

Center Grove Re-Entry Guidelines and Parameters
For Extra Curricular Activities
Phase 2: July 20th – August 1st

The emphasis for Phase 2 this Summer (Monday, July 20th through Saturday, August 1st) would continue conditioning and specific skills development, with less parameters. Each head coach or instructor – in conjunction with their individual staff members – will be responsible to continue to closely monitor the actions of their students. This is to protect them, their teammates and the coaching staff from contracting and/or spreading the COVID-19 virus.

Specific Parameters:

1. All activities are completely voluntary. Students who do not participate cannot be held accountable in any way.
2. Coaches will be required to conduct pre-practice temperature checks. Athletic Trainers will provide no-contact thermometers and any assistance in the process.
3. All student-athletes who did not have an IHSAA physical form turned in during the 2019-20 school year, will be required to have a physical completed and all forms on file in the Athletic Office prior to their first day of conditioning.
4. All student-athletes will be required to have the new IHSAA Health History Update Questionnaire and Consent Release Certificate, the CGCSC Athletic Information & Signature Card, and the Concussion and Sudden Cardiac Arrest Acknowledgement and Signature forms on file in the Athletic Office prior to their first day of conditioning. These forms can be found by clicking the following link <https://www.centergrove.k12.in.us/Page/866>.
5. When not engaged in physical activity, facemasks for coaches/instructors and students are **highly recommended**.
6. Each student-athlete will be allowed a maximum of twenty (20) hours of activity practices and conditioning practices per week to be on the high school campus. Consecutive days can be used. Activity days will be limited to three (3) hours per day.
7. Students will be expected to bring their own water bottle, towel and apparel. Ice will not be provided, unless for a treatment of an injury. Water coolers will be provided. Coaches/student helpers will assist in refilling water bottles for the student-athletes.
8. Lockers rooms will be available, with **no more than 50% capacity** and student-athletes using social distancing recommendations. Student-athletes should continue to shower at home.
9. Water fountains, except those that dispense into a water bottle, will **not** be available for use. Water hoses and hoses will **not** be available during this time.
10. Formal competitions with other schools will **not** be allowed.
11. Physical contact on a limited basis with other student-athletes on the team **will be allowed**.
12. For football and boys lacrosse, helmets and shoulder pads **will be allowed**. Football players are to be wrapped-up during drills, but at no time should a player be tackled to the ground.
13. If notification of a positive COVID-19 case is confirmed, please notify the following individuals immediately:

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