



Lehman Catholic
Cavaliers
be great!

LEHMAN CATHOLIC OPEN TENNIS COURTS

FOR LEHMAN CATHOLIC HIGH SCHOOL STUDENT-ATHLETES
 WHO WANT TO PRACTICE THEIR TENNIS SKILLS

July 14, 15, 16, 21, 22, 28, 29 and 30
6:30 to 8 p.m. at Lehman's Tennis Courts

Join us to practice or try tennis. No pre-registration necessary. Show up with your form at 6:15 p.m. on July 14 to participate. Please bring your own water bottle.

Questions? Please contact Coach Tim Ungericht at
timungericht@gmail.com or 937.622.5193.

PLEASE SIGN AND BRING THE FORM BELOW TO THE PROGRAM ON TUESDAY, JULY 14.

Participation on Lehman Catholic High School Grounds 2020 - 21

I the parent or legal guardian of (the child), give permission for my child to participate in the **Lehman Catholic High School Open Tennis Courts**. I understand that this activity is voluntary. I have read the attached information and agreed that my child and family will follow all mandatory guidelines listed in the **Responsible RestartOhio** and the **Ohio High School Athletic Association (OHSAA)** documents. We also agree to follow any future guidelines set forth by the Ohio Department of Education, OHSAA, Shelby County Health Department and the Ohio Governor's office.

We understand that a record of each participant pre-screening will be kept on file and may be shared with the Department of Health upon their request.

.....
 PARENT OR LEGAL GUARDIAN

.....
 DATE

.....
 PARENT OR LEGAL GUARDIAN

.....
 DATE

Responsible RestartOhio

Skills Training for All Sports



Mandatory

Participants/ Spectators

- **Skills training may begin. Social distancing should be followed. Coaches should designate space for each player to maintain six foot spacing.**
- **Parents/guardians remaining at the training facility should maintain six-foot social distancing practices. No additional spectators are permitted.**
- No-touch rule is in effect. All individuals must avoid physical contact with others including high fives, huddles, or other close contact occurring before, during, and after skills sessions unless the contact is for the purpose of safety. Scrimmages and games are not permitted.
- No congregation should occur before or after the training or practice session.
- Coaches, players, parents/guardians must do a self-symptom check before going to the training session or practice. Anyone experiencing symptoms must stay home.*

Recommended Best Practices

- Parents/guardians should wear face coverings inside the training facility.

Equipment

- Facilities/clubs/teams must ensure that practice facilities have adequate space for social distancing on and off the field of play.
- Time should be allotted between sessions to allow teams to exit fields/facilities prior to new teams arriving.
- Equipment and items related to the activity must be sanitized before, during and after every event. If equipment cannot be sanitized during the activity, only participants of a single team must use equipment and items related to the activity and opposing participants avoid touching that equipment.
- All protocol included in the Responsible RestartOhio Guidance for Gyms, Dance Instruction Studios, and Other Personal Fitness Venues must be followed.

Confirmed Cases

- Immediately isolate and seek medical care for any individual who develops symptoms.
- Contact the local health district about suspected cases or exposure.

- Work with local health department to identify potentially infected or exposed individuals to help facilitate effective contact tracing/notifications.
- Once testing is readily available, test all suspected infections or exposures.
- Following testing, contact local health department to initiate appropriate care and tracing.



Ohio High School Athletic Association

Jerry Snodgrass, Executive Director

Summer 2020 Recommendations

Mission Statement of the OHSAA: To serve our member schools and enrich interscholastic opportunities for students.

Introduction & Acknowledgements:

-The Ohio High School Athletic Association will continue to work in collaboration with Governor DeWine, Lieutenant Governor Husted and the Ohio Department of Health to adhere to any and all state orders and/or recommendations.

-Each OHSAA member school's athletic department will operate with the approval of their school leadership in moving forward through any and all "Return to Play" guidance throughout the summer.

-The governmental leadership in the state of Ohio, or that of the school district, may halt or regress the phases described below if deemed necessary.

-The OHSAA believes it is essential to the physical and mental well-being of student-athletes in grades 7-12 to return to physical activity and build team relationships with their peers and coaches.

-Until there is a cure, vaccine, or effective treatment is readily available, social distancing and other preventative measures will be the 'new normal' during any aspect of sport in Ohio.

-“Vulnerable individuals” are defined by the Center for Disease Control (CDC) as people age 65 and older and others with serious underlying health conditions. These conditions include, but are not limited to: high blood pressure, chronic lung disease, diabetes, obesity, asthma, and those whose immune systems that are compromised by chemotherapy for cancer, and other conditions requiring such therapy.

-Due to the nature of the outbreak, there will be inequities due to geography within the state of Ohio. It is unlikely that all students will be able to return to- and sustain- athletic activity in all schools/communities at the same time.

-OHSAA's goal for this summer is to allow students to participate in scholastic athletics and activities in any and all situations where it can be done safely.

-Decreasing potential exposure to respiratory droplets is the guiding principle behind social distancing and the use of face coverings. It is also the basis of stratification of risk by sport presented in this document. Cloth face coverings should be considered acceptable in all phases of this document.

-Every school/program should start at **Phase One** of this program and remain there for at least 14 calendar days. If there is a downward/flat trajectory of documented cases within a 14-day period, a school may progress to **Phase Two**, where a new 14-day period of tracking of cases should begin. If there is another 14-day downward/flat trajectory of cases, schools may progress to **Phase Three**.

- Summer participation (starting May 26, 2020) in workouts/training sessions is voluntary and may not be used toward team or program selection.

Face Covering Guidance:

1. Decreasing potential exposure to respiratory droplets is the guiding principle behind social distancing and the use of face coverings. The use of cloth face coverings is meant to decrease the spread of respiratory droplets. As state and local COVID-19 prevalence decreases, the need for strict social distancing and the use of face coverings will lessen.
 - a. The Centers for Disease Control and Prevention (CDC) is additionally “advising the use of simple cloth face coverings to slow the spread of the virus and help people who may have the virus and do not know it from transmitting it to others.”
 - b. Recognizing the benefits and potential drawbacks of the use of cloth face coverings during conditioning and physical activity, OHSAA recommends the following:
 - i. ODH and/or school district guidelines for cloth face coverings should be followed.
 - ii. Cloth face coverings are acceptable. There is no need to require or recommend “medical grade” masks for athletic activity.
 - iii. Exceptions include swimming, distance running or other high intensity aerobic activity. In these activities, cloth face coverings may be worn when not engaging in vigorous activity, such as before or after instruction, or any time spent on the ‘sidelines’ when physical activity is not being performed.
 - iv. Plastic shields covering the entire face (or attached to a helmet) shall not be allowed during play. Their use during practices increases the risk of unintended injury to the person wearing the shield or teammates.
 - v. Coaches are recommended to wear cloth face coverings during instruction.

PHASE ONE

Pre-Workout Screening:

- All coaches and students should be screened for signs/symptoms of COVID-19 prior to a workout, to include a temperature check. Please see the sample OHSAA COVID-19 Monitoring sheet provided.
- Responses to screening questions should be recorded and stored for contact tracing purposes if a COVID-19 infection occurs. Your school should create a plan for how these documents are filed.
- Any person with positive responses on the screening should not be allowed to take part in workouts and should contact their medical provider.
- Vulnerable individuals (as defined above) should not oversee or participate in any workouts during Phase One.

Limitations on Gathering:

- Gatherings should not consist of more than 10 people at a time (inside or outside), to include all participants and coaches.
- Locker rooms should not be used during Phase One. Students should report to workouts in proper gear and immediately return home to shower at the end of the workout.
- Workouts should be conducted in “pods” of students with the same 5-10 people (including coaches) always working out together. Smaller pods should be used for weight training.
- **There should be a minimum distance of 6 feet between each individual at all times. If this is not possible, the number of individuals in the room should be decreased until proper social distancing can occur.**

Facilities Cleaning:

- Adequate cleaning schedules should be created and implemented for all athletic facilities.
- Prior to an individual or group entering a facility, all hard surfaces within that facility should be wiped down and sanitized. Hard surface examples include but are not limited to chairs, furniture, locker rooms, weight room equipment, bathrooms, and training tables.
- Individuals should wash their hands for 20 seconds with warm water and soap before touching any surfaces or participating in workouts.
- Hand sanitizer should be plentiful and available to individuals.
- Weight equipment should be wiped down thoroughly before and after each individual uses the equipment.
- Shirts and shoes should be worn at all times.
- Any equipment such as weight benches, athletic pads, that have holes with exposed foam should be covered.
- Students should be encouraged to shower and wash their workout clothing immediately upon returning home.

Physical Activity and Athletic Equipment:

- There should be no shared athletic equipment (towels, clothing, shoes, or sport specific equipment) between students.
- Students should wear their own workout clothing, and clothing/towels should be washed and cleaned after every workout.
- All athletic equipment, including balls, should be cleaned after each use and prior to the next workout.
- Individual drills requiring the use of athletic equipment can be permissible, but the equipment should be cleaned between use of each individual.
- There should be a focus on resistance training with body weight, sub-maximal lifts, and use of resistance bands.
- Free weight exercises that require a spotter should not be conducted, as they cannot be conducted while observing social distancing.

Hydration:

- All students should bring their own water bottle, and water bottles should not be shared.
- Hydration stations (water fountains, water troughs, etc.) should not be used.

PHASE TWO

Pre-Workout/Contact Screening:

- All coaches and students should be screened for signs/symptoms of COVID-19 prior to a workout, to include a temperature check. Please see the sample OHSAA COVID-19 Monitoring sheet provided.
- Responses to screening questions should be recorded and stored for contact tracing purposes if a COVID-19 infection occurs.
- Any person with positive responses on the screening should not be allowed to take part in workouts and should contact their medical provider.
- Vulnerable individuals should not oversee or participate in any workouts during Phase Two.

Limitations on Gatherings:

- Gatherings should not consist of more than 10 people at a time inside. Up to 50 people may gather outdoors for workouts.
- If locker rooms or meeting rooms are used, there should be a minimum distance of 6 feet between each individual at all times.
- Indoor workouts should be conducted in “pods” of students with the same 5-10 people (including coaches). Smaller pods should be utilized for weight training.
- **There should be a minimum distance of 6 feet between each individual at all times. Appropriate social distancing should be maintained on sidelines and benches. Consider using tape or field paint as a guide for students and coaches.**

Facilities Cleaning:

- Adequate cleaning schedules should be created and implemented for all athletic facilities.
- Prior to an individual or group entering a facility, all hard surfaces within that facility should be wiped down and sanitized. Hard surface examples include but are not limited to chairs, furniture, locker rooms, weight room equipment, bathrooms, and training tables.
- Individuals should wash their hands for 20 seconds with warm water and soap before touching any surfaces or participating in workouts.
- Hand sanitizer should be plentiful and available to individuals.
- Weight equipment should be wiped down thoroughly before and after each individual uses the equipment.
- Shirts and shoes should be worn at all times.
- Any equipment such as weight benches, athletic pads, having holes with exposed foam should be covered.
- Students should be encouraged to shower and wash their workout clothing immediately upon returning home.

Physical Activity and Athletic Equipment:

- Lower risk sports practices may resume.
- Modified practices may begin for Moderate Risk sports/activities.
- There should be no shared athletic towels, clothing, or shoes between students.
- Students should wear their own appropriate workout clothing, and individual clothing/towels should be washed and cleaned after every workout.
- All athletic equipment, including balls, should be cleaned intermittently during practices and between practices/sessions.
- Hand sanitizer should be readily available.
- Maximum lifts should be limited and power cages should be used for squats and bench presses. Spotters should stand at each end of the bar.

Hydration:

- All students should bring their own water bottle, and water bottles should not be shared.
- Hydration stations (water fountains, water troughs, etc.) should not be used.

PHASE THREE

Pre-Workout/Contact Screening:

- Any person who has had a fever or cold symptoms in the previous 24 Hours should not be allowed to take part in workouts and should contact his/her medical provider.
- A record should be kept of all individuals present.
- Vulnerable individuals can resume public interactions, but should practice physical distancing, minimizing exposure to social settings where distancing may not be practical, unless precautionary measures are observed/implemented.

Limitations on Gatherings:

- Gatherings sizes of up to 50 individuals, indoors or outdoors, could resume.
- **When not directly participating in practices or workouts, care should be taken to maintain a minimum distance of 3 to 6 feet between each individual. Consider using tape or field paint as a guide for students and coaches.**

Facilities Cleaning:

- Adequate cleaning schedules should be created and implemented for all athletic facilities.
- Prior to an individual or group entering a facility, all hard surfaces within that facility should be wiped down and sanitized. Hard surface examples include but are not limited to chairs, furniture, locker rooms, weight room equipment, bathrooms, and training tables.
- Individuals should wash their hands for 20 seconds with warm water and soap before touching any surfaces or participating in workouts.
- Hand sanitizer should be plentiful and available to individuals.
- Weight equipment should be wiped down thoroughly before and after each individual uses the equipment.
- Shirts and shoes should be worn at all times.
- Any equipment such as weight benches, athletic pads, having holes with exposed foam should be covered.
- Students should be encouraged to shower and wash their workout clothing immediately upon returning home.

Physical Activity and Athletic Equipment:

- Moderate risk sports practices may begin.
- Modified practices may begin for High Risk sports/activities.
 - Continue pre-practice screening as in Phases One and Two. Shower immediately after practices/workouts.
- There should be no shared athletic towels, clothing, or shoes between students.
- Students should wear their own appropriate workout clothing, and individual clothing/towels should be washed and cleaned after every workout.
- All athletic equipment, including balls, should be cleaned intermittently during practices and between practices/sessions.
- Other equipment, such as wrestling ear guards, football helmets, etc. should be worn by only one individual and not shared.
- Hand sanitizer should be readily available.
- Maximum lifts should be limited, and power cages should be used for squats and bench presses. Spotters should stand at each end of the bar.

Hydration:

- All students should bring their own water bottle, and water bottles should not be shared.
- Hydration stations (water fountains, water troughs, etc.) may be used but must be cleaned intermittently and after every practice/workout.

RESOURCES

- Center for Disease Control and Prevention: <https://www.cdc.gov/>
- National Federation of State High School Associations (NFHS): <https://www.nfhs.org/>
- Ohio Department of Health-Covid-19 Site: <https://coronavirus.ohio.gov/wps/portal/gov/covid-19/home>
- Ohio Department of Health -Sector Specific Operating Requirements: <https://coronavirus.ohio.gov/wps/portal/gov/covid-19/responsible-restart-ohio/Sector-Specific-Operating-Requirements/>
- Ohio High School Athletic Association: <https://www.ohsaa.org/>