

LCCHS Re-Entry Plan for Parents

Phase I (July 6th-19th)

- A. Sports Permitted
 - a. Cheerleading, Boys & Girls Cross Country, Dance, Football, Girls Golf, Boys & Girls Soccer, Boys Tennis, and Volleyball beginning July 6th
 - b. Boys & Girls Basketball and Boys & Girls Swimming beginning July 13th
- B. Essential Personnel ONLY-there are no spectators permitted at any of our venues until August 15th
- C. Practice Plans
 - a. Are being developed in detail and will be approved by Mr. Chris Enyeart, Director of Athletics by June 24th for Phase I
- D. Hour and Days Permitted
 - a. No more than 15 hours per week for multi-sport athletes
 - b. 2 Team Activity Days no more than 3 hours per session (ours will be less)
 - c. 4 Conditioning Days limited to 2 hours per day (ours will be less)
- E. NO CONTACT
 - a. Cheer and Dance may work on individual skills only, no stunting
 - b. Social Distancing is enforced (minimum 6 feet apart)
 - c. Focus should be on individual skills and conditioning.
- F. Group Sizes
 - a. 15 athletes per coach
 - b. Tracking Sheets are to be completed by each coach daily and turned into Mr. Chris Enyeart prior to leaving school.
- G. Weight Room and Locker Rooms
 - a. Both will be closed during Phase I
- H. Restrooms
 - a. We will have the following restrooms available during the Summer, student-athletes should enter one at a time
 - i. Football Restrooms on the upper level
 - ii. Soccer Restrooms
 - iii. Blue Gym Restrooms
 - iv. Pool Classroom Restroom
 - v. Restrooms by Door A2
- I. Face Coverings
 - a. Coaches must wear at all times
 - b. Athletes are strongly encouraged to wear a face covering to their session
 - i. Athletes may remove their face covering during workouts
 - ii. Athletes are encouraged to put their face covering back on upon completion of their session and if they are not actively participating in the training session
- J. Facilities
 - a. Some programs may be required to utilize Middle School and Protsman facilities

- K. Equipment (specific to a sport)
 - a. May be shared but will need to be disinfected between sessions
 - b. Football will not utilize any helmets or pads during Phase I
- L. Student-Athlete Requirements
 - a. Must complete the IHSAA consent and release form, 20-21 FamilyID Registration which will be collected June 29th-July 2nd
 - b. NO WHITE CARD, NO PARTICIPATION**
 - c. Must come prepared for participation and leave immediately after. Clothes must be washed prior to their next workout (if wearing the same clothes). If a student-athlete attends with the same dirty clothes, they will be sent home.
 - d. Bring your own water bottle, we will not provide nor are they permitted to share. A supervised water cooler will be available at a central location. The supervisor is the only individual permitted to fill water bottles from the provided cooler.
 - e. Face coverings are encouraged to be worn to their training session and when they are not actively participating. They may choose to wear them during training sessions.
 - f. Bring their own hand sanitizer, we will have hand sanitizer stations available.
 - g. Proper social distancing is mandated (6 feet apart)
 - h. Provide honest answers to all screening questions asked by their coach prior to each workout
- M. Transportation
 - a. None provided

Phase 2 (July 20th-August 14th)

- A. Additional Sports Starting
 - a. Girls Gymnastics and Wrestling
- B. Essential Personnel ONLY-there are no spectators permitted at any of our venues until August 15th
 - a. Only exception is girls golf, who start their season on July 31, 2020. Spectators permitted if proper social distancing is enforced.
- C. Practice Plans
 - a. Are being developed in detail and will be approved by Mr. Chris Enyeart, Director of Athletics by July 13th for Phase II
- D. Hour and Days Permitted
 - a. May go 6 days per week, all workouts will be approved by Mr. Chris Enyeart
 - b. Beginning August 3rd, fall sports will begin regular season practices 6 days per week with accommodations
- E. Contact May Begin
 - a. Wrestling will only be permitted to do shadow drills and conditioning, no contact permitted

- b. No other sport may have a “formal competition during this time” (scrimmages are not considered formal competitions, this speaks solely to IHSAA and regular season contests)
 - i. Scrimmages will be limited to inter-squad only
- F. Group Sizes
 - a. 50 athletes per coach
 - b. Tracking Sheets are to be completed by each coach daily and turned into Mr. Chris Enyeart prior to leaving school.
- G. Weight Room and Locker Rooms
 - a. Locker Rooms will remain closed
 - i. Football will be permitted to utilize their locker room to store student-athlete equipment (helmet and shoulder pads only) at 50% capacity
 - 1. Plan is being developed for each sport at this time
 - b. Weight Room will reopen at 50% capacity
 - i. Tom Halterman will work with coaches individually to schedule facility to ensure that we do not exceed
 - c. Team meeting rooms may or may not be permitted at 50% capacity with proper social distancing and face coverings required.
- H. Restrooms (Same as Phase I)
 - a. We will have the following restrooms available during the Summer, student-athletes should enter one at a time
 - i. Football Restrooms on the upper level
 - ii. Soccer Restrooms
 - iii. Blue Gym Restrooms
 - iv. Pool Classroom Restroom
 - v. Restrooms by Door A2
- I. Face Coverings (Same as Phase I)
 - a. Coaches must wear at all times
 - b. Athletes are strongly encouraged to wear a face covering to their session
 - i. Athletes may remove their face covering during workouts
 - ii. Athletes are encouraged to put their face covering back on upon completion of their session and if they are not actively participating in the training session
- J. Facilities
 - a. Some programs may be required to utilize Middle School and Protsman facilities
- K. Equipment
 - a. May be shared but will need to be disinfected between sessions
 - b. Football may or may not be permitted to wear helmet and shoulder pads
- L. Student-Athlete Requirements (Same as Phase I)
 - a. Must complete the IHSAA consent and release form, 20-21 FamilyID Registration which will be collected June 29th-July 2nd
 - b. NO WHITE CARD, NO PARTICIPATION**

- c. Must come prepared for participation and leave immediately after. Clothes must be washed prior to their next workout (if wearing the same clothes). If a student-athlete attends with the same dirty clothes, they will be sent home.
 - d. Bring your own water bottle, we will not provide nor are they permitted to share. A supervised water cooler will be available at a central location. The supervisor is the only individual permitted to fill water bottles from the provided cooler.
 - e. Face coverings are encouraged to be worn to their training session and when they are not actively participating. They may choose to wear them during training sessions.
 - f. Bring their own hand sanitizer, we will have hand sanitizer stations available.
 - g. Properly social distancing is mandated (6 feet apart)
 - h. Provide honest answers to all screening questions asked by their coach prior to each workout
- M. Transportation
- a. None Provided
 - i. Exception will be Girl Golf beginning August 3rd
 - ii. Face Coverings may be required

Phase 3 (August 15th and beyond)

- A. Additional Sports Starting
 - a. Spring Sports may or may not return, may wait until September 5th
- B. Spectators permitted at athletic events, we will not permit spectators during practices
 - a. Social Distancing will be encouraged
 - b. Face Coverings will be encouraged
- C. Practice Plans
 - a. Are being developed in detail and will be approved by Mr. Chris Enyeart, Director of Athletics by August 8th for Phase III
- D. Hour and Days Permitted
 - a. Return to "normal"
 - b. There will be accommodations required
 - c. Have to ensure that facilities are able to be properly disinfected
- E. Contact May Begin
 - a. Return to "normal"
 - i. There will be accommodations required
- F. Group Sizes
 - a. No restrictions at this time
 - b. Tracking Sheets may or may not be required
- G. Weight Room and Locker Rooms
 - a. Locker Rooms will open for Fall Sports Only beginning August 3rd at 50% capacity
 - i. Plan is being developed on how to facilitate the 50% capacity requirement
 - b. Weight Room will be opened beginning July 20th at 50% capacity

- i. Tom Halterman will work with coaches individually to schedule the facility to maintain a 50% capacity limit
 - c. Team meeting rooms will be permitted at 50% capacity with proper social distancing and face coverings required.
- H. Restrooms
 - a. Will be open
- I. Face Coverings (Same as Phase I)
 - a. Coaches are encouraged to wear face coverings
 - i. Required to wear a face covering if having meetings in a classroom setting
 - b. Athletes are strongly encouraged to wear a face covering to their session
 - i. Athletes may remove their face covering during workouts
 - ii. Athletes are encouraged to put their face covering back on upon completion of their session and if they are not actively participating in the training session
- J. Facilities
 - a. Some programs may be required to utilize Middle School and Protsman facilities
- K. Equipment
 - a. May be shared but will need to be disinfected between sessions
- L. Student-Athlete Requirements (Same as Phase I)
 - a. Must complete the IHSA consent and release form, 20-21 FamilyID Registration which will be collected June 29th-July 2nd
 - b. NO WHITE CARD, NO PARTICIPATION**
 - c. Must come prepared for participation and leave immediately after. Clothes must be washed prior to their next workout (if wearing the same clothes). If a student-athlete attends with the same dirty clothes, they will be sent home.
 - d. Bring your own water bottle, we will not provide nor are they permitted to share. A supervised water cooler will be available at a central location. The supervisor is the only individual permitted to fill water bottles from the provided cooler.
 - e. Face coverings are encouraged to be worn to their training session and when they are not actively participating. They may choose to wear them during training sessions.
 - f. Bring their own hand sanitizer, we will have hand sanitizer stations available.
 - g. Properly social distancing is mandated (6 feet apart)
 - h. Provide honest answers to all screening questions asked by their coach prior to each workout
- M. Transportation
 - a. Provided for all Fall sports, including cheer and dance
 - i. Exception will be Girls Golf beginning competitions on August 3rd
 - b. Face Coverings may be required

Training on symptoms of COVID-19

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.