

Parent(s) and Student-Athletes:

I hope all of you are doing well and are as ready as my office for our return on July 6, 2020. Since the IDOE release of their re-entry guidelines last week I wanted to reach out and provide you with as many details as possible that will be instituted as we move through this process. There is going to be a lot of information provided that everyone needs to understand and safeguards in place that must be followed during the different phases. We will operate with strict adherence to these safeguards that have been developed to ease our way back into our competitive seasons this fall. **Any family with a vulnerable student or individual in the family should make the best decision regarding their health and safety when deciding if their child will participate in any workouts.** All workouts are voluntary and any student that does not attend will be excused. Our plans are subject to change as new guidelines and information are provided by the IDOE, ISDH and LCHD.

First, I am required to provide students and coaches with training on what the symptoms are for COVID-19 and what protocols you will need to apply before your child attends a workout on or after July 6, 2020. From the IDOE RE-Entry Guidelines (page 9):

Students and employees [should be trained](#) to recognize the following COVID-19-related symptoms:

- A fever of 100.4° F or greater
- Cough
- Shortness of breath or difficulty breathing
- Chills
- Repeated shaking with chills
- Muscle pain
- Headache
- Sore throat
- New loss of taste or smell

Students and employees should be excluded from school if they test positive for COVID-19 or exhibit one or more of the symptoms of COVID-19 based on [CDC Guidance](#) that is not otherwise explained.

Each day prior to your child's participation your child must be screened for all these symptoms. If they are exhibiting any of these symptoms they are **NOT** to attend a workout until they are symptom free for 24 hours. You should take your child's temperature at home, we will not be taking temperatures upon their arrival at the facility. Our coaches will have a tracking sheet that they are required to complete daily and return to me to keep on file. On this sheet, they will ask yes or no questions of the symptoms listed to provide us with the most accurate information. If the student answers yes they will be referred to our athletic trainers for screening and sent home. Please do not send your child if they are displaying any of these symptoms, the risk to the whole is more important than the individual being permitted to participate.

Second, attached is a detailed document providing obligations, safeguards and

restrictions that will be utilized during each phase along with what must be completed and on file in the Lake Central Athletic Office prior to participating in any workout on or after July 6, 2020.

Third, contact the coach or coaches using the provided link (<https://athletics.lcsc.us/contact-us/>) via email to express your child's interest in participating in an athletic activity during the 2020-2021 school year. This will permit us to build plans and determine the number of sessions that will be necessary during each phase with the group size limitations. Once we have developed our schedule and accounted for the number of sessions, I will email the details to you.

Fourth, if you plan to participate on July 6th or after you will need to complete several steps.

1. Complete your FamilyID registration:  
<https://www.familyid.com/organizations/lake-central-high-school>
2. Complete IHSAA Consent and Release Form (attached)
3. IHSAA Pre-Participation Physical Adjustments
  - a. If you answer yes on any of the 7 questions of the IHSAA Consent and Release Form then you are required to have a new physical exam (attached)
  - b. If you are a returning student athlete from LCHS, Kahler, Grimmer or Clark and did not answer yes to any of the 7 questions on the IHSAA Consent and Release Form, you will not need to provide a new IHSAA Pre-Participation Physical. We have all LCHS physicals from the 20-21 school year on file and have received the copies from all three middle schools as well.
  - c. If you are a new student-athlete, you will need to provide a completed IHSAA Pre-Participation Physical.
4. We will be processing all these forms and issuing white cards for students to attend workouts on or after July 6, 2020 beginning June 29, 2020. We have separated this by alphabetical order to limit the number we have coming to align with proper social distancing. You will enter at Door B and we will be stationed in the hallway to process all documents at your arrival. During this time we will permit student-athletes to go to a locker room to collect any other their personal belongings and return and school issued items they have. Students will not be permitted to go to other parts of the building, you may collect other items during the week of July 6th per Mr. Begley's direction.
  - a. June 29th 8 AM to 2:30 PM Last Name ending in A-G
  - b. June 30th 8 AM to 2:30 PM Last Name ending in H-Q
  - c. July 1st 8 AM to 2:30 PM Last Name ending in R-Z
  - d. July 2nd 8 AM to 2:30 PM If unable to attend your assigned day.

In closure, I hope all of you enjoy the next few weeks and enjoy the time with your family awaiting the re-entry of athletics on July 6, 2020. If you have any questions or concerns please contact me at [cenyeart@lcscmail.com](mailto:cenyeart@lcscmail.com) or 219-558-2759.

Sincerely,

Chris Enyeart

Director of Athletics

Lake Central High School