

LCHS 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 required to wear a face covering from the time they leave their car until they begin their workout, face coverings may be removed while participating. Once the workout is complete athletes are required to put their face covering back on until they arrive in their vehicle.
- 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. Athletes are required to wear a face covering from the time they leave their car until they begin their workout, face coverings may be removed while participating. Once the workout is complete athletes are required to put their face covering back on until they arrive in their vehicle.
 - 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 will 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 required to wear a face covering from the time they leave their car until they begin their workout, face coverings may be removed while participating. Once the workout is complete athletes are required to put their face covering back on until they arrive in their vehicle.
- 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 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. Athletes are required to wear a face covering from the time they leave their car until they begin their workout, face coverings may be removed while participating. Once the workout is complete athletes are required to put their face covering back on until they arrive in their vehicle.
 - 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 will 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.