

Alabama Christian Athletic Association Covid-19 on Campus Workout/Practice Guidelines

As you know the Governor, the Alabama Department of Public Health, and where applicable, local health officers have relaxed the “stay at home” rules to allow for on campus athletic conditioning starting as early as June 1, 2020. We have announced June 8, 2020 as our starting date for on campus work. But we all know that this does not mean “things as usual.”

The most pressing question is “Can we be held legally liable if one of our athletes gets infected with Covid-19 while on campus during a conditioning workout?” The short answer is that there is always that possibility. As of today, there is no specific “standard of care” that fits this situation. However, there is information that has been put forth by the Alabama Public Health Department, the Centers for Disease Control, the National Institutes for Health, and others that enable us to have a lot of information to develop acceptable, prudent policies and practices. It is our job to develop a “best practices” process that will protect the health of our coaches and athletes and therefore reduce the possibility of spreading the Covid-19 virus.

We are requiring our Alabama Christian Athletic Association (ACAA) members to adopt and comply with the guidelines herein enumerated which includes Summer Practice and Strength and Conditioning General Guidelines; Instructions to players and parents regarding physical guidelines and requirements; and a Notification and Consent Form.

Alabama Christian Athletic Association Guideline Notification and Consent Form

Student Name: _____ Graduation Year: _____

Parents Names(s) or Legal Guardian(s):

Father _____

Mother _____

GIVEN THE FACT THAT WE ARE EXPERIENCING THE COVID-19 PANDEMIC, I/WE UNDERSTAND, ACKNOWLEDGE AND ACCEPT THE INHERENT DANGERS AND RISKS ASSOCIATED WITH ATTENDING SUMMER ATHLETIC WORKOUTS AT (Name of School _____). WE ALSO UNDERSTAND THAT THOUGH SUMMER WORKOUTS ARE ENCOURAGED THEY ARE VOLUNTARY AND NOT MANDATORY.

I/we the undersigned agree, on behalf of the named student/athlete, that he/she may participate in the summer workouts. As parent/legal guardian, I/We remain legally responsible for any personal actions taken by the above-named student/athlete. I/We understand that all Policies and Procedures, including adherence to the Summer Athletic Workout Policies and Procedures/Activity Protocols will apply during the 2020 summer workouts.

I/We (including student/athlete) attest we have carefully read the Summer Athletic Workout Policies and Procedures/Activity Protocols and that we will strictly and without question adhere to these rules/guidelines for our student/athlete's health/safety, and the health/safety for all others attending 2020 summer workouts. I/We (including student/athlete) agree to leave the workouts without question or hesitation if requested or directed by the administration or staff to leave.

I/We voluntarily enter into this agreement with the full knowledge of the meaning and importance of this agreement and understand it has legal consequences.

In keeping with the State Guidelines for Adult and Youth Sports Activities, "Anyone participating in sporting events or practices should for the next 14 days minimize in-person contact with any person 65 years of age or older and people with chronic health conditions such as diabetes and heart disease. Minimizing contact includes maintaining social distancing of at least 6 feet from those individuals, wearing a face covering or mask when near them, and not sharing utensils or other common objects with them."

STUDENT/ATHLETE SIGNATURE: _____

DATE: _____

PARENT/GUARDIAN SIGNATURE: _____

DATE: _____

Summer Practice and Strength and Conditioning General Guidelines for June 2020

1. Basic Initial Requirements – All students, staff and family members are to...
 - Wash hands
 - Check temperature daily (stay at home if above 100° F)
 - Be aware of and disclose any potential contact with affected individuals
 - *Stay at home if showing any signs of illness!*
2. Those infected must stay at home for 14 days before returning to campus.
3. Organize into groups and do not merge or interchange groups.
4. Only essential personnel may be present during workouts (no parents or spectators).
5. Due to the highly structured activities of these sessions, students must arrive on time...students that are late cannot participate.
6. There will be a minimum of 30 minutes between sessions for cleaning and to allow students to leave and arrive without interactions.
7. There will be designated drop-offs for athletes...please observe and follow these guidelines.
8. As soon as athletes finish their workout there will be no congregating on campus...ALL must LEAVE.
9. Wash and sanitize hands often.
10. Do not touch your face, eyes, or mouth with unclean hands.
11. Practice social distancing at all times.
12. Cover your mouth and nose with a tissue or your elbow if you cough.
13. Locker rooms will be closed indefinitely...athletes must come prepared to start their workout.
14. No sharing of personal belongings! Since locker rooms cannot be used do not bring items of value.
15. Be aware that there will be only one...maybe two restrooms available and cannot be used for dressing purposes.
16. Please label and bring a filled water bottle large enough to avoid having to refill. Individuals may use their water bottle ONLY...no SHARING!
17. Facial coverings are required when social distancing is not possible. All students must bring their own facial covering and wear as instructed as well as in all common areas. No exceptions!
18. Compliance to these guidelines are expected...violators will be warned and “reeducated” one time only. More violations will result in loss of privileges to attend the workouts.
19. It is required that both parents and students sign the summer compliance statement.

Instructions/Guidelines to Disinfect Facilities

The potential presence of Covid-19 relative to facility use for summer athlete conditioning use requires special attention to disinfecting. It is incumbent that you follow a process that ensures consistent disinfecting to maximize the suitability of the facility for use as we seek to avoid Covid-19 infection.

Before Activities

- Disinfect the facility and all equipment where activities are taking place.
- Verify that faculty, staff, athletic staff, and participants are symptom free before participating in any activities.
- Provide hand washing or sanitizing stations.
- Establishing social distancing protocols.

During Activities

- Continue to clean and disinfect the venue and equipment where activities take place.
- Social distancing protocols are still in effect.
- Regularly sanitize commonly touched surfaces *during* the activity.
- Staff will remove anyone from an activity that exhibits Covid-19 symptoms.
- No high fives, huddles, and team meetings.

After Activities

- Sanitize all surfaces and equipment that were used during practice or activity.
- Schedule 30 minutes to clean after each workout group before the next group comes into train.

Conclusion: Become an expert in coping with the challenges of Covid-19. Read, learn, ask questions, and do not let your guard down for even a second! Let us do our best to keep our athletes healthy!!