



Superintendent

Dustin Day

Principal

Brian Cook

Athletic Director

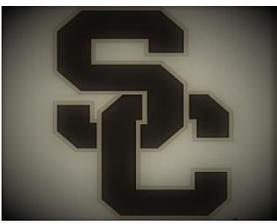
Scott Hendricks

Stage 2 Return to Play

- As a result of the Governor’s Restore Illinois Plan, as regions reach Phase 4 on June 26th or after, IHSA member schools are permitted to begin use of voluntary summer contact days, once Phase 2 Return to Play is approved by the IDPH. We have confirmed with our local health department on current restrictions in our area prior to beginning contact. Our school administration has determined the permitted activities at Waverly CUSD #6 for South County Athletic activities. Prioritizing the health and safety of all students and staff must remain the focus of our school district.
- The following are the approved practices that are allowed during summer contact days for 2020. Summer contact days have been reduced from 25 to 20 for the summer of 2020. Students are limited to 5 hours of participation per day
- Facilities available to use are the High School or Elementary School gyms, if available through summer maintenance, the weight room, and any outdoor facilities at Waverly CUSD #6.

Pre-Workout:

- Student athletes must fill out the return the summer workout consent form before they are allowed to practice
- Coaches must maintain a daily record of what athletes are participating, when, symptoms they may present
- Athletes will be screened at the start of practice by either a temperature $>100.4F/37C$ or a questionnaire about symptoms of COVID-19 (fevers, chills, cough, muscle aches, headache, sore throat, runny nose, nausea, vomiting, diarrhea, or loss of taste or smell).
- Any person with symptoms (refer to attached form) or a positive COVID-19 test, will not participate in practice, competition, or conditioning and will be referred to a physician for evaluation and only return after clearance to do so from a physician.
- The screening form must be turned in each day in the Athletic Director’s mailbox
- Signage about symptoms and transmission of COVID-19 will be posted around facilities.
- Gatherings of up to 50 individuals, indoors or outdoors, are allowed. Thirty feet of space must be maintained between gatherings of 50.
- When students are not actively participating in a drill, practice, or contest, care will be taken to maintain social distance between individuals.
- If locker rooms are a necessity, capacity will be limited to ensure members can maintain 6 ft of social distance.
- Individuals will sanitize or wash their hands for a minimum of 20 seconds with warm water and soap before touching any surfaces or participating in workouts.
- Appropriate clothing/shoes will always be worn in the weight room to minimize sweat from transmitting onto equipment/surfaces.
- Students **MUST** be encouraged to shower and wash their workout clothing immediately upon returning to home.



Waverly High School
“Home of the Vipers“

201 N. Miller St.
Waverly, IL 62692

Facilities Cleaning:

Adequate cleaning schedules, before and after each use by a group of athletes, will be created and implemented for all athletic facilities to mitigate any communicable diseases.

- This may be the responsibility of the coach depending on the time of your practice. Do not just leave the facility until you are assured it is going to be cleaned by yourself or a custodian.
- Prior to an individual or groups of individuals entering a facility, hard surfaces within that facility will be wiped down and sanitized (chairs, furniture in meeting rooms, locker rooms, weight room equipment, bathrooms, athletic training room tables, etc.).
- Weight equipment will be wiped down thoroughly before and after an individual’s use of equipment

Physical Activity and Athletic Equipment:

- There will be no shared athletic towels, clothing, or shoes between students.
- Hand sanitizer or hand washing stations will be plentiful at summer contact events.
- Athletic equipment will be cleaned between each use.
- Shared equipment such as athletic balls, thud pads, sleds will be cleaned frequently during practice and competitions.
- In Stage 2 spotters for weightlifting are allowed. Maximum lifts should be done only with power cages for squats and bench presses. Spotters should stand at each end of the bar.

Hydration:

- All students will bring their own water bottle. Water bottles must not be shared.

Contests:

- Contests will be allowed
- There will not be any spectators allowed
- Signs will be posted at the entrances and around the facilities explaining the transmission as well as the symptoms of COVID-19, encouraging social distancing during contests when not participating

It is the responsibility of each head coach to comply with the above requirements.

Any person with positive symptoms reported should not be allowed to take part in workouts and should contact his or her primary care provider or other appropriate healthcare professional.

Should the conditions warrant, these requirements will be adjusted. Any further official updates will be posted on IHSA.org and the IHSA social media platforms.

Please see ISBE and CDC for more cleaning details