

Two Rivers High School Athletic Department



COVID-19 Response/Safety Plan
for
JULY 2020



Information Covered

- Keeping Yourself and Team Safe
- COVID-19 Symptoms and Self Monitoring
- Health Assessments
- What happens if you develop symptoms or are exposed to someone that tests positive
- Plan for participation in strength and conditioning activity – what to expect when you arrive at Two Rivers designated athletic facilities
- Risks associated with COVID-19



Keeping Yourself and Team Safe

- Physical Distancing – stay at least 6 feet away from others at all times during social and athletic activity
- Wash your hands frequently or use hand sanitizer
- Wear a face mask and wash it regularly
- Avoid contact with people who are sick
- Your efforts will not only help keep you safe, it will help protect those around you that you care about
- <https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/index.html>





Monitoring for COVID-19 Symptoms

- Check yourself daily for the following symptoms:
 - Fever (100.4° F or higher)
 - Chills
 - Cough
 - Sore throat
 - Shortness of breath or difficulty breathing
 - New loss of taste or smell
 - Runny nose
 - Nasal congestion
 - Headache
 - Severe fatigue/exhaustion
 - Muscle pain
- If you have symptoms, make sure you report them by contacting your physician.
- Call – Don't show up to facility if you have symptoms

CORONAVIRUS DISEASE 2019
(COVID-19)

Patients with COVID-19 have reportedly had mild to severe respiratory illness. Symptoms can include

- Fever
- Cough
- Shortness of breath

*Symptoms may appear 2-14 days after exposure.

Seek medical advice if you develop symptoms, and have been in close contact with a person known to have COVID-19 or if you live in or have recently been in an area with ongoing spread of COVID-19.

cdc.gov/COVID19-symptoms

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If you develop COVID-19 symptoms or have contact with someone that tests positive

- **DO NOT** attend any activities until cleared by physician. Stay Home! **We do not want to play a role in losing fall athletics or attending school in person because of summer activities.**
- If you display symptoms at an activity, you will be removed from activity immediately and will not be able to workout until 72 hours have passed without a fever reducing medication, 10 days have passed since symptoms first appeared and cleared by a licensed physician.



Weight Room

- Limited to ONLY Two Rivers High School incoming 9th through 12th grade students
- You will be working out in pods of 10 or less
- Physical distancing of at least 6 feet needs to be maintained at all times
- You will need to wear your face mask at all times when you enter the building, but is optional in the weight room
- You will be assigned to a specific area and have all equipment you need in that area
- Bring your own water/bottle, towel and mask to use at your area. Water fountains will NOT be available
- You should only use the equipment set up for you
- At the end of the workout, all of the equipment will be sanitized
- [Informational Sign Up Letter](#)



What to expect when working out

- Facility access will be limited – you will not have locker room access
- Come changed to work out and bring your gear - You must wear a shirt at ALL times.
- Everyone coming to Athletics facilities will be required to be screened
 - Enter screening area at the east end of school, the doors by the weightroom
 - Bring your face mask, water bottle and towel - you will NOT be able to participate without these items
 - Complete symptoms questions and fill out sign-in sheet when you arrive
 - Wash or sanitize your hands



What to expect: during conditioning

- Equipment will be cleaned after each use.
- When you leave the weight room, maintain physical distancing of at least 6 feet, sanitize your hands
- Bring your own water/bottle, towel and mask. Water fountains will NOT be available.
- You will be assigned an area in the interior or exterior facilities to complete conditioning
- You will be allowed to remove your mask outdoors for conditioning. Shirts must remain on at ALL times.



What to expect: after conditioning

- Put your face mask back on
- Return equipment
- Sanitize your hands
- Leave the facility through identified exit area
- Head home and shower
- Please clean your mask, towel and clothes EVERY DAY!



What to expect: Additional Reminders

- If you need sports medicine care, you will need to schedule medical visit prior to strength and conditioning workout
- Urgent sports medicine care will be directed by the Athletic Trainer present at the workout and take place onsite.
- You will need to follow COVID guidelines or be asked to leave facilities
 - This includes the workout plan for each pod when on grounds.
- External Visitors will NOT be allowed at the facility
- [General Safety Plan July 2020](#)



Risks with COVID-19

- Your participation in out of season activity is **voluntary** and has **NO** affect on your status on the team for the regular season.
- Individuals with the following medical conditions may be at a higher risk of severe illness from COVID-19 infection:
 - Chronic lung disease or moderate to severe asthma
 - Serious heart conditions
 - Conditions that can cause a person to be immunocompromised, including cancer treatment, smoking, bone marrow or organ transplantation, immune deficiencies, poorly controlled HIV or AIDS, and prolonged use of corticosteroids and other immune weakening medications
 - Severe obesity (body mass index [BMI] of 40 or higher)
 - Diabetes
 - Chronic kidney disease undergoing dialysis
 - Liver disease

If you have any of the listed medical conditions, PLEASE consult your physician to determine whether or not you should participate in activities during July.

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