom screenings and/or temperature checks](#)
- Provide information on [COVID-19](#), preventing spread, and who is especially vulnerable
- Provide information on [leave and workers' compensation benefits](#)
- Train employees and coaches on when to seek medical attention and how to self-screen at home using [CDC guidelines](#)
- Train employees, coaches, and athletes on the importance of not coming to work if they have any COVID-19 symptoms or if someone they live with has been diagnosed with COVID-19
- Train employees and coaches on the importance of hand washing, physical distancing, and proper use of face coverings

Individual Control Measures and Screening

- Encourage staff and patrons who are sick or exhibiting symptoms of COVID-19 to stay home
- Monitor staff and patrons throughout the day for any signs of possible illness
- Require activity host keep a daily list of participants with contact information for rapid notification in case someone should become ill
- Encourage frequent handwashing, use of hand sanitizer, and covering of coughs and sneezes with a tissue or inside of elbow
- Ask parents or caregivers to wash their own hands and assist in washing the hands of their children before drop-off, prior to coming for pick-up and when they get home
- Provide adequate supplies for hand hygiene (soap, paper towels, hand sanitizer)

Cleaning and Disinfecting Protocols:

- Ensure proper operation and maintenance of pool per [Shasta County Environmental Health regulations](#)
- Frequently disinfect commonly touched surfaces such as sports equipment, etc.
- Perform thorough cleaning of any areas that are occupied by athletes and staff. This should include high traffic areas and shared workspaces (offices, meeting rooms, break rooms, etc.), and areas of ingress and egress (handrails, stairways, elevator controls, etc.)
- Ensure that sanitary facilities for employees, participants, coaches, etc. stay operational and stocked at all times and provide additional soap, paper towels, and hand sanitizer when needed
- Hand sanitizer, soap and water, or effective disinfectant is available to the public at or near the entrance of the facility or immediately outside where people have direct interactions
- When choosing cleaning chemicals, use products approved for use against COVID-19 on the [Environmental Protection Agency \(EPA\)-approved list](#) and follow product instructions; store disinfectants away from children

- Modify service hours, if necessary, to ensure regular, thorough cleaning of workspaces, as appropriate. Procure options for third-party cleaning companies to assist with the increased cleaning demand, as needed
- Consider installing portable high-efficiency air cleaners, upgrading the building's air filters to the highest efficiency possible, and any other modifications to increase the outside air and ventilation in all working areas
- Ensure that all water systems and features (drinking fountains, decorative fountains, etc.) are safe to use after a prolonged facility shutdown to minimize the risk of Legionnaires' disease and other diseases associated with water
- Close areas used by a sick person(s) and ensure they are not used until cleaning and disinfecting has occurred; wait for more than 24 hours before cleaning areas used by a sick person(s)

Check-in/out Areas:

- Post [signs](#) for participants on [how to stop the spread](#), [how to properly wash hands](#), [promote everyday protective measures](#), [properly use a face covering](#), and not to shake hands or engage in any unnecessary physical contact
- Require daily wellness checks for participants, coaches, and staff prior to entering the facility, including [symptom screenings and/or temperature checks](#). Exclude those with symptoms or temperature of 100.4°F or higher
- Designate one way entrance and exits into and out of the facility
- Require hand washing or sanitizing upon entry
- Nonessential visitors and spectators should never be allowed in training, practice, or pool areas
- Stagger drop-off and pick-up times for participants in a designated location and ask parents/guardians to enter and exit the facility one person at a time to allow for physical distancing

Field and Practice Areas (including swim):

- Hold activities in a large, well-ventilated area or outdoors
- Completely sanitize all equipment at the end of each use; personal items and equipment should not be shared
- Equipment bags and personal items should be placed 6 feet apart
- Participants who must practice in groups are limited to 10 or fewer; participants must remain with the same group and not mix with, or rotate to, other groups
- Multiple groups can practice in one large area/field as long as separate groups are able to physically distance from one another and do not mix or interact in any way, including no floating coaches or support staff
- Stagger cohorts of participants to ensure physical distancing and avoid mixing participants in high traffic (e.g. pool decks, locker rooms, drop-off and pick-up)
- Use visuals (i.e. marks on the ground) and give frequent reminders for practicing physical distancing

Exercise Equipment and Training/Free Weight Areas:

- Follow [Fitness Facility Guidelines](#), when applicable
- Tape off 6-foot squares to keep participant in one space at a time
- Require equipment (each machine, weight bench, free weights, etc.) to be disinfected before and after each use; adjust workout duration to accommodate time before and after to disinfect the equipment
- No sharing of equipment, supplies, tools, etc.
- Coaches must maintain 6 feet of physical distance and are recommended to wear a mask, when closer than that
- Keep machines 6 feet apart, by removing or unplugging and displaying signs on machines not being used

Lap Swim/Swim

- Follow Fitness Facility Guidelines for pool guidance
- Use deck or locker room showers before entering pool while maintaining physical distancing
- Ensure swimming lanes are a minimum of 6 feet wide, with 1 swimmer per lane
- Arrange instructional groups at opposite ends of the pool
- Pre-arrange swim sessions to ensure adequate physical distancing
- Deck supervisor should direct guests in high traffic and bottleneck areas to avoid congregating
- Adjust maximum occupancy to limit the number of people on deck to maintain physical distancing
- Participants must arrive and leave in swim suit and shower prior to entering the water
- Participants under the age of 8 may have only 1 adult family member accompany them

Restrictive Use of Facilities:

- Inform participants to not drink directly from water fountains, only use to fill water bottles
- Provide single-use water bottles for participants if participants don't have personal reusable bottles
- Discontinue the use of shared food and beverage equipment, including water stations and large-volume beverage containers (Gatorade coolers, etc.)
- Stagger or close lockers to maintain physical distancing
- Stagger or close showers to maintain physical distancing

Coach & Employee Policies:

- Follow [Office Workspace Guidelines](#) and [Childcare Guidance](#), when applicable
- Document that all participants and parents were clearly notified that participation in the activity is voluntary
- Provide PPE such as face coverings and gloves to coaches and employees
- Provide coaches and employees with hand washings supplies and provide alcohol-based hand sanitizers containing at least 60% alcohol at stations around the establishment
- Rotate or stagger shifts to limit the number of employees in facility at the same time
- Consider ways to safely accommodate needs of [children and families at risk](#) for serious illness from COVID-19

Student Wellbeing:

- Be aware of students who express fear, grief, anxiety, or signs of depression
- Be responsive to students and families who need support, resources, or services
- Use existing knowledge of your athletes to be aware of who may be at greater risk, and find opportunities for short, individual check-ins to see how they are doing
- Consider including mindfulness techniques and stress-reduction strategies
- See the following resources for more information:
 - o <https://www.nctsn.org/resources/trauma-informed-school-strategies-during-covid-19>
 - o <https://www.cde.ca.gov/ls/cg/mh/studentcrisishelp.asp>

Additional information:

- o <https://www.osha.gov/SLTC/covid-19/>
- o <https://www.dir.ca.gov/dosh/coronavirus/General-Industry.html>

In case of outbreak and for more information visit [ShastaReady.org](https://www.shastaready.org), email covid19@co.shasta.ca.us, or call (530) 225-5591