



# Athletics

2020-2021  
Fredericksburg I.S.D  
**Battlin' Billie Athletics**  
COVID-19 Protocol

Lance Moffett, Director of Athletics  
Kristy Danz, Girls Coordinator  
Natalie Handley, Licensed Athletic Trainer  
Dr. Clint Beicker, Team Physician  
Kristi Mohr, Athletic Administrative Assistant

R W E D

F F C A A

Updated 9/4/2020



# Athletics

## Rationale:

The following guidance related to UIL activities, based on the public health situation as we understand it today, applies **to the 2020-2021 school year. This guidance is effective August 1, 2020.** On behalf of FISD Athletics, we are pleased to present this outline of the Phase 3 plan to return our student-athletes to competitive Battlin' Billie sports. The health and safety of our student-athletes remains our number one priority and the following guidance is based on what is currently known about the coronavirus disease (COVID-19). Fredericksburg ISD Athletics designed this guidance to help prevent workplace exposure to COVID-19 for all student-athletes, coaches, and staff and will be updated as additional information becomes available. Together we can make this a safe, successful year filled with Battlin' Billie Sports!

The following guidelines were compiled with the assistance of the FISD Athletic Administration, our Licensed Athletic Trainer, Head Coaches, Team Physician, and the guidelines of the UIL. Battlin' Billie Athletics will continue to work closely with the UIL, campus administration, The State of Texas, Gillespie County, and the City of Fredericksburg health officials so that *timely* and *accurate* information can guide appropriate responses. Local conditions will influence the decisions that public health officials make regarding community level strategies.

We will expect staff and athletes to conduct themselves as if they are contagious. The policies in our plan are designed to minimize risk for yourself and others. It is **vital** to the health and safety of everyone that our athletes and staff are fully conscious of this at all times and take responsibility for following these guidelines seriously.

## Principles:

- **Limiting Personal Interaction** – face-to-face interaction and person-to-person contact will be limited to essential activities that cannot be performed in an alternative (virtual or remote) fashion. When such activities are required, social distancing and other infection-spreading mitigating measures will be emphasized.
- **Hygiene** – hand washing/sanitizing will be emphasized before, during, and after team activities when practical.
- **Cleaning and Sanitation** – routine and enhanced cleaning and sanitation measures will be implemented.
- **Self-Screening** Procedures for Student Athletes and Staff – Weekly symptoms self-assessment pre-screening will be required before Monday of each week & daily symptom self-assessment will be encouraged for all student-athletes and staff.

## Sanitization:

### A. Disinfection and Sanitation

- **Facilities Cleaning** – athletic facilities will be disinfected and sanitized per industry guidelines before, during, and after practice, competition, and use. Emphasis will be given to ensuring disinfecting high touch surfaces and surfaces that are used by multiple student-athletes. (Staff & Custodial)
- **Enhanced Cleaning** – specific athletic facilities in which an individual with a confirmed COVID-19 positive has been identified will undergo enhanced disinfection per CDC and industry guidelines.
- Sanitizing all equipment will occur.

### B. Athletes & Staff

- **All employees, parents, visitors and students** ten years of age or older **must wear face coverings** or **face shields** upon entry to an area where UIL activities are being conducted and when not actively practicing or playing in the contest,
- Both **athletes and staff will sanitize** their hands before, during, and after workout. Multiple hand sanitizing stations will be spread throughout all competition and practice areas.
- Touching is prohibited including high-fives, back slaps, and other physical encouragement.

R W E D F F C A A

Updated 9/4/2020



# Athletics

## Student Athlete Screening and Requirements:

- A. Athletes will check-in and complete the pre-screening questionnaire on the **Rank One App** prior to Monday of each week from their phones before arrival as recommended by the UIL.
- B. Athletes will also complete the Covid-19 pre-screening questionnaire on the **Rank One App** prior to each game.
- C. Athletes will stay home if they answered “YES” to any screening questions or if they do not feel well.
- D. **Hand Sanitizer** – Athletes will use hand sanitizer before, during, and after all activities.
- E. **Hydration** – Water will be provided. Athletes should **bring their own** individual labeled **water bottles**.  
\*\*Sharing water bottles is prohibited.

## COVID-19 Screening. Guidelines. Management:

- A. **Required Screening before attending or participating in activities:**
  - **If staff have not been screened by the school for purposes of participating in instructional activities, schools must implement these screening protocols before allowing staff to participate in UIL activities.**
- B. **Communication via sportsYou App** -If parents/athletes have not already done so, they will need to download the app and join your *sportsYou* team (s) in order to receive daily communications.
- C. Additionally, student-athletes **must inform the school** if they have had close contact with an individual who is lab-confirmed with COVID-19 and must remain off campus and away from areas where UIL activities are being conducted until the 14-day incubation period ends.
- D. Parents must ensure they **do not send** a student to participate in UIL activities if the student has COVID-19 symptoms (as listed in this document) or is lab-confirmed with COVID-19 until the below conditions for re-entry are met.
- E. Schools are permitted to prevent any individual who fails the screening criteria from being admitted into school facilities or sites where UIL activities are being conducted. Any individual for whom screening cannot be confirmed should be *presumed symptomatic* until confirmed otherwise.
- F. Students **will not be allowed** to loiter, congregate, hang-out in the locker room areas before/after practice, during lunch, passing periods, etc.
- G. Schools/Billie Moms may provide food, water or other drinks/snacks; however, if these items are provided it should be done so in a manner that ensures students are not sharing these items.
  - Community snack areas/bins will **no longer be allowed** in the locker room.
  - \*Individual snack bags are still allowed.

## Individuals Confirmed or Suspected with COVID-19:

Any individuals who themselves either: (a) are lab-confirmed to have COVID-19; or (b) experience the symptoms of COVID-19 (listed below) **must stay at home** throughout the infection period, and **cannot return to campus until the school system screens the individual to determine any of the below conditions for campus re-entry have been met:**

- In the case of an individual who **was diagnosed with COVID-19**, the individual *may return* to school when all three of the following criteria are met:
  - at least one day (24 hours) have passed since recovery (resolution of fever without the use of fever-reducing medications);
  - the individual has improvement in symptoms (e.g., cough, shortness of breath); and
  - at least ten days have passed since symptoms first appeared.
- In the case of an individual who **has symptoms that could be COVID-19** and who is **not evaluated** by a medical professional or tested for COVID-19, such individual is assumed to have COVID-19, and the individual may not return to the campus until the individual has completed the same three-step set of criteria listed above.

R W E D F F C A A

Updated 9/4/2020



# Athletics

- **In addition to the criteria and processes described above, a student who has been diagnosed with Covid-19 must receive clearance from a physician prior to returning to participation in UIL athletics.**
- If the individual **has symptoms** that could be COVID-19 and **wants to return to school before completing** the above stay at home period, the individual must either:
  - obtain a medical professional's note clearing the individual for return based on an alternative diagnosis or
  - obtain an acute infection test (at a physician's office, approved testing location, or other site) that is negative for Covid-19.

## Close Contact:

This document refers to "close contact" with an individual who is test-confirmed to have Covid-19. The definition of close contact is evolving with our understanding of Covid-19, and individual scenarios should be determined by an appropriate public health agency. In general, close contact is defined as:

- being directly exposed to infectious secretions (e.g. being coughed on); or
- being with in 6 feet for a largely uninterrupted or sustained extended contact period, throughout the course of a day, of approximately 15 minutes; however, additional factors like case/contact masking (i.e., both the infection individual and the potential close contact have been consistently and properly masked), ventilation, presence of dividers, and case symptomatology may affect this determination.

## COVID-19 Symptoms:

In evaluating whether an individual has symptoms consistent with COVID-19, FISD will use the following question:

Have they recently begun experiencing any of the following **IN A WAY THAT IS NOT NORMAL FOR THEM?**

- Feeling feverish or a measured temperature greater than or equal to 100.0 degrees Fahrenheit
- Loss of taste or smell
- Cough
- Difficulty breathing
- Shortness of breath
- Headache
- Chills
- Sore throat
- Shaking or exaggerated shivering
- Significant muscle pain or ache
- Nausea or vomiting
- Diarrhea

## Remote Learning:

Students participating in remote learning offered by FISD, whether synchronous or asynchronous (as defined by TEA), may participate in UIL activities at this time *if they meet all other UIL eligibility requirements*. Students must be enrolled in remote learning options through the school. **Schools may develop local policies with additional requirements** for participation.

## Practice Regulations:

### Offseason Activities During the School Year:

- Athletics periods **may not exceed** 60 minutes per day, or 300 minutes per week. Local school policy will determine the students who may attend.

R W E D

F F C A A

Updated 9/4/2020



# Athletics

- For the 2020-2021 school year *only*, students may participate in a **maximum of 60 minutes** per day of **strength** and **conditioning** activities outside the school day. Local school policy will determine the students who may attend.
- Remote learning/coaching due to local school suspension: Schools shall limit remote instruction to a **maximum of sixty minutes per day** Monday through Friday.

## In-Season Activities During the School Year

- Schools may have athletics periods as described above **plus a maximum of 8 hours** of practice *outside* the *school day* during the school week.
- Schools utilizing an instructional model other than a traditional in-person model may hold the athletics period *any time during the day*. The athletics period is not required to be held during normal school hours.
- Remote learning/coaching due to local school suspension: Schools shall limit instruction for UIL activities to a **maximum of 8 hours per week per activity**, in addition to a *maximum of 60 minutes per day* Monday through Friday.

## District Executive Committee (DEC) Concerns and Game Schedules:

- Schools who cannot play non-district games for COVID-19 related reasons will not be required to forfeit those non-district games.
- The DEC shall determine the place and/or time of district games in case of disagreement between two schools for both the regular season, games postponed due to weather, or disruptions in scheduled games due to COVID-19.
- The DEC will strongly consider schedules that allow for disruptions and for certifying district representatives in the event games cannot be made up or played for reasons related to COVID-19.
- The DEC may consider a district schedule that would allow district play to be completed prior to the District Certification Deadline. This consideration may include playing district contests in place of non-district games and/or building in open dates to account for season disruptions.
- The DEC will prepare policies to address tie-breakers as well as certifying the district representatives in the event of incomplete district seasons.

## Concession Stand:

- A. Volunteers involved in food service are required to wear face coverings.
- B. Sites should avoid leaving condiments, silverware, flatware, glassware, or other traditional table top items on unoccupied tables or at the counter. Sites should only provide condiments or flatware *upon request*, and in single use, individually wrapped items.
- C. Before each game, schools should follow the screening protocols described above to screen staff, contractors, and volunteers who will be involved in food service prior to events.