

The background is black and features several realistic water droplets of various sizes. Some are large and prominent, while others are small and scattered. The droplets have highlights and shadows, giving them a three-dimensional appearance.

Parent and Student Guide for Fall Athletics at

# FORT PAYNE HIGH SCHOOL

FALL 2020

# ATHLETIC COMMITTEE

- AN ATHLETIC COMMITTEE HAS BEEN FORMED TO HANDLE ANY COVID-19 RELATED SITUATION THAT ARISES FOR THE 2020-2021 ATHLETIC SEASON
- COMMITTEE CONSISTS OF:
  - HEAD ATHLETIC TRAINER (MR. KENNY ZAREMBA)
  - PRINCIPAL (MR. BRIAN JETT) OR A DESIGNEE OF THE PRINCIPAL
  - HEAD COACH OF THE SPORT THAT HAS A SITUATION

# CONTINUING PRACTICES

- SINCE ATHLETIC WORKOUTS RESUMED ON JUNE 1<sup>ST</sup>, 2020, THE ENTIRE ATHLETIC DEPARTMENT HAS BEEN FOLLOWING THE BELOW GUIDELINES AND WILL CONTINUE TO DO SO:
  - MASKS WORN INSIDE ATHLETIC FACILITIES
  - TEMPERATURE CHECKS CONDUCTED ON EVERY PERSON BEFORE PRACTICE
  - COVID-19 QUESTIONNAIRE READ TO EACH PARTICIPANT AND YES ANSWERS RECORDED
  - HAND SANITIZER OR WASHING OF HANDS DONE BY ALL PARTICIPANTS BEFORE THE PRACTICE BEGINS
  - ALL EQUIPMENT SANITIZED EITHER AFTER A GROUP WORKOUT OR THE END OF PRACTICE

# NEW PRACTICES

- MASK WEARING IN FACILITIES EXCEPTIONS:
  - WHEN ACTIVELY PERFORMING A LIFT IN THE WEIGHT ROOM
  - SHOWERING AFTER PRACTICE
  - CHANGING INTO OR OUT OF PRACTICE GEAR (MASK MUST BE REAPPLIED AS SOON AS THIS DONE)

# NEW PRACTICES

- LOCKER ROOM CAPACITY WILL NOT EXCEED 50%
  - EXCEPTIONS:
    - COMPETING IN A GAME
    - HAVE TO GO INDOORS DUE TO LIGHTNING/SEVERE WEATHER
- RESTROOMS/SHOWERS
  - RESTROOMS WILL BE LIMITED TO NO MORE THAN 2 PEOPLE AT A TIME
  - SHOWERS WILL BE LIMITED TO NO MORE THAN 3 PEOPLE AT A TIME

# ATHLETE ELIGIBILITY AND COVID-19

- THE NEWLY FORMED ATHLETIC COMMITTEE WILL REVIEW EACH POSSIBLE AND CONFIRMED CASE OF COVID-19 AMONG OUR STUDENT ATHLETES.
- STEP 1: IF A POTENTIAL CASE IS IDENTIFIED BY A MEMBER OF THE ATHLETIC DEPARTMENT, THE AHSAA COVID-19 SCREENING FORM WILL BE COMPLETED
- STEP 2: THE ATHLETE WILL BE ISOLATED FROM EVERYONE
- STEP 3: MR. ZAREMBA WILL BE CONTACTED TO ASK FOLLOW UP QUESTIONS WITH THE ATHLETE AND HIS/HER PARENTS

# ATHLETE ELIGIBILITY AND COVID-19

- STEP 4: IF MR. ZAREMBA HAS REASON TO SUSPECT THE ATHLETE MAY BE A POTENTIAL COVID-19 CASE, HE WILL CONTACT THE SPORT'S HEAD COACH AND MR. JETT (OR HIS DESIGNEE)
  - IF UNABLE TO REACH EITHER PERSON OR BOTH PEOPLE, MR. ZAREMBA HAS THE AUTHORITY TO SEND THE ATHLETE HOME UNTIL ALL CAN BE CONTACTED
- THE ATHLETIC COMMITTEE WILL MAKE A FINAL DECISION REGARDING THE POTENTIAL COVID-19 CASE
- IMPORTANT: EVERY CASE WILL BE TREATED DIFFERENTLY USING BEST PRACTICES FROM CDC, ADPH, AHSAA, AND EVIDENCE COLLECTED FROM TALKING TO THE ATHLETE AND HIS/HER PARENTS



# ATHLETE COVID-19 SCENARIOS

- IF THE ATHLETE TESTS POSITIVE FOR COVID-19 WITH SYMPTOMS:
  - PER AHSAA, THE ATHLETE IS OUT 14 DAYS PLUS 5 RE-ACCLIMATION PRACTICE DAYS
    - RE-ACCLIMATION PRACTICE DESIGNED TO GET ATHLETE USED TO HEAT AGAIN BEFORE COMPETING



# ATHLETE COVID-19 SCENARIOS

- ATHLETE TESTS POSITIVE FOR COVID-19 BUT HAS NO SYMPTOMS:
  - THE ATHLETE WILL BE SENT HOME AND BE TOLD TO STAY HOME UNTIL:
    - 10 DAYS SINCE SYMPTOMS FIRST APPEARED + 24 HOURS FEVER FREE
    - ATHLETE WILL HAVE TO HAVE 5 RE-ACCLIMATION PRACTICES BEFORE BEING ALLOWED TO COMPETE
  - ATHLETE'S PARENTS WILL BE CONTACTED BY A MEMBER OF THE COMMITTEE
  - ADPH WILL BE CONTACTED BY MEMBER OF THE COMMITTEE FOR POSSIBLE CONTACT TRACING

# ATHLETE COVID-19 SCENARIOS

- ATHLETE POTENTIALLY EXPOSED TO COVID-19 AND IS ASYMPTOMATIC:
  - EXPOSURE = WITHIN 6 FEET OF A POSITIVE CASE FOR 15 MINUTES CUMULATIVE
  - ATHLETE WILL BE SENT HOME FOR 14 DAYS SINCE THEIR LAST CONTACT WITH THE POSITIVE CASE
    - UPON RETURN, ATHLETE MUST COMPLETE 5 RE-ACCLIMATION PRACTICE DAYS BEFORE BEING ALLOWED TO COMPETE
  - ATHLETE INSTRUCTED TO CHECK TEMPERATURE TWICE A DAY AND WATCH FOR SYMPTOMS OF COVID-19
  - THE COMMITTEE WILL CONTACT THE ATHLETE'S PARENTS

# ATHLETE COVID-19 SCENARIOS

- ATHLETE REPORTS SYMPTOMS, FEELING ILL, OR THINKS THEY HAVE COVID-19:
  - THE ATHLETE WILL BE SENT HOME AND BE TOLD TO STAY HOME UNTIL:
    - 3 DAYS WITH NO FEVER AND
    - SYMPTOMS IMPROVED AND
    - 10 DAYS SINCE SYMPTOMS FIRST APPEARED
  - ATHLETE'S PARENTS WILL BE CONTACTED BY A MEMBER OF THE COMMITTEE
  - ADPH WILL BE CONTACTED BY MEMBER OF THE COMMITTEE FOR POSSIBLE CONTACT TRACING
  - IF A MEDICAL DOCTOR STATES THE ATHLETE DOES NOT HAVE COVID-19 AND CLEARS THEM TO RETURN, **THEY ARE CLEARED. WE MUST HAVE A NOTE STATING THIS!!!**

# COVID-19 TESTING

- **IT IS POLICY OF FORT PAYNE CITY SCHOOLS THAT WE CANNOT ASK OR MAKE A CHILD TAKE A COVID-19 TEST**
- IF THE FAMILY WISHES TO HAVE THEIR CHILD TAKE A COVID-19 TEST, CONTACT FPHS OR A MEMBER OF THE COMMITTEE AND THEY WILL GIVE YOU OPTIONS AND ASSIST IN ANYWAY POSSIBLE

# CONCESSION STAND GUIDELINES

- **ALL WORKERS MUST WEAR A MASK AND GLOVES AT ALL TIMES.**
- ALL FOOD/DRINKS WILL BE PREPACKAGED UNTIL FURTHER NOTICE TO LIMIT CONTACT BETWEEN WORKERS AND CONSUMERS

# VENUE GUIDELINES

- **VOLLEYBALL**

- GYMS WILL BE RESTRICTED TO 50% CAPACITY AT THIS TIME
  - HIGH SCHOOL GYM MAX CAPACITY: 416 SPECTATORS
  - MIDDLE SCHOOL OLD GYM: 196 SPECTATORS
  - MIDDLE SCHOOL NEW GYM: 197 SPECTATORS
- VARSITY GAMES WILL BE PLAYED AT FPHS WHILE JV/MIDDLE SCHOOL GAMES WILL BE PLAYED AT FPMS
- MASKS MUST BE WORN BY ALL PERSONNEL **NOT ACTIVELY COACHING OR COMPETING IN THE EVENT**
- IF SOCIAL DISTANCING BETWEEN FAMILIES CANNOT BE MAINTAINED, SPECTATORS MUST WEAR A MASK

# VENUE GUIDELINES

- **VOLLEYBALL**

- ALL PERSONNEL ASSISTING WITH THE EVENT (OFFICIALS, LINE JUDGES, MEDIA, CONCESSION STAND WORKERS, PEOPLE KEEPING SCORING BOOKS) **MUST** HAVE THEIR TEMPERATURE CHECKED AND BE ASKED THE AHSAA QUESTIONNAIRE BEFORE THE EVENT BEGINS.
  - FOLLOW ATHLETE GUIDELINES FOR ANY YES RESPONSES



# VENUE GUIDELINES

- **FOOTBALL**

- WE WILL NOT REDUCE STADIUM CAPACITY AT THIS TIME.
  - FAMILIES WILL BE ASKED TO MAINTAIN SOCIAL DISTANCING AND SIT TOGETHER
  - WHEN THAT CANNOT BE DONE, MASKS WILL BE REQUIRED
- ALL PERSONNEL ASSISTING WITH THE EVENT (OFFICIALS, CHAIN CREW, MEDIA, PRESS BOX PERSONNEL, CONCESSION STAND WORKERS) **MUST** HAVE THEIR TEMPERATURE CHECKED AND BE ASKED THE AHSAA QUESTIONNAIRE BEFORE THE EVENT BEGINS
- FOLLOW ATHLETE GUIDELINES FOR ANY YES RESPONSES
- **MR. ZAREMBA WILL PERSONALLY SCREEN THE OFFICIATING CREW BEFORE EVERY FOOTBALL GAME (MIDDLE, JV, & VARSITY GAME)**

# VENUE GUIDELINES

- **FOOTBALL**

- BAND

- BAND WILL BE SEATED AT THE SCOREBOARD END OF THE FIELD BEHIND THE GOAL POST WITH CHAIRS THAT MAINTAIN 6 FOOT SEPARATION BETWEEN THEM
    - THEY WILL USE SPECIAL MASKS THAT ALLOWS THEM PLAY THEIR INSTRUMENTS WHILE PROTECTING THEMSELVES FROM POSSIBLY CONTRACTING COVID-19
    - WHILE PERFORMING AT HALFTIME THEY WILL REMAIN STATIONARY ON THE FIELD AND MAINTAIN 6 FOOT SEPARATION BETWEEN THEM

# CANCELLING EVENTS

- IN THE EVENT OF A POSSIBLE OUTBREAK ON AN ATHLETIC TEAM (AS DETERMINED BY MR. ZAREMBA, DOCTORS AND/OR ADPH), THE ATHLETIC COMMITTEE WILL MEET TO DISCUSS THE POSSIBILITY OF CANCELLING EVENTS AND/OR CANCELLING ACTIVITIES:
- MR. ZAREMBA, DOCTORS AND/OR ADPH WILL GIVE THE EVIDENCE AND RECOMMEND AS MANY POSSIBILITIES AS IS FEASIBLE (DEPENDING ON THE SITUATION)
- THE COMMITTEE WILL MAKE A RECOMMENDATION TO MR. CUNNINGHAM AND THE SCHOOL BOARD.

# COVID SCREENING FORM

- IF YOU HAVE ANY QUESTIONS OR CONCERNS, FEEL FREE TO REFER TO THE ALABAMA HIGH SCHOOL ACTIVITIES ASSOCIATION COVID-19 SCREENING TOOL THIS IS BEING USED FOR ALL ATHLETICS.
- THIS IS THE SAME TOOL WE ARE USING AT ALL OUR VENUES

**AHSAA**  
COVID-19 Screening Form

Name: \_\_\_\_\_ Date: \_\_\_\_\_

Birth Date: \_\_\_\_\_ Grade \_\_\_\_\_

Best phone number to contact: \_\_\_\_\_

Yes  No Have you travelled outside of Alabama within the last 14 days?

Locations: \_\_\_\_\_

Yes  No Temperature > 100.4 \_\_\_\_\_ Recorded Temperature

Yes  No Have you had contact\* with a person with a confirmed case of COVID-19?

Yes  No Have you had contact\* with a person with a suspected case of COVID-19?

**\*Contact is defined as less than 6 feet separation for more than 15 minutes without adequate personal protective equipment.**

Yes  No Have you had a fever within the last 14 days?

Yes  No Have you had a forceful dry cough or productive cough within the last 14 days?

Yes  No Have you had difficulty breathing or shortness of breath within the last 14 days?

Yes  No Have you had chills or repeated shaking with chill within the last 14 days?

Yes  No Have you had new unexplained muscle pain within the last 14 days?

Yes  No Have you had new or atypical headache for you within the last 14 days?

Yes  No Have you had nausea, vomiting or diarrhea within the last 14 days?

Yes  No Have you had a sore throat within the last 14 days?

Yes  No Have you been tested for COVID-19 in the last 2 weeks?  
Yes exception if done for preoperative screening, indicate below

Yes  No Have you had a recent sudden loss of taste or smell?

Additional Notes:  
\_\_\_\_\_  
\_\_\_\_\_