


2020-21 PHASED ATHLETIC RETURN TO PLAY PLAN

	Phase I	Phase II - July 20th - August 14th		Phase III
	July 6th - July 19th	July 20th - August 2nd	August 3rd - August 14th	August 15th
		(Normal Summer)		
School Facilities	Open to Essential Personnel and Participants Only	Open to Essential Personnel and Participants Only	Open to Essential Personnel and Participants Only	OPEN
Individual Athlete Participation	15 Total Hours on Campus/Week	Normal Summer Rules and Guidelines	FALL SPORTS PRACTICES BEGIN. NORMAL IHSAA RULES AND REGULATIONS	FALL SPORTS COMPETITIONS BEGIN
	4 Conditioning Sessions/Week - Athlete can attend 1 Two-Hour Session/Day			
	2 Activity Days/Week per sport - Three Hours per session - Same Sport may NOT occur on consecutive calendar days.	Girls Golf Starts Official Practice on July 31st		
	All Summer Activities are Voluntary	All Summer Activities are Voluntary		
Social Distancing	Encouraged	Encouraged	Encouraged	Encouraged
Face Coverings	Allowed, if doing so is not a health risk.	Allowed, if doing so is not a health risk.	Allowed, if doing so is not a health risk.	Allowed, if doing so is not a health risk.
People allowed to be in attendance	Essential Personnel ONLY - No Parents, Spectators, Etc...	Essential Personnel ONLY - No Parents, Spectators, Etc...	Essential Personnel ONLY - No Parents, Spectators, Etc...	Spectators, media, and vendors can be present but should implement social distancing.
Alternate Command Structure	Command Structure for Coaching Staff should be established in case of illness.	Command Structure for Coaching Staff should be established in case of illness.	Command Structure for Coaching Staff should be established in case of illness.	Command Structure for Coaching Staff should be established in case of illness.
2020-21 Athletic Physical Status	All athletes must have a valid 2020-21 IHSAA Physical on file or a valid 2019-20 IHSAA Physical and the IHSAA Health History Update Questionnaire and Consent/ Release Certificate on file.	All athletes must have a valid 2020-21 IHSAA Physical on file or a valid 2019-20 IHSAA Physical and the IHSAA Health History Update Questionnaire and Consent/ Release Certificate on file.	All athletes must have a valid 2020-21 IHSAA Physical on file or a valid 2019-20 IHSAA Physical and the IHSAA Health History Update Questionnaire and Consent/ Release Certificate on file.	All athletes must have a valid 2020-21 IHSAA Physical on file or a valid 2019-20 IHSAA Physical and the IHSAA Health History Update Questionnaire and Consent/ Release Certificate on file.

Adapted from the Spreadsheet Developed by Brian Lewis from Jasper High School



	Phase I	Phase II - July 20th - August 14th		Phase III
	July 6th - July 19th	July 20th - August 2nd	August 3rd - August 14th	August 15th
		(Normal Summer)		
Attendance	COVID-19 Attendance must be taken.	COVID-19 Attendance must be taken.	COVID-19 Attendance must be taken.	COVID-19 Attendance must be taken.
COVID-19 SYMPTOMS	Any person with symptoms is referred to his or her primary care provider and not allowed to participate.	Any person with symptoms is referred to his or her primary care provider and not allowed to participate.	Any person with symptoms is referred to his or her primary care provider and not allowed to participate.	Any person with symptoms is referred to his or her primary care provider and not allowed to participate.
Locker Rooms	NO LOCKER ROOM USE - athletes should report in proper gear and return home to shower at the conclusion.	Locker Rooms are OPEN - Practice Social Distancing when possible. If locker rooms or meeting rooms are used, 50 percent capacity is recommended.	Locker Rooms are OPEN - Practice Social Distancing when possible. If locker rooms or meeting rooms are used, 50 percent capacity is recommended.	Locker Rooms are OPEN - Practice Social Distancing when possible. 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.
Gathering Sizes	Decreased as much as possible to reduce risk - 50% Capacity in large areas (weight rooms, wrestling rooms, etc...	Decreased as much as possible to reduce risk - 50% Capacity in large areas (weight rooms, wrestling rooms, etc...	Decreased as much as possible to reduce risk - 50% Capacity in large areas (weight rooms, wrestling rooms, etc...	Decreased as much as possible to reduce risk - Larger than 50% Capacity in large areas is allowed if you must.
Equipment	If equipment must be shared, this equipment should be cleaned prior to use and immediately following usage.	If equipment must be shared, this equipment should be cleaned prior to use and immediately following usage.	If equipment must be shared, this equipment should be cleaned prior to use and immediately following usage.	If equipment must be shared, this equipment should be cleaned prior to use and immediately following usage.
Student-Athlete Responsibility	Students are expected to shower at home, wash workout clothing immediately after, wash hands for a minimum of 20 seconds.	Students are expected to shower at home, wash workout clothing immediately after, wash hands for a minimum of 20 seconds.	Students are expected to shower at school or home, wash workout clothing immediately after, wash hands for a minimum of 20 seconds.	Students are expected to shower at school or home, wash workout clothing immediately after, wash hands for a minimum of 20 seconds.
Weightlifting	No Excersises requiring a spotter can be conducted.	Free weight excersises requiring a spotter CAN be conducted.	Free weight excersises requiring a spotter CAN be conducted.	Free weight excersises requiring a spotter CAN be conducted.

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	Phase I	Phase II - July 20th - August 14th		Phase III
	July 6th - July 19th	July 20th - August 2nd (Normal Summer)	August 3rd - August 14th	August 15th
Contact Sports	NO CONTACT	CONTACT IS ALLOWED - As defined by Indiana High School Athletic Association		CONTACT IS ALLOWED - As defined by Indiana High School Athletic Association
Hydration Stations	No use of shared Hydration Stations - Personal Water Bottles only!	No use of shared Hydration Stations - Personal Water Bottles only!	No use of shared Hydration Stations - Personal Water Bottles only!	No use of shared Hydration Stations - Personal Water Bottles only!
Competition	NO COMPETITION WITH OTHER SCHOOLS	NO FORMAL COMPETITION (Formal Competition is considered an in-season contest.)	NO FORMAL COMPETITION - Exception Girls Golf. (Formal Competition is considered an in-season contest.)	FORMAL COMPETITION BEGINS
Facility Maintenance	Cleaning Schedules should be created and implemented for all Facilities and Equipment. Coaches will need to help maintain sanitation.	Cleaning Schedules should be created and implemented for all Facilities and Equipment. Coaches will need to help maintain sanitation.	Cleaning Schedules should be created and implemented for all Facilities and Equipment. Coaches will need to help maintain sanitation.	Cleaning Schedules should be created and implemented for all Facilities and Equipment. Coaches will need to help maintain sanitation.
Individual Athlete Gear and Equipment	NO SHARING OF CLOTHING, SHOES, TOWELS, WATER BOTTLES, ETC...	NO SHARING OF CLOTHING, SHOES, TOWELS, WATER BOTTLES, ETC...	NO SHARING OF CLOTHING, SHOES, TOWELS, WATER BOTTLES, ETC...	NO SHARING OF CLOTHING, SHOES, TOWELS, WATER BOTTLES, ETC...
Appropriate Clothing	All Athletes should wear appropriate clothing, shoes, etc... at all times! Shirts are required at ALL times.	All Athletes should wear appropriate clothing, shoes, etc... at all times! Shirts are required at ALL times.	All Athletes should wear appropriate clothing, shoes, etc... at all times! Shirts are required at ALL times.	All Athletes should wear appropriate clothing, shoes, etc... at all times! Shirts are required at ALL times.
Celebratory and Sportsmanship Acts involving Contact	PROHIBITED	PROHIBITED	PROHIBITED	MODIFIED SPORTSMANSHIP PRACTICES SHOULD BE OBSERVED
Transportation	NO TRANSPORTATION	CLEANING REGARDING TEAM OR GROUP TRANSPORTATION MUST BE FOLLOWED		

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New Prairie High School Athletics – Return to play

The New Prairie United School Corporation will be monitoring all developments regarding COVID-19 and plans are subject to change based off the most current information provided by the IHSAA, Indiana Department of Education, the Indiana State Department of Health and the La Porte County Health Dept.

We will be working with adherence to the following safeguards that have been developed to ease our way back into our competitive seasons this coming 20-21 school year. Any family with a vulnerable student-athlete or individual in the household should make the best decision regarding their health and safety when deciding if their child will participate in any workouts. A reminder that all workouts are voluntary.

As mentioned in several previous NPCougars.com posts, all student-athletes planning to participate on/after July 6th they will have to complete a **2020 IHSAA Consent and Release form (click if needed)**. This form will need to be submitted BEFORE a student-athlete can participate.

If a student-athlete answers Yes to any of the questions of the IHSAA Consent and Release Form, they are then required to have a new **20-21 IHSAA Pre-Participation Physical done (click if needed)**.

Returning student-athletes from New Prairie Middle School and New Prairie High School and did not answer Yes to any of the questions on the IHSAA Consent and Release Form will be able to use their completed 19-20 IHSAA Pre-Participation Physical. We have all 19-20 New Prairie HS and 8th grade New Prairie MS physicals on file in our office. Coaches have a current list of physicals we have on file.

Any student-athletes new to the district or who did not participate in athletics last year will need to provide a new completed IHSAA Pre-Participation Physical.

The information below will provide student-athletes, parents and coaches with training on what the symptoms are for COVID-19 and what protocols you will need to follow before your student-athlete attends any workout starting on or after July 6, 2020.

The following is from the IDOE RE-Entry Guidelines (page 9)

- *A fever of 100.4° F or greater*
- *Cough*
- *Shortness of breath or difficulty breathing*
- *Chills*
- *Repeated shaking with chills*
- *Muscle pain*
- *Headache*
- *Sore throat*
- *New loss of taste or smell*

Students and coaches should be excluded from school if they test positive for COVID-19 or exhibit one or more of the symptoms of COVID-19 based on CDC Guidance that is not otherwise explained.

Each day prior to participation, your child must be screened for all of the mentioned symptoms by filling out an information form **PRIOR** to coming to their scheduled workout. On this sheet, they will answer as series of yes or

no questions about the symptoms previously listed to provide us with the most up to date information. If the student-athlete answers Yes, they will be referred to our athletic trainer for screening and sent home.

Student-athletes: Please do not attend and parents do not send your child if they are displaying any symptoms. The risk to the group is more important than a single individual being permitted to participate.

If student-athletes are exhibiting any of the listed symptoms they are **NOT** to attend a workout until they are symptom free for 24 hours. You should take your child's temperature at home, as coaches will not be taking temperatures upon their arrival to campus.

In addition to submitting all of their student-athlete's daily questionnaires, our head coaches will have a data form that they are required to complete daily and submit to the athletic office.

At this time, the following guidelines are in place through Phase I and II

Phase I (July 6th-19th)

Sports Permitted – On July 6th NPHS will allow Boys & Girls Basketball, Cheerleading, Boys & Girls Cross Country, Dance, Football, Girls Golf, Girls & Boys Soccer, Boys Tennis and Volleyball to begin workouts.

NPHS Building Access – All student-athletes should enter the school through entrance N18

Essential Personnel ONLY- There are no spectators permitted at any of our venues until Phase 3 (with the exception of Girls Golf – matches only).

Practice Plans – Were submitted by coaches to the Athletic Director for Phase I.

Hours & Days Permitted

- No more than 15 hours total per week for multi-sport athletes.
- Two Team Activity Days at no more than 3 hours per session. (Cannot be consecutive days)
- Up to four Conditioning Days limited to 2 hours per day. (Can be consecutive)

No Contact

- Cheer and Dance may work on individual skills only, no stunting.
- Social Distancing is enforced (minimum 6 feet apart).
- Focus should be on individual skills and conditioning.

Group Sizes

- 15 athletes per coach/spacing
- Student- are to be completed by each coach daily and turned into the athletic office prior to leaving school.

Weight Room & Locker Rooms – Weight Room will be open in limited 50% capacity. NO exercises requiring a spotter can be conducted. **All Locker Rooms will be closed during Phase I.**

Restrooms - We will have the following restrooms available for use during Phase I:

Football/Track building, Main Gym restrooms near the concession stand (N18 Doors). East side restrooms near the Aux Gym and Weight Room. **Student-athletes should enter restrooms one at a time and are required to wash their hands following CDC guidelines to endure proper hand washing. This should be done before and after workouts.**

Face Coverings

- **Staff** - All NPHS coaches should wear face coverings at all times unless under rigorous activity or outside heat. Must keep proper distance.
- **Student – Athletes** should wear a face covering to their session.
 - SA's may remove their face covering during workouts.
 - SA's should put their face covering back on upon completion of their session and if they are not actively participating in the training session

Equipment (specific to a sport) - May be shared but will need to be disinfected between sessions. Football will not utilize any helmets/pads during Phase 1.

Student-Athlete Requirements

- Must have a completed 20-21 IHSA pre-participation OR Must have a completed 19-20 IHSA Pre-Participation Physical AND 20-21 Health History Update questionnaire and Consent & Release Certificate on file in the athletic office BEFORE starting workouts
- Must come prepared for participation and leave immediately after. Clothes must be washed prior to their next workout (if wearing the same clothes). If a student-athlete attends with the same dirty clothes, they will be sent home.
- **Bring your own water bottle** (filled), NPHS will not provide water bottles and student-athletes are not permitted to share bottles
- Face coverings are encouraged to be worn to their training session and when they are not actively participating. They may choose to wear them during training sessions
- Students are encouraged bring their own hand sanitizer. Additional sanitizer will also be available at workouts.
- Proper social distancing is mandated (6 feet apart).
- **Provide honest answers to all screening questions asked by their coach prior to each workout session.**

Transportation – No transportation will be provided during Phase I.

Phase II (July 20th – August 14th)

Sports Permitted – Boys & Girls Basketball, Cheerleading, Boys & Girls Cross Country, Dance, Football, Girls Golf, Boys & Girls Soccer, Boys Tennis, and Volleyball. *Swimming may also begin provided the facility is ready.

NPHS Building Access – All student-athletes should enter the school through entrance N18

Essential Personnel ONLY- There are no spectators permitted at any of our venues until Phase 3, with the exception of Girls Golf who start their season Aug. 3rd. Spectators will be permitted if proper social distancing is enforced.

Hours & Days Permitted

- May go up to 6 days per week, all workouts will be approved by the Directors of Athletics.
- Beginning August 3rd, Fall sports will begin regular season practices 6 days per week with accommodations.

Contact May Begin – Basketball, Football, Soccer.

Competition and Scrimmages – No other sport than Girls Golf may have a “formal competition during this time” (scrimmages are not considered formal competitions, this speaks solely to IHSAA and regular season contests. Scrimmages will be limited to inter-squad only. **No outside competition in any form will occur.**

Group Sizes

- 20 student-athletes per coach/spacing
- Tracking Sheets are to be completed by each coach daily and turned into the athletic office prior to leaving school.

Weight Room & Locker Rooms – Weight room will be open during Phase 2 using up to a 75% capacity. Locker rooms will remain closed for shower usage. Football will be permitted to utilize the locker room to store student-athlete equipment (helmet and shoulder pads only) at 50% capacity.

Team Meeting Rooms - May or may not be permitted at 50% capacity with proper social distancing and face coverings required.

Restrooms – *Same as Phase I.*

Face Coverings – *Same as Phase I.*

Equipment- May be shared but will need to be disinfected between sessions. Football will be permitted to wear helmet and shoulder pads at some point during Phase II. TBA

Student-Athlete Requirements – *Same as Phase I.*

Transportation – None will be provided the exception will be Girls Golf beginning Aug. 3rd.
(Face Coverings May Be Required.)

Phase III (Beginning August 15th)

More Information to follow as we get closer to the date. IHSAA calendar to be followed

NPUSC Expectations of all Student-Athletes

1. Take the following guidelines seriously and do NOT attend practice if you are not feeling well, have a fever or have recently been exposed to the Covid-19 virus. If you have been exposed, please follow the guidelines and quarantine for 14 days. Make sure to let your coach or athletic trainer know.
2. Wash hands before and after workouts and after using the restroom.
3. Bring your own water bottle to practice and make sure you stay hydrated
4. Keep social distance from other athletes when not working out.
5. Do not share any clothing, gloves, knee pads, etc. with other athletes.
6. Wash your workout clothes daily.
7. No parents will be allowed to attend any conditioning or workouts.
8. Make certain you have a ride to and from practice. If you are riding with other athletes, make sure that you have the other parent's approval. Student-athletes must leave campus as soon as their workouts are complete.

We are optimistic as we move towards the goal of returning to play. Please follow the guidelines mentioned to give us the best possible opportunity to compete this 20-21 school year. Our New Prairie Head Coaches can be contacted below:

Baseball - markschellinger@npsc.k12.in.us
Boys Cross Country - jarndt@npsc.k12.in.us
Girls Cross Country – juliebeakas@npsc.k12.in.us
Boys Basketball – mikebauer@npsc.k12.in.us
Girls Basketball – aimeelitka@npsc.k12.in.us
Cheer - meganpapp@npsc.k12.in.us
Dance - taradome@npsc.k12.in.us
Football – caseymckim@npsc.k12.in.us
Boys Golf - mpeterson@npsc.k12.in.us
Girls Golf - brucewatson@npsc.k12.in.us
Boys & Girls Tennis – jhostetler@npsc.k12.in.us
Girls Track - juliebeakas@npsc.k12.in.us
Boys & Girls Swimming - awojtysiak@npsc.k12.in.us
Softball - derekhicks@npsc.k12.in.us
Volleyball – jordanstaus@npsc.k12.in.us
Wrestling - bwhitenack@npsc.k12.in.us



NEW PRAIRIE STUDENT ATHLETE DAILY QUESTIONNAIRE



NAME _____ SPORT _____ DATE _____

This form must be completed PRIOR to arriving to campus for workouts.

STUDENT ATHLETES MUST HAVE A PERSONAL WATER BOTTLE TO PARTICIPATE.

ANY INDIVIDUAL (STAFF OR STUDENT) WHO ANSWERS YES WILL NOT BE ALLOWED TO TAKE PART IN WORKOUTS AND SHOULD CONTACT HIS OR HER PRIMARY CARE PROVIDER OR OTHER APPROPRIATE HEALTH CARE PROFESSIONAL.

ANY ATHLETE, COACH OR STAFF MEMBER LIVING WITH SOMEONE WHO EXPERIENCES ANY OF THE SYMPTOMS OF COVID 19, WHETHER THEY HAVE A POSITIVE COVID 10 TEST OR NOT, SHOULD SELF ISOLATE FOR TWO WEEKS. IF THEY DO NOT EXPERIENCE ANY COVID 19 SYMPTOMS DURING THAT PERIOD, THEY CAN RETURN TO PRACTICE. IF THEY EXPERIENCE SYMPTOMS, THEY MUST SELF ISOLATE UNTIL THE CONDITIONS OUTLINED ABOVE HAVE BEEN MET.

CURRENT SYMPTOMS (INDIVIDUAL OR WITHIN HOUSEHOLD)		
CHILLS OR REPEATED SHAKING WITH CHILLS	YES	NO
COUGH	YES	NO
SORE THROAT	YES	NO
SHORTNESS OF BREATH OR DIFFICULTY BREATHING	YES	NO
LOSS OF TASTE OR SMELL	YES	NO
DIARRHEA	YES	NO
KNOWN CLOSE CONTACT WITH A PERSON WHO IS LAB CONFIRMED TO HAVE COVID 19	YES	NO
FEELING FEVERISH OR A MEASURED TEMPERATURE GREATER THAN OR EQUAL TO 100.4 DEGREES FAHRENHEIT	YES	NO
HAVE HAD A FEVER OR COLD SYMPTOMS IN PREVIOUS 24 HOURS	YES	NO

STUDENT ATHLETE SIGNATURE _____ DATE _____