

Saints,

Vail Christian High School will be starting an in house Intramural Program starting Next Monday, August 24th through Thursday, October 1st. We will be offering our traditional "fall" sports. After fall break we will look to offer our traditional "winter" sports gearing up for a January CHSAA Competitive Season. We have gotten approval from Eagle County Public Health. These plans are subject to change as we move forward.

Monday- Volleyball will have an informational meeting. We are limited to 24 people in our gym (6 per court). We need to see our numbers and work on logistics.

Football is limited to 25 per field- clarification on what is a field is... still in the works

#### **Vail Christian High School After School Sports COVID Guidelines**

Monday, August 24<sup>th</sup>- Thursday, October 1st

Only Available to Current VCHS Students

Non-mandatory and voluntary

Boys Non-contact Football (Monday and Wednesday)

Fitness/Conditioning (Tuesday and Thursday)

Girls Volleyball (Monday-Thursday)

Girls Dance (Informational/Interest Meeting Soon)

#### [CHSAA COVID-19 Requirements and Mandates](#)

The following requirements are mandated for Vail Christian High School's Intramural programs. These mandates are subject to change based on governmental, public, educational, and local health requirements. The athletic director, and/or their designee, is responsible for ensuring these requirements and mandates are implemented and adhered to within the school.

These general guidelines are for fall intramural activities. Each sport will have sport-specific guidelines which can be found in the sport-specific, CHSAA Bulletins, which will be posted on the following website as they are updated:

<https://chsaanow.com/coronavirus/modifications/>

#### **INTRAMURAL PRE-PARTICIPATION PREPARATION AND REQUIREMENTS**

- Register for the intramural activities with the Coach
  - Boys Non-contact Football Tim Pierson [tpierson@vchsweb.org](mailto:tpierson@vchsweb.org)
  - Girls Volleyball Adina Petermeyer [apetermeyer@vchsweb.org](mailto:apetermeyer@vchsweb.org)
  - Girls Dance ORGANIZATIONAL/INTEREST MEETING TO BE SCHEDULED

#### **PERSONAL SANITATION AND DISINFECTING EQUIPMENT**

- Wash your hands with soap and water (for 20 seconds or longer), or use a hand sanitizer if soap and water are not readily available, before going to the court/field.

- When not actively playing, please adhere to all proper personal protective equipment (PPE) and facemask protocols.
- Clean and wipe down team equipment. Equipment must be disinfected before, during, and after each use during your practice/competition.
- Hand sanitizer must be made available throughout the facility for use before, during, and after workouts.
- No shared personal equipment, such as water bottles, hats, helmets, bags, gloves, towels, etc.

## PRACTICE

**General information:** Participants, coaches, managers or other team personnel should stay home if they are sick or showing any symptoms of COVID-19.

### **Daily Screenings:**

- If an individual (student, manager, coach) has a temperature above 100.3 F, or has a positive response to the Daily Symptom Tracker (a single Yes to fever, shortness of breath, or dry cough OR a Yes to two of any of the other symptoms), that individual must be removed from the group and their parent or guardian notified.
- The Daily Symptom Tracker must be completed for all participants, managers and coaches. The completed Daily Symptom Tracker must be submitted by the coach to the Athletic Director after every practice/contest.
- Temperature taking and the Daily Symptom Tracker will be completed by the coach prior to practice or competition every day.

### **Disinfecting Equipment/Sanitization**

- Wash your hands with soap and water (for 20 seconds or longer), or use a hand sanitizer if soap and water are not readily available, before going to the court/field.
- When not actively playing, please adhere to all proper personal protective equipment (PPE) and facemask protocols.
- Clean and wipe down team equipment. Equipment must be disinfected before, during, and after each use during your practice/competition.
- Hand sanitizer must be made available throughout the facility for use before, during, and after workouts.
- No shared personal equipment, such as water bottles, hats, helmets, bags, gloves, towels,etc.

### **Masks**

- Everyone must arrive to practice wearing a mask. *Participants who arrive without a mask will not be allowed to enter practice.*
- Masks will be worn at all times indoors.
- All non-active participants (coaches, volunteers, and managers) must wear a mask throughout practice. This includes athletes not actively participating in drills/practice.

## **Social Distancing**

- Restrict your practices to essential personnel only (coaches, volunteers, and managers). Practices will be closed to parents and spectators.
- Appropriate social distancing (minimum 6 feet) must be maintained on all areas used for practice. They must consciously stand at least six feet apart when not participating in a drill or activity that requires closer contact, and should avoid confined areas such as locker rooms and dugouts if social distancing cannot occur.
- No handshakes, high-fives, fist bumps, or elbow bumps.
- Intentionally keep water bottles a minimum of 6 feet apart so that social distancing can occur during breaks.
- Consider spacing in cafeterias, classrooms, weight rooms, athletic training rooms/locker rooms, hallways, and other on-campus venues.
- Keep athletes together in pods (no more than 20 is recommended for outside activities) with dedicated coaches or staff, and make sure that each pod of athletes and coach avoid mixing with other groups as much as possible.
- Stagger arrival and drop-off times.
- Use separate entrances and exits for participants, and essential persons.
- Require signage to communicate all COVID-19 safety requirements.

## **Locker Rooms**

- Locker rooms are only available to students to dress. Pack in and pack out your exercise clothing. Lockers are not available to store clothing.
- Social Distancing at 6 feet apart must be maintained in locker room
- Students must wear masks at all times in the locker room.
- Students should limit changing time to 10 minutes or less.
- Students must wash hands upon entering the locker room and before they leave the locker room.

## **Scrimmages**

No interscholastic scrimmages, or foundation games, shall be held during the 2020-2021 school year.

## **EVENT**

### **Daily Screenings**

- If an individual (student, manager, coach) has a temperature above 100.4 F, or has a positive response to the Daily Symptom Tracker (a single Yes to fever, shortness of breath, or dry cough OR a Yes to two of any of the other symptoms), that individual must be removed from the group and their parent or guardian notified.
- The Daily Symptom Tracker must be completed for all participants, managers, coaches and officials.
- The completed Daily Symptom Tracker must be submitted by the coach to the Athletic Director after every contest. Athletic Director's are responsible for ensuring

that daily screenings have taken place for their athletes before every competition, home and away.

- Temperature taking and the Daily Symptom Tracker will be completed by the coach prior to practice or competition every day.

### **Disinfecting Equipment/Sanitization**

- Wash your hands with soap and water (for 20 seconds or longer), or use a hand sanitizer if soap and water are not readily available, before going to the court/field.
- When not actively playing, please adhere to all proper personal protective equipment (PPE) and facemask protocols.
- Clean and wipe down team equipment. Equipment must be disinfected before, during, and after each use during your practice/competition.
- Hand sanitizer must be made available throughout the facility for use before, during, and after workouts.
- No shared personal equipment, such as water bottles, hats, helmets, bags, gloves, towels, etc.

### **Masks**

- Everyone must arrive wearing a mask.
- Masks will be worn at all times indoors.
- All non-active participants (coaches, volunteers, managers, essential workers, security, medical personnel, and non-working officials) must wear a mask throughout the event/competition. This includes athletes not actively participating in competition.

### **Social Distancing**

- No handshakes before or after games/matches/meets. No high-fives, fist bumps, or elbow bumps.
- No postgame gathering of players, parents and fans.
- In all common areas, seating or standing must be spaced at least six feet apart.
- Student-athletes must practice social distancing while on the bench/sidelines, and should avoid confined areas such as locker rooms and dugouts if social distancing cannot occur.
- Stagger arrival and drop-off times.
- At the conclusion of the event, all participants, coaches, spectators, and essential workers, must leave the facility immediately.
- Post signage provided by CHSAA about symptoms and transmission of COVID-19 around facilities.
- Use an electronic payment system instead of cash for tickets, concessions, merchandise, and payment of officials/essential workers.

## QUARANTINE AND ISOLATION

### In the event of a positive test:

- Anyone who has been in close contact with someone who has COVID-19 must quarantine. Individuals/teams must be quarantined for a minimum of 14 days

### What is determined as close contact?

- You were within 6 feet of someone who has COVID-19 for at least 15 minutes
- They sneezed, coughed, or somehow got respiratory droplets on you.
- You provided care at home to someone who is sick with COVID-19
- You had direct physical contact with the person (touched, hugged, or kissed them)
- You shared eating or drinking utensils

### Duty to Report

- If a team member — including players, coaches, managers, essential workers, etc. — tests positive for COVID-19, it is the school's responsibility to report this case to their local health department and any teams/individuals affected.
- If a contest official tests positive for COVID-19, it is the official's responsibility to report this case to health officials and any teams/individuals affected.

### Isolation

- Individuals who have COVID-19 must **isolate** for a minimum of 10 days.
- Additionally, individuals must isolate if they have symptoms of COVID-19 (cough, fever or chills, loss of smell or shortness of breath, fatigue or muscle aches, nausea or vomiting, diarrhea, headache, sore throat); OR
- If an individual is getting ill and thinks they might have COVID-19. Symptoms, especially early on, may be mild and feel like a common cold. Symptoms could include a combination of cough, body aches, fatigue, and chest tightness. Some people may not develop fever or fever may not appear until several days into the illness.

### Off-season Workouts

- All off-season and pre-season workouts are non-mandatory.
- Coaches and athletes must follow current CHSAA guidelines for Athletics and Activities.
  - Daily Screening/Temperature checks
  - Social Distancing
  - Masks
  - Disinfecting
- Students must have a personal water bottle or jug.