The Brookings School District Activities Department will adhere to all Federal, State, City, District, South Dakota High School Activities Association and ESD Athletic Conference guidelines as it relates to returning to play. The following “Back to Normal Plan” criteria, laid out by South Dakota Governor, Kristi Noem, must be met for the State of South Dakota and the Brookings community as we move into getting “back to normal”.
South Dakota’s Back to Normal Plan

https://covid.sd.gov/docs/COVID_SDPlan_BackToNormal.pdf

**SYMPTOMS**

Downward trajectory of influenza-like illnesses (ILI) reported within the last 14-day period. Plan in place so all persons with COVID-19 symptoms can receive a test upon recommendation from their provider.

**CASES**

Downward trajectory of documented cases within a 14-day period in areas with sustained community spread. No clusters that pose a risk to public.

**HOSPITALS**

Treat all patients without crisis care. Testing program in place for at risk healthcare workers, including emerging antibody testing. Adequate supply of independently procured personal protective equipment is available for all workforce and patients.

**STATE**

SD DOH has the capacity to rapidly investigate COVID-19 cases and initiate containment (isolation and quarantine). SD EOC maintains a rapid response team to support high-risk businesses with a confirmed COVID-19 case.
WASH HANDS often. Avoid touching eyes, nose, and mouth
https://www.cdc.gov/handwashing/

COVER your mouth and nose with a cloth face cover when around others

AVOID CLOSE CONTACT
Maintain at least 6’ distance between yourself and other people

COVER coughs and sneezes

CLEAN AND DISINFECT frequently touched surfaces daily

Source: CDC (Center for Disease Control and Prevention)
PHASE 1

- Weight Room
- Practice Areas (HS Gyms/Outdoor Fields)
- Training Rooms (Acute injuries occurring current day. Example: Sprained Ankle. Rehabilitation and Therapy will be appointment only and have a One to One Ratio.)

PHASE 2

TENTATIVE DATE: MONDAY, JUNE 1, 2020

OPEN

- Locker Rooms
- Equipment Rooms
- Bathrooms

PHASE 3

CLOSED
Strength and Conditioning will be the emphasis.

- No K-12 camps.
- No organized team activities.
  - Large group activity
  - Team Competitions
  - Team Camps
- The defined activities will be voluntary and may not be mandated.
SAFETY MEASURES

- Reduced participants and capacity.
- Entry screening.
- Entry/Exit control eliminating cross-traffic, lingering and gatherings.
- Route mapping to eliminate usage of common and public areas adjacent to permitted areas.
- Only current Brookings School District Coaching Staff Members and Student-Athletes (Grades 9-12 beginning fall 2020) allowed. No spectators or visitors will be allowed in the facilities.
- All COVID Guidelines should continually be addressed and followed.
- Use of our drinking fountains and bathrooms will not be allowed. **Athletes must bring their own water bottles.**
- Scheduling and Appointment based activities/workouts will be utilized.
- Signage and floor markings installed to encourage social distancing.
- Additional cleaning and sanitizing protocols in place.
- Personal belonging drop zones will be clearly identified and spaced appropriately.
- Only district owned facilities and land will be used during this phase.
- No use of bleachers, chairs or any other equipment.

**IF YOU HAVE SYMPTOMS, STAY HOME AND CONTACT YOUR MEDICAL PROVIDER.**
All staff and student-athletes participating in a Brookings summer supported activities/workouts during Phase 1 will be screened for possible illness. The screening procedure will be documented and consist of the following questions:

- Have you had any close contact with a confirmed case of COVID-19?
- Do you have new or worsening cough?
- Do you have new or worsening shortness of breath?
- Do you have chills?
- Do you have repeated shaking with chills?
- Do you have muscle pain?
- Do you have headache? (not related to a previously known health condition i.e. migraines)?
- Do you have a sore throat?
- Do you have a new loss of taste or smell?
- Do you have a fever of 100.4 or greater?

If YES to ANY of the above questions, the staff member or student-athlete should seek guidance from their medical provider. They may also contact South Dakota Department of Health at 1-800-592-1861. The employee **MUST** exit the building. Vulnerable individuals should not oversee or participate in any workouts.

**IF YOU HAVE SYMPTOMS, STAY HOME AND CONTACT YOUR MEDICAL PROVIDER.**
PHASE 1

- Contact Director of Student Activities.
- Director of Student Activities will work with the Brookings School District Administration and the Department of Health to confirm positive case and receive guidance.
- Brookings School District Administration will work with Director of Student Activities to determine close contacts and exposures at school.
- Brookings School District Administration will work with building Director of Student Activities to provide notifications based on the details of the situation.

PHASE 2

PHASE 3

KNOWN DIAGNOSIS OF COVID 19 CASE
• Strength and Conditioning Activities
  • On the Hour
  • Screening will begin at 5 minutes to the Hour (Example: 7:00 AM Workout, Screening will begin at 6:55 AM)
  • Workout will be 45 minutes in length and must start and end on time. No exceptions.
  • Sanitization Period will be 10 minutes in length and be completed 5 minutes to the hour
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**Group thoughts/examples**

- **Group 1**: Senior/Junior Boys
- **Group 2**: Senior/Junior Boys
- **Group 3**: Senior/Junior Girls
- **Group 4**: Senior/Junior Girls
- **Group 5**: Senior/Junior Boys
- **Group 6**: Senior/Junior Boys
- **Group 7**: Senior/Junior Girls
- **Group 8**: Senior/Junior Girls
- **Group 9**: Junior/Soph Boys
- **Group 10**: Junior/Soph Boys
- **Group 11**: Junior/Soph Girls
- **Group 12**: Junior/Soph Girls
- **Group 13**: Soph/Frosh Boys
- **Group 14**: Soph/Frosh Boys
- **Group 15**: Soph/Frosh Girls
- **Group 16**: Soph/Frosh Girls
ATHLETIC COACHES AND STAFF

• Follow the COVID Guidelines at all times. **Mandatory covering of entire guidelines with all athletes on first day.**
• WASH HANDS or use hand sanitizer upon entering and exiting all activities/workouts.
  • COVER your mouth and nose with a cloth face cover when around others
  • AVOID CLOSE CONTACT - Maintain at least 6’ distance between yourself and other people
  • COVER coughs and sneezes
  • CLEAN AND DISINFECT frequently touched surfaces
• Must use hand sanitizer upon entry and exit of our facilities
• Arrive dressed to train and participate.
• Will be screened upon entry.
• Follow entry and exit procedures to all activities/workouts.
• Only attend your scheduled activity/workout.
• Always adhere to the participant and capacity limitations.
• Conduct a thorough post-session cleaning and disinfecting prior to the start of any new training sessions.
• No weight room access outside of scheduled operating hours.
• Are encouraged to wear a cloth face covering. [CDC Face Covering Guidance (Click Here)]
• Must have attendance and screening question documentation recorded and saved. Please use the following [form]
• **IF YOU HAVE SYMPTOMS, STAY HOME AND CONTACT YOUR MEDICAL PROVIDER.**
• Follow the COVID Guidelines at all times.
  • WASH HANDS or use hand sanitizer upon entering and exiting all activities/workouts. COVER your mouth and nose with a cloth face cover when around others
  • AVOID CLOSE CONTACT - Maintain at least 6’ distance between yourself and other people
  • COVER coughs and sneezes
  • CLEAN AND DISINFECT frequently touched surfaces
• Remain in vehicle until 5 minutes before scheduled activity/workout.
• Arrive dressed to train and participate.
• Will be screened upon entry.
• Follow entry and exit procedures to all activities/workouts.
• Exit immediately after your activity/workout.
• Only attend your scheduled activity/workout.
• Students are encouraged to shower and wash their workout clothing immediately upon returning to home.

IF YOU HAVE SYMPTOMS, STAY HOME AND CONTACT YOUR MEDICAL PROVIDER.
• Pre-Occupancy Clean
  • Prior to an individual or groups of individuals entering a facility, hard surfaces within that facility will be wiped down and sanitized (chairs, furniture in meeting rooms, locker rooms, weight room equipment, bathrooms, athletic training room tables, etc.).
  • Prior to an individual or groups of individuals entering a facility, all equipment within that facility will be sanitized and cleaned.
  • Sanitize and Clean Flooring Surface thoroughly and all hard surfaces, equipment, floors after each day.

• In-Session Clean
  • Provide disinfectant wipes for coaching staff and student-athletes
  • Provide spray bottles of disinfectant for coaching staff and student-athletes

• Sanitization Period
  • 10-minute period at the end of a workout and prior to the next workout beginning
  • Hard surfaces within that facility will be wiped down and sanitized (chairs, furniture in meeting rooms, light switches, weight room equipment, door handles, athletic training room tables, etc.).
  • All equipment within that facility will be sanitized and cleaned.
PHASE 1
TENTATIVE DATE: MONDAY, JUNE 22-30, 2020

OPEN

• Weight Room
• Practice Areas (HS Gyms/Outdoor Fields)
• Training Rooms (Acute injuries occurring current day. Example: Sprained Ankle. Rehabilitation and Therapy will be appointment only and have a One to One Ratio.)

CLOSED

• Locker Rooms
• Equipment Rooms
• Bathrooms
SCHEDULING

• Strength and Conditioning Activities
  • On the Hour
  • Screening will begin at 5 minutes to the Hour (Example: 7:00 AM Workout, Screening will begin at 6:55 AM)
  • Workout will be 45 minutes in length and must start and end on time. No exceptions.
  • Sanitization Period will be 10 minutes in length and be completed 5 minutes to the hour

• Sport Based Activities
  • On the Half Hour
  • Screening will begin at 5 minutes to the Half Hour (Example: 6:30 AM Workout, Screening will begin at 6:25 AM)
  • Workout will be 45 minutes in length and must start and end on time. No exceptions.
  • Sanitization Period will be 10 minutes in length and be completed 5 minutes to the hour
RESOURCES

- Social Distancing Signage
- Stop the Spread of Germs Signage
- Close Contact with COVID To Do
- Aspen Project Return to Play
- (CDC) Center for Disease Control and Prevention
- COVID-19 in South Dakota
- (NSCA) National Strength and Conditioning Association
- NCAA Core Principles of Resocialization of Collegiate Sport
- (NFHS) National Federation of State High School Associations - Return to Play
- (ACHA) American College Health Association
- (SDHSAA) South Dakota High School Activities Association
PHASE 2
TENTATIVE DATE: MONDAY, JULY 8, 2020

- Weight Rooms
- Practice Areas
- Training Rooms
- Equipment Rooms

Announcement of this Phase will be on June 23

OPEN

CLOSED

- Locker Rooms
• All Athletic Spaces
• Administration will Announce Phase 3 on July 17
Risk categories are assigned relative to other ways of participating in that sport or activity, based on the latest public health and scientific understandings of COVID-19 and how it can be transmitted.

Activities are segmented into three types of risk posed both to participants and others; based on general characteristics:

**Lowest Risk**
Individual exercise or training at home, alone or with shared household members, with owned and sanitized equipment.

**Medium Risk**
Individual exercise or training in public, alone or with shared household members, with owned and sanitized equipment; individual exercise or training in public with non-shared household members physically distant.

**Highest Risk**
Any group play or training with non-household members not physically distant in private or public, any usage of shared equipment.

“Physical distance” is currently defined by the CDC as 6 feet away or more from a non-household member. Research is ongoing on appropriate physical distance for bodies in motion. “Household member” is defined as anyone living with you. “Shared equipment” is defined as equipment shared with or owned by non-household members.

In the current environment and consistent with the views of public health experts, The Aspen Institute recommends engagement in the lowest risk activities with the necessary safety precautions (e.g. protective gear, safe play). We also recognize that some of the highest risk activities are currently not permitted by the shelter-in-place guidance of some state and local authorities.