

McBain High School Summer Indoor Activities Plan

With Governor Whitmer's recent actions on June 5, member schools may continue outdoor summer activities at school facilities that have opened. All OUTDOOR activity in all Regions remains at a modified Step 2 of the MHSAA guidance. INDOOR activity in Regions 6 and 8 will begin at Step 2 effective June 10.

The following criteria still must be met:

1. The school or school district has declared school facilities open to students and staff.
2. The academic school year (last day of online instruction/exams) has ended.

Sport Specific Activity and Workouts – Step 2

The following plan lists each MHSAA guideline. Below each guideline, is McBain High School's plan on how we will try to handle each guideline. This situation remains fluid, so expect more changes in the coming weeks.

NOTE: This plan has been conducted for INSIDE workouts

Facility Cleaning

MHSAA Guideline: Adequate cleaning schedules should be created and implemented for all athletic facilities.

McBain High School's Plan: Daryl Davidson will clean facilities/hard surfaces where athletes/coaches will congregate, which will be limited, before a workout starts. Coaches will be provided a "cleaning kit" in which they will be instructed to clean any surfaces immediately after a workout is completed. Coaches will also be instructed to clean any balls they are using periodically. Coaches will apply hand sanitizer when necessary.

MHSAA: Prior to an individual or groups of individuals entering a facility, hard surfaces within that facility should be wiped down and sanitized (benches, weight equipment, bathrooms, athletic training room tables, etc.).

MHS Plan: See answer to previous question. We will make sure everything is clean and ready to go before anyone gets to our facility. Daryl Davidson and Shaun Mulder will create a form to make sure cleaning was done on day of a workout.

MHSAA: Individuals should wash their hands for a minimum of 20 seconds with warm water and soap or hand sanitizer before touching any surfaces or participating in workouts

MHS Plan: Any practice/workout done in the gym, students may use the restrooms in the main lobby, by the auditorium to wash hands before starting. If a workout is held off site, coaches will be expected to bring hand sanitizer with them and will apply before and after the workout. "Cleaning kits" will be sent to off site workout with coach. Coaches will have a checklist to chart this info.

MHSAA: Hand sanitizer should be plentiful and available to individuals as they transfer from place to place.

MHS Plan: The school will provide hand sanitizer.

MHSAA: Appropriate clothing/shoes should be worn at all times to minimize sweat from transmitting onto equipment/surfaces.

MHS Plan: Students will come to their workout dressed and ready to go. Once the workout is over, students will leave efficiently and will not shower or change their clothes/shoes.

MHSAA: Any equipment such as athletic pads, etc., having holes with exposed foam should be covered.

MHS Plan: Daryl and Shaun will check and make sure there is not foam exposed. We will try not to use pads during this time if possible.

MHSAA: Students must be encouraged to shower and wash their workout clothing immediately upon returning to home.

MHS Plan: Coaches will remind athletes after practice, but ultimately, we need parents to assist with this.

Entrance/Exit Strategies

MHSAA: Consider organization to prevent groups from gathering at entrances/exits to facilities to limit crossover and contact, including staggering starting/ending times.

MHS Plan: We will not have different sports working out at the same time. For instance, boys basketball will not be working out in the gym at the same time as girls basketball (or

even in different gyms). There will be a meeting on Thursday, June 11th at 11am up at the track with coaches, Darla, Daryl and Shaun so that we can get all practices/workouts on a schedule. Before any workout, students will enter through doors on east side of the school, just before the boys locker room entrance. Doors will be propped open upon arrival. All students will use the exit on the north side of the school, next to the auditorium after the completion of their workout. Doors will be propped open when departing.

Limits on Gathering

MHSAA: No gathering of more than 100 people at a time outdoors and Regions 6 and 8 may have gatherings of no more than 250 people. Indoor gatherings of 50 or fewer people at a time are allowed with physical distancing in Regions 6 and 8, only, effective June 10.

MHS Plan: McBain falls under Region 6 so we are advancing a little faster than other parts of the state, which is good, but we still have to be smart about it. There will be no gatherings of more than 50 people while conducting an indoor workout. We will also try to limit workouts to the high school gym only. This allows us to only have to concentrate on deep cleaning one gym, rather than three.

MHSAA: Locker rooms may not be utilized during this step. Students should report to workouts in proper gear and immediately return home to shower at end of the workout.

MHS Plan: We covered this earlier but we would ask coaches and parents to help with this. Locker rooms would not be made available.

MHSAA: Workouts should be conducted in “pods” of students with the same small group of students always working out together. This ensures more limited exposure if someone develops an infection.

MHS Plan: Coaches would have this set up before the workout begins. Athletes would always be grouped with their “pod”

MHSAA: **There must be a minimum distance of 6 feet between individuals at all times.**

MHS Plan: This may be difficult to enforce all of the time, however, we will have a plan on how to conduct workouts in a way that would keep kids in their “pod” and 6 feet apart.

Pre-Workout Screening

MHSAA: All coaches and students should be screened daily for signs / symptoms of COVID-19 prior to participating, including a temperature check. This check may take place onsite or be completed and verified prior to arrival onsite (at home, for example). Anyone with a temperature of greater than 100.3 degrees should not participate and be sent home.

MHS Plan: We would ask parents to help as much as they could. If the student forgot to take their temperature at home, MHS would be prepared to have thermometers readily available onsite.

MHSAA: Responses to screening questions for each person should be recorded and stored so that there is a record of everyone present in case a student develops COVID-19. These records must be kept confidential. Sample form at MHSAA.com.

MHS Plan: We would use the MHSAA form to monitor and track.

MHSAA: Any person with positive symptoms reported should not be allowed to participate, should self-isolate, and contact their primary care provider or other health-care professional. Involve local health departments if positive cases of COVID are discovered.

MHS Plan: We will follow this but coaches/parents ALWAYS hold your kids out if they show even the slightest symptoms. This is summer workouts, you son/daughter will not be penalized for missing workouts due to being sick. When in doubt, please stay home.

MHSAA: Vulnerable individuals should not supervise or participate in any workouts. School districts will make the decision on vulnerable individuals.

MHS Plan: If coaches/students feel that they fall into this category, we ask you to please not participate. We all want to get back to normal but we have to be smart about it. Parents, if you think your son/daughter may fall under this umbrella, please contact Shaun Mulder or your coach. Again, you will NOT be penalized for missing any time in during the summer.

Face Coverings

MHSAA: State, local or school district guidelines for cloth face coverings should be strictly followed.

Cloth face coverings should be considered acceptable. There is no need to require or recommend “medical grade” masks for physical activity.

Any student who prefers to wear a cloth face covering should be allowed to do so.

In the absence of guidelines to the contrary, we recommend that cloth face coverings be worn by students. Exceptions are swimming, distance running or other high-intensity aerobic activity.

Plastic shields covering the entire face will not be allowed during participation due to the risk of unintended injury to the person wearing the shield or others.

Coaches, officials and all other personnel are encouraged to wear cloth face coverings at all times and are strongly encouraged to wear cloth face coverings whenever physical distancing is not possible. (Artificial noisemakers such as an air horn or a timer system with an alarm can be used to signal in place of a traditional whistle.)

MHS Plan: Our coaches will be asked to wear a face mask for the time being. Please send them with your students if you feel it is necessary. When social distancing is applicable, we would not expect them to wear them while working out.

Physical Activity & Equipment

MHSAA: All athletic equipment, including balls, should be cleaned intermittently during practices and contests. There should be no shared athletic equipment (towels, clothing, shoes, or sport-specific equipment) when possible between students.

Individual drills requiring the use of athletic equipment are permissible, but the equipment should be cleaned prior to use by the next individual.

MHS Plan: We will try to refrain from using any equipment during this time. If we need to use a ball of some sort, we will clean them periodically throughout the workout and after it is done.

MHSAA: Students should wear their own appropriate workout clothing (do not share clothing); individual clothing/towels should be washed and cleaned after every workout.

MHS Plan: Coaches will remind their teams. We ask parents for their assistance.

Other Rules and Guidelines

MHSAA: Wash your hands with soap and water or use hand sanitizer, especially after touching frequently used items or surfaces.

Sneeze or cough into a tissue, or the inside of your elbow. Avoid touching your face. Do not spit at all - air, ground, equipment, hands, sunflower seeds, etc.

All students shall bring their own water bottle. Water bottles must not be shared. It will not be provided by the school.

Hydration stations (water cows, water trough, water fountains, etc.) should not be utilized. Food should not be shared.

MHS Plan: Please have athletes bring their OWN water bottle from home. Sharing water bottles will not be allowed and we cannot have water on site. We will do everything we can to implement

all these new rules and regulations. Please bear with us as we have never had to deal with anything quite like this. The MHSAA has set forth a plan that will hopefully get us on track to start on time in the fall. Please be patient. I know everyone is itching to get back but we have to be careful and smart and take this slow to ensure that we have sports in the fall. Our top priority is the safety of our coaches and athletes!