



## Owl Athletics Guidelines

Burris Laboratory School and the Indiana Academy unite to form Owl Athletics. Below are requirements for the return of Owl athletes to condition and practice beginning on July 6. These guidelines are heavily modeled from the Indiana's Considerations for Learning and Safe Schools (IN-CLASS) COVID-19 Health and Safety Re-entry Guidance, provided by the Indiana Department of Education, Indiana State Department of Health and the Indiana Family and Social Services Administration found [here](#) and also include guidelines specific to the Owl program. Given the fluid situation of COVID-19, these considerations are subject to change.

### Phase I: July 6-July 19 – High School Athletes Only

#### Participation Guidelines

- Prior to participation, all first-time student athletes are required to have an IHSAA pre-participation physical found [here](#) for the upcoming school year. Returning student athletes are not required to obtain a new IHSAA pre-participation physical, but should provide a 2020-21 IHSAA Health History Update Questionnaire and Consent & Release Certificate found [here](#) prior to participation.
- Student athletes should be limited to 15 hours per week on campus.
- Individual student athletes are limited to 15 total hours of school contact activity per calendar week. The IHSAA Sunday Rule (no interschool athletic contests, practices, or school sponsored clinics held on Sunday, along with no studying scouting reports, viewing films of games, any kind of participation) will be enforced.
- School contact activity includes conditioning and sport-specific activities.
- No sport may have more than two activity days per calendar week. Each sport must register their activity days in the office of the Athletic Director at least 5 days in advance. Sport-specific activity days may not occur on consecutive calendar days.
- Activity days are limited to three hours per day. (Six hours per calendar week.)
- Conditioning is limited to four days per week. Conditioning sessions may be held multiple times each day, each session limited to two hours. Student athletes may attend only one conditioning session per day.
- ALL SUMMER ACTIVITIES ARE VOLUNTARY – there will be no negative repercussions for athletes who choose not to participate.
- No formal competition is allowed.

### **Social Distancing and Face Masks:**

- All State and local guidelines for group limitations must be followed and social distancing is encouraged.
- Any student who prefers to wear a face covering for activities should be allowed, if doing so will not cause a health risk.
- Students, when not engaging in vigorous activity and when practical, should wear face coverings.
- Non-students, including coaches, medical-related staff, directors, security staff, supervisors, etc. should wear face coverings at all times unless under rigorous activity or poses a health risk.
- Only essential student athletes, student participants, coaches, medical staff, related supervisors, directors, and security should be in attendance.
- Coaches will be provided masks to distribute to students. Extra masks will be on hand to provide students who may want one but do not have one.

### **Health and Safety Considerations:**

- All students, parents and staff will be provided information about how to identify common symptoms of COVID-19 and be asked to self-screen for signs/symptoms of COVID-19 before coming to campus. Any person with COVID-19-related symptoms should not be allowed to take part in workouts, rehearsals, or practices and should contact his or her primary care provider or other appropriate healthcare professional.
- Consideration should be given to [vulnerable](#) individuals and it is encouraged for those individuals to seek medical guidance regarding his/her individual level of participation.
- If a student or coach is excluded from the athletic environment, they may return if they satisfy the recommendations of the CDC. Currently those guidelines are:

#### ***Untested***

Persons who have not received a test proving or disproving the presence of COVID-19 but experience symptoms may return if the following three conditions are met:

- They have not had a fever for at least 72 hours (that is three full days of no fever without the use of medicine that reduces fevers); and
- Other symptoms have improved (for example, when your cough or shortness of breath have improved); and
- At least 10 calendar days have passed since your symptoms first appeared.

#### ***Tested Positive- Symptomatic***

Persons who experienced symptoms and have been tested for COVID-19 may return to school if the following conditions are met:

- The individual no longer has a fever (without the use medicine that reduces fevers); and
- Other symptoms have improved (for example, when your cough or shortness of breath have improved); and
- At least 10 calendar days have passed since symptoms first appeared; or
- The individual has received two negative tests at least 24 hours apart.

### ***Tested Positive- Asymptomatic***

Persons who have not had symptoms but test positive for COVID-19 may return when they have gone ten calendar days without symptoms and have been released by a healthcare provider. Students may also return if they are approved to do so in writing by the student's health care provider.

### **Tested Positive- Impact on Athletic Operations**

Owl Athletics will follow the [Indiana State Department of Health](#) recommendations beginning on page 3, "When a confirmed case has entered a school, regardless of community transmission" and Ball State University recommendations.

### **General Safety Precautions:**

- Locker rooms will not be utilized. Students should report to their activity in proper gear and immediately return home to shower at the conclusion. Restrooms will remain available for student athletes and athletic staff; however, social distancing is encouraged.
- Appropriate clothing/shoes should be worn at all times to minimize transmission.
- No sharing of clothing, shoes, towels, or water bottles.
- Students must be expected to shower at home and wash workout clothing immediately upon returning to their home. If a student does not have a laundered uniform, he/she may not be allowed to participate in practice or competition.
- Free weight exercises requiring a spotter will not be conducted. Safety measures in all forms must be strictly enforced in the weight room.
- Shared hydration stations (water trough, water fountains, water hose, etc.) should not be utilized except for filling individual, labeled water bottles. Please note water fountains are currently not available at Burriss. Bring your own water during this time.
- Individuals should wash their hands for a minimum of 20 seconds with warm water and soap before touching any surfaces or participating. If this is not possible, hand sanitizer will be available to individuals.
- Pool usage is acceptable per IHSAA guidelines; however, during this phase, Ball State University pool facilities will not be used.
- Celebratory and sportsmanship acts that involve contact should be prohibited.

### **Cleaning of Equipment:**

- If equipment must be shared, including sports balls, weight room facilities, non-wind instruments, etc., this equipment should be cleaned prior to use and immediately following usage.

### **Coach Responsibilities:**

- Coaches must track COVID-19 impacted attendance and report to district/school administration.
- Gathering sizes should be decreased as much as possible to reduce risk. Workouts should be conducted in defined, smaller groups of students with the same students always together. Reduce gathering size by half capacity in large areas.

- The goal of social distancing is defined by the CDC. If it is not possible to follow these guidelines indoors or outdoors, then create as much distance as possible. It is recommended that participants and coaches wear face coverings when distancing is limited and the individual is not participating in rigorous activity. For sidelines, benches, or other holding areas, athletes and coaches should have no contact and separate as much as distancing allows.
- Hand sanitizer, provided by the Athletic Department, must be plentiful and available to individuals if hand washing is not available.

#### **Athletic Director Responsibilities:**

- Post signs displaying symptoms to educate students and coaches in athletic areas.
- Provide hand sanitizer to individuals if hand washing is not available.
- Consideration of scheduling adjustments to reduce the number of events, duration, and/or participants present after fall athletic participants have registered.
- Cleaning schedules will be created and implemented for all facilities and equipment to mitigate any communicable diseases to thoroughly clean and disinfect prior to and after usage following CDC, EPA, and OSHA guidelines. The plan will list who cleans and appropriate training and PPE will be provided.
- For school activities using off-site, non-school owned facilities and equipment for related activities the Athletic Director will work with the off-site facility provider to ensure the associated and relevant safety measures are in place.
- Hand sanitizer should be plentiful and available at all times.
- Equipment such as weight benches, athletic pads, etc. having holes with exposed foam should be covered or discarded.
- Responsibility for cleaning equipment should be clear and appropriate training and PPE should be provided.
- If schools launder student gear or uniforms, PPE must be available for the person in charge of laundering.
- An alternate command structure for coaching staff has been established in case of illness.

#### **Phase II: July 20-August 15 – Middle and High School Athletes Only**

##### **Participation Guidelines:**

- Prior to participation, all first-time student athletes are required to have an IHSAA pre-participation physical found [here](#) for the upcoming school year. Returning student athletes are not required to obtain a new IHSAA pre-participation physical, but should provide a 2020-21 IHSAA Health History Update Questionnaire and Consent & Release Certificate found [here](#) prior to participation.
- No formal competition is allowed.

##### **Social Distancing and Face Masks:**

- All State and local guidelines for group limitations must be followed and social distancing is encouraged.

- Any student who prefers to wear a face covering for activities should be allowed, if doing so will not cause a health risk.
- Students, when not engaging in vigorous activity and when practical, should wear face coverings.
- Non-students, including coaches, medical-related staff, directors, security staff, supervisors, etc. should wear face coverings at all times unless under rigorous activity or poses a health risk.
- Only essential student athletes, student participants, coaches, medical staff, related supervisors, directors, and security should be in attendance.
- Coaches will be provided masks to distribute to students. Extra masks will be on hand to provide students who may want one but do not have one.

#### **Health and Safety Considerations:**

- All students, parents and staff will be provided information about how to identify common symptoms of COVID-19 and be asked to self-screen for signs/symptoms of COVID-19 before coming to campus. Any person with COVID-19-related symptoms should not be allowed to take part in workouts, rehearsals, or practices and should contact his or her primary care provider or other appropriate healthcare professional.
- Consideration should be given to [vulnerable](#) individuals and it is encouraged for those individuals to seek medical guidance regarding his/her individual level of participation.
- Any person with COVID-19-related symptoms should not be allowed to take part in workouts, rehearsals, or practices and should contact his or her primary care provider or other appropriate healthcare professional.
- The State website has a list of over 200 testing facilities, their location and hours of operation. This list is updated frequently.
- If a student or coach is excluded from the athletic environment, they may return if they satisfy the recommendations of the CDC. Currently those guidelines are:

##### ***Untested***

Persons who have not received a test proving or disproving the presence of COVID-19 but experience symptoms may return if the following three conditions are met:

- They have not had a fever for at least 72 hours (that is three full days of no fever without the use of medicine that reduces fevers); and
- Other symptoms have improved (for example, when your cough or shortness of breath have improved); and
- At least 10 calendar days have passed since your symptoms first appeared.

##### ***Tested Positive- Symptomatic***

Persons who experienced symptoms and have been tested for COVID-19 may return to school if the following conditions are met:

- The individual no longer has a fever (without the use medicine that reduces fevers); and
- Other symptoms have improved (for example, when your cough or shortness of breath have improved); and
- At least 10 calendar days have passed since symptoms first appeared; or

- The individual has received two negative tests at least 24 hours apart.

***Tested Positive- Asymptomatic***

Persons who have not had symptoms but test positive for COVID-19 may return when they have gone ten calendar days without symptoms and have been released by a healthcare provider. Students may also return if they are approved to do so in writing by the student's health care provider.

**Tested Positive- Impact on Athletic Operations**

Owl Athletics will follow the [Indiana State Department of Health](#) recommendations beginning on page 3, "When a confirmed case has entered a school, regardless of community transmission" and Ball State University guidelines.

**General Safety Precautions:**

- If locker rooms or meeting rooms are used, 50 percent capacity is recommended.
- Contact is allowed as defined by Indiana High School Athletic Association (IHSAA).
- No sharing of clothing, shoes, towels, or water bottles.
- Students must be expected to shower at school or at home and wash workout clothing immediately upon returning to their home. If a student does not have a laundered uniform, he/she may not be allowed to participate in practice or competition.
- Appropriate clothing/shoes should be worn at all times to minimize transmission.
- Free weight exercises requiring a spotter can be conducted. Safety measures in all forms must be strictly enforced in the weight room.
- Celebratory and sportsmanship acts that involve contact should be prohibited.
- Shared hydration stations (water trough, water fountains, water hose, etc.) should not be utilized except for filling individual, labeled water bottles. Please note water fountains are currently not available at Burriss. Bring your own water during this time.
- Pool usage is acceptable by the IHSAA; however, Ball State University will determine if pool access is available for Owl athletes. Athletes should take necessary steps to promote health and safety both in the water and out by social distancing and using good hygiene.

**Cleaning of Equipment:**

- If equipment must be shared, including sports balls, weight room facilities, etc., it should be cleaned prior to use and immediately following usage. Responsibility for cleaning should be clear and appropriate training and PPE should be provided.
- School activities using off-site, non-school owned facilities and equipment for related activities should work with the off-site facility provider to ensure the associated and relevant safety measures are in place.

**Coaches' Responsibilities:**

- Individuals should wash their hands for a minimum of 20 seconds with warm water and soap before touching any surfaces or participating. If this is not possible, hand sanitizer should be plentiful and available to individuals as they transfer from place to place.

- Coaches must track COVID-19 impacted attendance and report to district/school administration.

**Athletic Director Responsibilities:**

- Districts/schools are encouraged to post signs displaying symptoms to educate students.
- If schools launder student gear or uniforms, PPE must be available for the person in charge of laundering.
- Consider scheduling adjustments to reduce the number of events, duration, and/or participants present.
- Cleaning schedules should be created and implemented for all facilities and equipment to mitigate any communicable diseases. Review the plan and supply inventory to thoroughly clean and disinfect prior to and after usage following CDC, EPA, and OSHA guidelines. The plan should be clear on who cleans and appropriate training and PPE is provided for such.
- Hand sanitizer should be plentiful and available at all times.
- Any equipment such as weight benches, athletic pads, etc. having holes with exposed foam should be covered or discarded.
- An alternate command structure for coaching staff should be established in case of illness.

***Phase III: August 15***

**Participation Guidelines:**

- Prior to participation, all first-time student athletes are required to have an IHSAA pre-participation physical found [here](#) for the upcoming school year. Returning student athletes are not required to obtain a new IHSAA pre-participation physical, but should provide a 2020-21 IHSAA Health History Update Questionnaire and Consent & Release Certificate found [here](#) prior to participation.
- Consideration should be given to [vulnerable](#) individuals and it is encouraged for those individuals to seek medical guidance regarding his/her individual level of participation.
- Competition may begin.
- Spectators, media, and vendors can be present but should implement social distancing and follow established mass gathering guidelines.
- Concessions may be sold if food handlers and cashiers use appropriate PPE and only prepared, prepackaged food is available.

**Social Distancing and Masks:**

- All State and local guidelines for group limitations must be followed and social distancing is encouraged.
- Any student who prefers to wear a face covering for activities should be allowed, if doing so will not cause a health risk.
- Students, when not engaging in vigorous activity and when practical, should wear face coverings.

- Non-students, including coaches, medical-related staff, directors, security staff, supervisors, etc. should wear face coverings at all times unless under rigorous activity or poses a health risk.
- The goal of social distancing is defined by the [CDC](#). If it is not possible to follow these guidelines indoors or outdoors, then create as much distance as possible. It is recommended that participants and coaches wear face coverings when distancing is limited and the individual is not participating in rigorous activity. Officials should be given the option to wear face coverings. For sidelines, benches, or other holding areas, consider establishing protocol as a guide for students and coaches.

#### **Cleaning of Equipment:**

- If equipment must be shared, including sports balls, weight room facilities, non-wind instruments, etc., this equipment should be cleaned prior to use and immediately following usage.
- School activities using off-site, non-school owned facilities and equipment for related activities should work with the off-site facility provider to ensure the associated and relevant safety measures are in place.

#### **General Safety Precautions:**

- If locker rooms or meeting rooms are used, 50 percent capacity is recommended. \*If the restriction to 50 percent capacity at competitive events creates a hardship and impacts the hygiene or safety of students, a 50 percent or greater capacity is allowed.
- Cleaning regarding team or group transportation must be followed. The Ball State University Transportation driver will share the responsibilities with the team upon departure.
- Appropriate clothing/shoes should be worn at all times to minimize transmission.
- No sharing of clothing, shoes, towels, or water bottles.
- Hospitality rooms for officials should not include shared food service and should allow space for social distancing. Individual waters and pre-packaged snacks may be made available.
- Students must be expected to shower at school or at home and wash workout clothing immediately upon returning to their home. If a student does not have a laundered uniform, he/she may not be allowed to participate in practice or competition.
- Shared hydration stations (water trough, water fountains, water hose, etc.) should not be utilized except for filling individual, labeled water bottles.
- Pool usage is acceptable. Owl athletes should take necessary steps to promote health and safety both in the water and out by social distancing and using good hygiene.
- State and local guidelines that may determine when and how recreational water facilities may operate should be followed.

#### **Health and Safety Precautions:**

- All students, parents and staff will be provided information about how to identify common symptoms of COVID-19 and be asked to self-screen for signs/symptoms of

COVID-19 before coming to campus. Any person with COVID-19-related symptoms should not be allowed to take part in workouts, rehearsals, or practices and should contact his or her primary care provider or other appropriate healthcare professional.

- The state [website](#) has a list of over 200 testing facilities, their location and hours of operation. This list is updated frequently.
- If a student or coach is excluded from the athletic environment, they may return if they satisfy the recommendations of the CDC. Currently those guidelines are:

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- At least 10 calendar days have passed since symptoms first appeared; or
- The individual has received two negative tests at least 24 hours apart.

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Persons who have not had symptoms but test positive for COVID-19 may return when they have gone ten calendar days without symptoms and have been released by a healthcare provider. Students may also return if they are approved to do so in writing by the student's health care provider.

**Tested Positive- Impact on Athletic Operations**

Owl Athletics will follow the [Indiana State Department of Health](#) recommendations beginning on page 3, "When a confirmed case has entered a school, regardless of community transmission" and Ball State University guidelines.

**Coaches' Responsibilities:**

- Coaches must track COVID-19 impacted attendance and report to district/school administration.
- Individuals should wash their hands for a minimum of 20 seconds with warm water and soap before touching any surfaces or participating. If this is not possible, hand sanitizer should be plentiful and available to individuals as they transfer from place to place.
- Gathering sizes should be decreased as much as possible to reduce risk. Workouts should be conducted in defined, smaller groups of students with the same students always together. Reduce gathering size by half capacity in large areas (weight room, band rooms, wrestling rooms, etc.).

- Hand sanitizer should be plentiful and available at all times.
- Contact should be limited to only contact necessary to compete as [defined by IHSAA](#). Modified sportsmanship practices should be observed.
- If equipment must be shared, including sports balls, weight room facilities, non-wind instruments, etc., this equipment should be cleaned prior to use and immediately following usage. Responsibility for cleaning should be clear and appropriate training and PPE should be provided.

#### **Athletic Director Responsibilities:**

- Districts/schools are encouraged to [post signs](#) displaying symptoms to educate students.
- An alternate command structure for coaching staff should be established in case of illness.
- Consider scheduling adjustments to reduce the number of events, duration, and/or participants present.
- Cleaning schedules should be created and implemented for all facilities and equipment to mitigate any communicable diseases. Review the plan and supply inventory to thoroughly clean and disinfect prior to and after usage following [CDC](#), [EPA](#), and [OSHA](#) guidelines. The plan should be clear on who cleans and appropriate training and PPE is provided for such.
- Any equipment such as weight benches, athletic pads, etc. having holes with exposed foam should be covered or discarded.
- If schools launder student gear or uniforms, PPE must be available for the person in charge of laundering.
- Spectators, media, and vendors can be present but should implement social distancing and follow established mass gathering guidelines.

#### **Transportation:**

All Owl athletic team members will ride to and from competitions on Ball State University transportation, which will be sanitized by Ball State University personnel following established protocols. Athletes will be required to wear masks and eating on the bus is prohibited unless medically necessary.