

MITIGATION STRATEGIES FOR EXTRACURRICULAR ACTIVITIES

Updated: 9/13/2021

1. Athlete safety mitigation strategies will be implemented to be consistent with VHSL and district guidelines when applicable.
2. Student athletes should wear masks when not actively participating in physical activity indoors, including when in locker rooms or on the bench/sidelines.
3. Student athletes and coaches should distance 6 feet or to the greatest extent possible when not actively participating in physical activity, including inside locker rooms.
4. To the extent possible, student athletes should be spaced at least 6 feet apart on the field during warmup, skill building activities, simulation drills, or while explaining rules, etc.
5. Student athletes and coaches should wash their hands often with soap and water for at least 20 seconds.
6. Clean and disinfect shared equipment between each use, to the extent practicable, but at a minimum after each practice.
7. For purposes of contact tracing, each coach will maintain a daily roster of student athletes and other individuals present at practices and competitions.
8. Student athletes must self screen for symptoms prior practice and/or departing for an away competition.
9. To the greatest extent possible, utilize pods or cohorting of student athletes for indoor practice activities (especially for conditioning and out-of-season activities). If pods or cohorts are utilized, rosters of the specific cohorts should be maintained.
10. Water coolers may be used to refill individual water bottles so long as the user uses hand sanitizer and fills the bottle at an opening that does not touch the student athlete's mouth.
11. Teams will not switch benches (volleyball) during competition.
12. Bench seats indoors will be spaced using 3 feet distancing to the extent possible. Visiting teams and spectators should adhere to these social distancing guidelines.
13. **Spectator guidelines:**
 - a. Indoor - Masks are required for all spectators. To the extent possible, spectators should be 6 to 10 feet from the playing surface.
 - b. Outdoor - Masks and physical distancing are recommended.
14. **Concessions Guidelines:**
 - a. Volunteers such as individuals from booster organizations should be approved by the principal and athletic director. All volunteers must comply with the LCS Health Mitigation Plan.
 - b. Volunteers should self-screen prior to working in the concession area. If they have a fever or any symptom of illness, they should not work.
 - c. Lists of volunteers working the concession stand should be kept and dated to allow for contact tracing if needed.
 - d. Concession areas are often tight spaces. Masks are required for anyone (vaccinated or not) serving or preparing food.
 - e. All food should be prepared and/or packaged and directly served by staff or approved volunteers wearing gloves and masks and using other health and safety measures (frequent handwashing, frequent cleaning of preparation surfaces, etc.).
 - f. There should be no "buffet style" options such as a condiment bar or any food/beverage that is directly accessible to the general public. Packets of condiments should be given by staff or approved volunteers upon request.
 - g. Distancing of 3 to 6 feet in the concession stand line should be managed to the greatest extent possible. Communication/signage for distancing should be visible and clear.
15. Pregame meals from boosters are as follows:
 - a. Assigned seating
 - b. Masks worn when collecting plates
 - c. Pre-plated /served food.