

De Soto 73 School District Activities Re-entry Plan and Waiver

June 19, 2020

Dear De Soto 73 Parents, Staff and Community:

The risks of COVID-19 are real and ongoing. Participating in athletics and activities carries with it the risk to have contact with individuals who have been exposed to and/or have been diagnosed with an infectious disease.

While it is impossible to eliminate the risk that a student could be exposed to and/or become infected, the De Soto School District will attempt to mitigate those risks when possible.

Students and parents are reminded that participation in athletics and activities is voluntary. Additionally, off-season and summer workouts, practices, camps, etc. are voluntary on the part of the student and are not required, directly or indirectly, for membership on a school team. Therefore, it is understood that each family will decide for itself whether or not their student will participate in summer workouts, practices, camps, etc. and to what extent their student will participate.

Should families decide that their student will participate in summer workouts, practices, camps, etc., the following **guidelines** have been put in place:

WAIVER

Parents will be required to sign COVID-19 Waiver forms before their child can attend and/or participate in athletics or activities **beginning July 1, 2020**. A copy of that waiver is attached. Your child must bring a signed copy of this waiver to their first activity this summer to be able to attend and participate.

SCREENING

1. Parents must agree to screen their children daily for indicative symptoms of COVID-19 and agree they will not allow their child to participate any day that they are symptomatic. This is a crucial step in mitigating the spread of the virus. If the answer to any of the following questions is 'yes' he/she should be kept home:

- Do you have a temperature higher than 100.4 Fahrenheit?
- Do you have a household or close contact with someone who has been diagnosed with COVID-19 in the past two weeks?
- Do you have symptoms of lower respiratory illness such as a new or worsening cough, shortness of breath, or difficulty breathing?
- Have you experienced any chills or repeated shaking with chills?
- Have you experienced any muscle pain or headache (different than normal exercise-induced pain or your seasonal allergies or other diagnosed condition)?
- Have you experienced any sore throat (different than your seasonal allergies or other diagnosed condition)?
- Have you experienced any recent loss of taste or smell?
- Have you experienced any recent diarrhea or vomiting?

2. If a student answers yes to any of these questions on a daily screening, they cannot attend any activity that day. Students will not be allowed back until a subsequent day when they do have a negative screen, have documentation demonstrating the SARS-CoV-2 test was negative, or a note from their healthcare provider indicating they do not need to be tested and their symptoms are not due to COVID-19.

3. Students may also be screened periodically by a trainer, coaches, or other school personnel. If the screening indicates COVID-19 symptoms the student will be isolated from other students and sent home as soon as possible. Parents must remember, however, that it is solely the parent/guardian's responsibility to screen their children daily for indicative symptoms of COVID-19 and keep them home if they are not well.

GENERAL SAFETY GUIDELINES FOR STUDENTS:

1. Athletes should utilize good general hygiene, including frequent, effective hand washing, no spitting, covering the mouth when coughing or sneezing, no sunflower seeds, and avoiding touching of the face.
2. Athletes should bring their own water bottle, clearly marked with their name, and it should not be shared with others. Shared drinking sources (water fountains) will not be used.
3. Athletes should refrain from pre-practice gatherings of players or celebratory contact (hugs, handshakes, high fives, fist bumps, etc.).
4. Athletes should arrive as close as possible to when the activity begins and leave as soon as the activity ends.
5. There will be no shared athletic equipment (towels, clothing, shoes, gloves, helmets, etc.).
6. Individual drills requiring the use of athletic equipment are permissible, but the equipment will be cleaned prior to use by the next individual or group.
7. Athletes should avoid touching gates, fences, benches, etc. when possible.
8. Athletes should arrive dressed and ready for practice, take all gear home, and clean gear daily. Locker rooms will not be available.
9. Athletes should observe social distancing as much as possible.
10. Athletes should notify their coach of any signs or symptoms of COVID-19 they detect during practice. The athlete will be isolated until they can be sent home and the family should contact their healthcare provider.
11. Athletes are allowed to wear Personal Protective Equipment (PPE) items if they choose, as long as the items do not compromise the safety of participants in the game or violate the rules of the game.

High frequency of contact sports

These sports include: Baseball, Basketball, Cheerleading, Dance Team, Football, Soccer, Softball, Volleyball, Wrestling.

- **Phase I (Approximately July 1-July 14)**
 - During this phase, team workouts and practices are allowed to begin on campus or facility, however this should be done with minimal protective equipment (i.e. helmets only football). Team drills can occur where players are less than 6 feet apart, but this should be minimized to brief one on one drills. Most of the practice should utilize social distancing.
 - No two teams should be in the same location at one time. If the same field or gym will be used back to back, allow ample time between sessions to clean the area between teams. Half field use is permitted. Be sure that there is not interaction between teams.
 - Any equipment used should be disinfected between individual uses (i.e. helmets, bat, etc.)
 - Social distancing should apply as much as possible during these team workouts and practices.
 - Moving to phase 2 is contingent upon meeting the gating criteria above in the region your organization resides for the previous two weeks, and no outbreak within your school or organization.

- **Phase II (Approximately July 15-July 28)**
 - During this phase, team practices with full equipment and contact drills is permissible. Football should be sure to acclimatize with half shells first then full equipment during this phase, as recommended by the Missouri State High School Activities Association (MSHSAA)
 - Intrasquad Scrimmages are permitted during this phase, however; scrimmages with other schools are prohibited.
 - Any equipment used should be disinfected between individual use (i.e. helmets, sleds, etc.).
 - Moving to phase 3 is contingent upon meeting the gating criteria above in the region your organization resides from the previous two weeks, and no outbreak of cases at your school or organization.

- **Phase III (Approximately July 29-July 31)**
 - During this phase, full team practices, scrimmages, and game competitions are permitted.
 - Any equipment used should be disinfected between individual uses (i.e. bat, helmet, shoulder pads, sleds, etc.).
 - This phase is recommended until the fall sports season resumes.

Low frequency of contact sports

These sports include: Cross Country, Golf, Marching Band, Track, Weight lifting

- **Phase I (Approximately July 1-July 14)**
 - During this phase, team workouts and practices are allowed to begin on campus or designated facilities.
 - Inter-squad scrimmages are permitted during this phase. Should allow for proper acclimatization before playing opponents.
 - Any equipment used should be disinfected between individual uses (i.e. shot puts, rackets, dumb bells, etc.).
 - If the same field or gym will be used back to back, allow ample time between sessions to clean the area between teams. Be sure that there is no interaction between teams.
 - Moving to phase 2 is contingent upon meeting the gating criteria above in the region your organization resides for the previous two weeks, and no outbreak of cases at your school or organization.

- **Phase II (Approximately July 15-July31)**
 - During this phase, full team practices, scrimmages, and game competitions are permitted.
 - Any equipment used should be disinfected between individual uses (i.e. shot puts, rackets, dumb bells, etc.).
 - This phase is recommended until the fall sports season resumes.

****Out of health and safety concerns for our students and coaches, it is respectfully requested that no spectators be present during the initial phases or re-opening.*

**PARENT PERMISSION AND WAIVER OF LIABILITY FOR
STUDENT PARTICIPATION AT DE SOTO 73 SCHOOL DISTRICT**

By signing below, I give permission for my child, _____, to participate in activities starting on 07/1/2020- 08/24/2020 at the De Soto School District

_____ I acknowledge that federal and state government officials have declared that there currently exists a public health crisis in our country related to the Coronavirus Disease 2019 ("COVID-19").
(initials)

_____ I confirm that I will not permit my child to participate in the program or activity if, at any time during the program or activity, my child is showing any symptoms of COVID-19 (including but not limited to fever, dry cough, fatigue, shortness of breath, chills, muscle pains). Additionally, I confirm that I will not permit my child to participate in the program or activity if, at any time during the program or activity, my child has been in contact with any individual diagnosed with COVID-19 or any individual currently waiting for test results confirming the possibility of a COVID-19 diagnosis. I agree that in such situations, my child will be unable to participate in the program or activity until: (i) 14 calendar days after the symptoms first appeared and my child is no longer showing any symptoms; or (ii) a healthcare provider has confirmed in writing that my child has tested negative for COVID-19 or that my child's symptoms were not due to COVID-19.
(initials)

_____ I understand that the De Soto School District cannot prevent the possible transmission or contraction of COVID-19 for my child.
(initials)

The undersigned agrees to release, discharge, hold harmless and indemnify the De Soto School District, its agents, employees, officers, Board of Education members, insurers and others acting on the District's behalf (the "Releasees"), of and from any and all claims, demands, causes of action and/or legal liabilities for injuries to or death of my child occurring during, or resulting from, or participation in the above-mentioned program or activity and related in any way to COVID-19, even if the cause, damages or injuries are alleged to be the fault of or alleged to be caused by the negligence or carelessness of the Releasees.

Parent or Legal Guardian Signature: _____

Student Signature: _____

Date: _____