

SHELBY Hs/Ms “RETURN TO ACTIVITY” – Amended to include Phase II (6/15/20)

This document serves as the guidelines for Shelby City Schools coaches to safely return athletes to activity on June 1, 2020. SCS and the Shelby Athletic Department are familiar with Ohio Department of Health, NFHS, and OHSAA recommendations for return to activity. There has been consistent communication between the administration and the coaching staff during the suspension of sports and the closure of facilities. The Shelby coaching staff, to their credit, has assisted our athletes throughout this period by providing and sharing virtual workouts with respective athletes. However, it is understood that not all athletes, due to various variables, have been able to train/condition independently. SCS and our coaches recognize that athletes, after periods of extended inactivity, are vulnerable to exertional injuries. The following guidelines will provide the coaches a structure to safely return our athletes to activity and will be implemented in phases. This document shares OHSAA’s “Summer 2020 (Phase I) Recommendations” and highlights several key points of Phase I specific to SCS and its facilities/equipment. Phase I is to be implemented on June 1, 2020 and be in effect through June 14, 2020. **Phase II will begin June 15, 2020 and remain in effect through June 28, 2020.** SCS administration will communicate to the coaching staff, students, and public should the need arise to shorten or lengthen the duration of Phase I **and/or Phase II**. SCS will continue to monitor OHSAA, OHD, and NFHS policy changes daily. This document may be found at <https://www.shelbyk12.org/forms/>.

OHSAA Summer 2020 “Return to Play” – Phase I & II

Pre-Workout Screening:

- All coaches and students should be screened for signs/symptoms of COVID-19 prior to a workout with the use of a COVID-19 Monitoring form.
- Responses to screening questions should be recorded and stored for contact tracing purposes if a COVID-19 infection occurs. Coaches will record and retain responses on the “Monitoring Form”.
- Any person with positive responses on the screening should not be allowed to take part in workouts and should contact their medical provider.
- Vulnerable individuals should not oversee or participate in any workouts during Phase I **and II**. Vulnerable individuals are defined as people age 65 and older or other with serious underlying health conditions such as but not limited to high blood pressure, chronic lung disease, diabetes, obesity, asthma, and compromised immune system.

Limitations on Gathering:

- Indoor gatherings should not consist of more than 10 people at a time during **Phase I**, to include all participants and coaches. **Phase II gatherings will consist of no more than 10 people at a time inside. Up to 50 people may gather outdoors for workouts.**
- Locker rooms should not be used during Phase I **and II**. Students should report to workouts in proper gear and immediately return home to shower at the end of the workout.
- Workouts should be conducted in “pods” of students with the same 5-10 people (including coaches) always working out together. Smaller pods, if applicable, should be used for weight training.
- There should be a minimum distance of 6 feet between each individual at all times. If this is not possible, the number of individuals should be decreased until proper social distancing can occur.

Facilities Cleaning:

- Adequate cleaning schedules should be created and implemented for all athletic facilities.
- Prior to an individual or group entering a facility, all hard surfaces within that facility should be wiped down and sanitized. Hard surface examples include but are not limited to chairs, furniture, locker rooms, weight room equipment, bathrooms, and training tables.
- Individuals should wash their hands for 20 seconds with warm water and soap before touching any surfaces or participating in workouts.
- Hand sanitizer should be plentiful and available to individuals.
- Weight equipment should be wiped down thoroughly before and after each individual uses the equipment.
- Shirts and shoes should be worn at all times.
- Any equipment such as weight benches, athletic pads, that have holes with exposed foam should be covered.
- Students should be encouraged to shower and wash their workout clothing immediately upon returning home.

Physical Activity and Athletic Equipment:

- There should be no shared athletic equipment (towels, clothing, shoes, or sport specific equipment) between students.
- Students should wear their own workout clothing, and clothing/towels should be washed and cleaned after every workout.
- All athletic equipment, including balls, should be cleaned after each use and prior to the next workout.
- Individual drills requiring the use of athletic equipment can be permissible, but the equipment should be cleaned between use of each individual.
- There should be a focus on resistance training with body weight, sub-maximal lifts, and use of resistance bands.
- During Phase I, free weight exercises that require a spotter should not be conducted, as they cannot be conducted while observing social distancing. **Use of "spotters" in Phase II for weight lifting purposes is permitted provided spotters stand at each end of bar.**

Hydration:

- All students should bring their own water bottle, and water bottles should not be shared.
- Hydration stations (water fountains, water troughs, etc.) should not be used.

Skills Training / Conditioning for ALL Sports

In addition to the Ohsaa recommendations outlined above, the following specific precautions/procedures must be adhered to during Phase I and **Phase II**....

- ODH mandatory and recommended best practices must be followed. (See attached)
- All skills training / conditioning sessions are voluntary.

- Due to the length of the period of inactivity for our athletes, coaches are to implement limits to the number of training sessions as well of the volume and intensity of the activities. **Training sessions will remain limited during Phase II but intensity of training may increase as determined appropriately by the coaching staff.**
- Coaches will wear facial covering (ie masks) when within a 6' radius of student-athletes during training and conditioning activities. Coaches must wear masks when entering the aux gym facility / weight room / **gyms / other in-door facilities.**
- No-Touch: All individuals, including coaches, must avoid contact with others.
- Training sessions must take place outdoors, with an exception to use of the weight room and aux gym restrooms. All SCS gyms, field house, SMS wrestling room, and all locker room facilities will remain closed. **Phase II use of facilities will include the SHS gym, Aux gym, and SMS gym as needed.**
- Scrimmages and games are strictly prohibited.
- Athletes and staff are not to congregate prior to and after training sessions.
- Parents/guardians may attend training sessions as long as they maintain social distancing.
- Use of training equipment is prohibited (ie no use of balls, pads, bands, etc). Exceptions will be made in the weight room and for those sports (baseball, softball, track/field, tennis, golf, and swimming) the ODH has provided prior guidelines. **The use of training equipment will be permitted in Phase II provided appropriate cleaning occurs.**
- Individuals who show or develop Covid-19 symptoms must be immediately removed from activity. Coaches must contact the student's parents and athletic director.
- Coaches must designate athletes into "groups" and "pods". And, ensure that those students in each remain constant for each session. A list of groups and/or pods must be made available to athletic director upon request. **Multi-sport athletes may participate in multiple-sports groups in Phase II.**
- No food or drinks, other than individual water bottles, are permitted.

Baseball-Softball-Tennis-Track&Field-Golf-Swim Workouts/Practices/Contests

In addition to the Ohsaa and skills training / conditioning recommendations outlined above, the following precautions/procedures must be adhered to during phase I and II for these respective sports...

- OHD mandatory and recommended best practices must be followed. (See attached)
- Coaches will wear facial covering (ie masks) when within a 6' radius of student-athletes during training and conditioning activities. Coaches must wear masks when entering the aux gym facility / weight room / **gyms / other in-door facilities.**
- All workouts, practices, and contests are voluntary.
- The use of training equipment (ie balls, racquets, clubs, bats, helmets, etc) may be used.
- All equipment and items related to these activities must be sanitized before, during, and after each event. If equipment cannot be sanitized during the activity, only participants of a single team must use respective equipment and related items.
- Spectators may attend scrimmages/games and must follow maintain 6' social distancing.

Use of Weight Room, Restrooms, Outdoor School Facilities, Gyms

In addition to the Ohsaa recommendations outlined above, the following specific precautions/procedures must be adhered to during Phase I and Phase II....

- OHD mandatory and recommended best practices must be followed. (See attached)
- Use of SCS athletic facilities is limited to Hs/Ms athletes, coaches, and staff. Public use of SCS facilities remains prohibited.

- Coaches will wear facial covering (ie masks) when within a 6' radius of student-athletes during training and conditioning activities. Coaches must wear masks when entering the aux gym facility / weight room / gym / other in-door facilities.
- With the exception of the weight room, aux gym restrooms, **SHS gym, Aux gym, SMS gym**, all other indoor athletic facilities (**including all other SCS gyms, field house, and all locker room facilities**) will remain closed.
- Athletes are not permitted to gather and/or loiter in the weight room, aux gym, aux gym hallway, restrooms, SHS-SMS gyms and hallways, nor at outside facilities.
- Limited capacity based on available space and the ability to social distance (6')
 - Weight room - Athletes will lift individually and be assigned "groups" or "pods" by their respective sports coach and/or the strength coach.
 - **Gym – Athletes will workout individually and be assigned "groups" or "pods" by their respective coach.**
- Due to the length of the period of inactivity for our athletes, coaches are to implement limits to the number of training sessions as well as the volume and intensity of the activities. **Intensity of training can be expected to increase in Phase II. However, coaches will closely monitor and, if necessary, adjust workouts for individuals as needed. Multi-sport athletes may participate in multiple-sports groups in Phase II.**
- No more than one female and one male athlete may use the Aux gym restrooms at a time. Athletes must not congregate in the hallway nor outside the facility.
- In addition to coaches sanitizing equipment and surfaces as prescribed in the Ohsaa recommendations the weight room and aux gym restrooms will be cleaned daily by SCS custodial staff.

Athlete / Parent Waiver Form for Participation

Any Student athlete wishing to participate in athletic activities organized and supervised by SCS coaches must execute the attached WAIVER OF LIABILITY, ACKNOWLEDGMENT AND ASSUMPTION OF RISK AGREEMENT FOR USE OF SCHOOL FACILITIES AND EQUIPMENT DURING SUMMER BREAK. Likewise, a parent/legal guardian of each athlete must also execute that attached WAIVER OF LIABILITY, ACKNOWLEDGMENT AND ASSUMPTION OF RISK AGREEMENT FOR USE OF SCHOOL FACILITIES AND EQUIPMENT DURING SUMMER BREAK. No student athlete will be permitted to participate in skills-training activities, or other athletic activities in the summer of 2020 before receipt of a fully executed WAIVER.



Department of Health



Responsible RestartOhio

Skills Training for All Sports



Mandatory

Participants/ Spectators

- Skills training may begin. Social distancing should be followed. Coaches should designate space for each player to maintain six foot spacing.
- Parents/guardians remaining at the training facility should maintain six-foot social distancing practices. No additional spectators are permitted.
- No-touch rule is in effect. All individuals must avoid physical contact with others including high fives, huddles, or other close contact occurring before, during, and after skills sessions unless the contact is for the purpose of safety. Scrimmages and games are not permitted.
- No congregation should occur before or after the training or practice session.
- Coaches, players, parents/guardians must do a self-symptom check before going to the training session or practice. Anyone experiencing symptoms must stay home.*

Equipment

- Facilities/clubs/teams must ensure that practice facilities have adequate space for social distancing on and off the field of play.
- Time should be allotted between sessions to allow teams to exit fields/facilities prior to new teams arriving.
- Equipment and items related to the activity must be sanitized before, during and after every event. If equipment cannot be sanitized during the activity, only participants of a single team must use equipment and items related to the activity and opposing participants avoid touching that equipment.
- All protocol included in the Responsible RestartOhio Guidance for Gyms, Dance Instruction Studios, and Other Personal Fitness Venues must be followed.

Confirmed Cases

- Immediately isolate and seek medical care for any individual who develops symptoms.
- Contact the local health district about suspected cases or exposure.

Recommended Best Practices

- Parents/guardians should wear face coverings inside the training facility.

- Work with local health department to identify potentially infected or exposed individuals to help facilitate effective contact tracing/notifications.
- Once testing is readily available, test all suspected infections or exposures.
- Following testing, contact local health department to initiate appropriate care and tracing.

*Per the CDC, symptoms include cough, shortness of breath or difficulty breathing, fever, chills, muscle pain, sore throat, and new loss of taste or smell.



Responsible RestartOhio

General Non-Contact Sports



Mandatory

Participants/ Spectators

- Spectators must maintain six-foot social distancing.
- All individuals present must adhere to six-foot social distancing before, during, and after all events.
- Participants must conduct daily symptom assessments (self-evaluation). Anyone experiencing symptoms must stay home.*
- No touch rule is in effect. All individuals must avoid physical contact with others including high fives, huddles, or other close contact occurring before, during, and after the events.
- Players must not share individual water bottles or other beverages before, during, or after all events.
- No spitting at any time before, during, or after events.
- Teams and individuals must adjust rules to adhere to the requirements herein.

Equipment

- Equipment and items related to the activity must be sanitized before, during, and after every event. If equipment cannot be sanitized during the activity, only participants of a single team must use equipment and items related to the activity and opposing participants avoid touching that equipment.

Confirmed Cases

- Immediately isolate and seek medical care for any individual who develops symptoms.
- Contact the local health district about suspected cases or exposure.

Recommended Best Practices

- Spectators should wear face coverings.
- Athletes are strongly recommended to travel to the venue alone or with a member(s) of their immediate household, if possible.
- Face coverings are strongly recommended for individuals traveling to and from the venue and during participation in the activity.
- All individuals should avoid congregating in common spaces or parking lot before, during and after events. If applicable, individuals should enter or exit venues at separate times to adhere to six-foot social distancing.

- Work with local health department to identify potentially infected or exposed individuals to help facilitate effective contact tracing/notifications.
- Once testing is readily available, test all suspected infections or exposures.
- Following testing, contact local health department to initiate appropriate care and tracing.

*Per the CDC, symptoms include cough, shortness of breath or difficulty breathing, fever, chills, muscle pain, sore throat, and new loss of taste or smell.



MIKE DEWINE
GOVERNOR OF OHIO



Department
of Health



Responsible RestartOhio

Baseball, Softball & Batting Cages



Mandatory

Arrival to Venue

- All participants, spectators, and employees must adhere to six-foot physical distancing while at the facility/course.
- Must conduct daily symptom assessments by coaches and players (self-evaluation). Anyone experiencing symptoms must stay home.*
- No team water coolers or shared drinking stations.
- Compliant game balls must be designated to each team for use while that team is playing defense.
- Prior to competitive tournaments, event owners must alert the local health department of the event.
- These requirements must be shared prior to the event with all players, coaches, spectators, officials, and employees prior to their arrival at the venue.

Practice

- Coaches and players must adhere to physical six-foot distancing except when the ball is in play.
- Must conduct daily symptom assessments by coaches and players (self-evaluation). Anyone experiencing symptoms must stay home.
- No team water coolers or shared drinking stations.

Athletes

- Must adhere to six foot social distancing practices off the field of play.
- Must conduct daily symptom assessments by coaches and players (self-evaluation). Anyone experiencing symptoms must stay home.*
- Must not share water or equipment. Belongings should be used only by the individual owner or operator including, but not limited to water bottles, gloves, bats, hats, and other on- and off-field gear.
- No touch rule – players should refrain from high fives, handshake lines, and other physical contact with teammates, opposing players, coaches, umpires, and fans. A “tip the cap” can be used following the game in lieu of the handshake line.

Recommended Best Practices

- Digital check-in and registration for all events.
- Lineups should be entered online or by spoken word and recorded by officials/umpires without exchanging any physical documents with coaches or players.
- Athletes are strongly recommended to travel to the venue alone or with a member of their immediate household.
- Coaches should wear face coverings at all times.
- Athletes should wear face coverings at all times while not actively participating in the field of play.
- Face coverings are strongly recommended for any spectators.
- For each practice session, it is recommended that coaches divide players into groups and establish rotating shifts when possible.
- Athletes should bring individual water containers.
- Virtual meetings should be considered when possible.
- Athletes are strongly recommended to travel to the venue alone or with a member(s) of their immediate household. If possible, face coverings are strongly recommended for individuals travelling to and from the venue.
- Whenever possible, equipment and personal items should have proper separation and should not be shared. If equipment must be shared, proper sanitation should be administered between users.
- Should wear face coverings at all times when not actively participating in the field of play.
- Hand washing or hand sanitizing. In the absence of soap and water, are strongly recommended for athletes during the games.
- Whenever possible, equipment and personal items should have proper separation and should not be shared. If equipment must be shared, proper sanitation should be administered between users.
- Consider prohibiting spitting, eating seeds, gum, or other similar products.

*Per the CDC, symptoms include cough, shortness of breath or difficulty breathing, fever, chills, muscle pain, sore throat, and new loss of taste or smell.

Mandatory

Spectators

- **Must adhere to six foot social distancing practices. This includes in and around bleachers for anyone not in the same family.**
- Must conduct daily symptom assessments (self-evaluation). Anyone experiencing symptoms must stay home.*
- Must not enter player areas (on the field of play or bench areas).
- Must keep six-feet or more distance from the backstop.

Coaches

- **Must adhere to six-foot social distancing practices.**
- Must conduct daily symptom assessments by coaches and players (self-evaluation). Anyone experiencing symptoms must stay home.
- No touch rule – coaches should refrain from high fives, handshake lines, and other physical contact with teammates, opposing players, coaches, umpires, and fans. A "tip the cap" can be used following the game in lieu of the handshake line.
- Must ensure that players are following COVID-19-related prevention measures included herein.

Umpires/ Officials

- **Must adhere to six-foot social distancing practices when interacting with players, coaches, and spectators off the field of play.**
- Must conduct daily symptom assessments (self-evaluation). Anyone experiencing symptoms must stay home.
- Must avoid exchanging documents or equipment with players, coaches, or spectators.

Leaving the Venue

- Individuals should not congregate in common areas or parking lot following the event or practice
- Umpires should adhere to social distancing practices when interacting with players, coaches, and spectators off the field of play.
- Individuals should not exchange items.

Confirmed Cases

- Immediately isolate and seek medical care for any individual who develops symptoms.
- Contact the local health district about suspected cases or exposure.
- Organizer must maintain a complete list of coaches, players, and employees present at each event to include the date, beginning and ending time of the event, plus name, address, and phone contact to be made available upon request from local health district.

Recommended Best Practices

- Strongly recommended to wear face coverings at all times.
- Hand washing or hand sanitizing. In the absence of soap and water, is recommended strongly during the games.

- Should wear face coverings at all times.
- Coaches should ensure the players are adhering to social distancing in dugouts and other seating areas and wearing face coverings while not actively participating on the field of play.
- Whenever possible, equipment and personal items should have proper separation and should not be shared. If equipment must be shared, proper sanitation should be administered between users.
- Consider prohibiting spitting, eating seeds, gum, or other similar products.

- Should wear face coverings at all times.
- Digital check-in and registration for all events.
- Umpires calling balls and strikes should allow adequate distance behind the catcher while still able to perform their duty.

- Team meetings should occur virtually or over the phone rather than in a team huddle.
- Athletes are strongly recommended to travel to the venue alone or with a member(s) of their immediate household. If possible, face coverings are strongly recommended for individuals traveling to and from the venue.
- Team meals should only occur in compliance with the guidelines issued for restaurants in the state of Ohio.

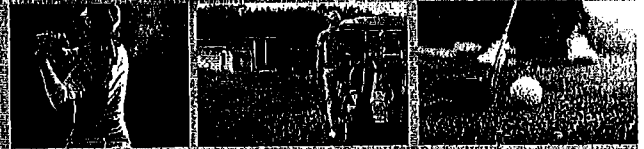
- Work with local health department to identify potentially infected or exposed individuals to help facilitate effective contact tracing/notifications.
- Once testing is readily available, test all suspected infections or exposures.
- Following testing, contact local health department to initiate appropriate care and tracing.

*Per the CDC, symptoms include cough, shortness of breath or difficulty breathing, fever, chill, muscle pain, sore throat, and new loss of taste or smell.



Responsible RestartOhio

Golf Course and Miniature Golf Operators



Mandatory

Golf Course Operators

Post information throughout the golf course property to remind golfers and customers to take steps to prevent the spread of COVID-19. These messages should include information about:

- Staying home if you are sick or do not feel well.
- Using social distancing and maintaining 6-feet or more between individuals in all areas.
- Not gathering in groups.
- Golfers should not loiter.
- Wearing a mask or face covering when entering buildings or interacting in close proximity to other golfers, practicing good personal hygiene including washing hands often with soap and water for at least 20 seconds, using hand sanitizer, refraining from touching eyes, nose, and mouth with unwashed hands, coughing and sneezing into an elbow, etc.

Maintain public restrooms and locker rooms to lower risk of spread of virus.

- Disable, or mark every other or every third locker for non-use to enforce six-foot social distancing requirement. Facilities where lockers are assigned to members are not required to disable lockers but must enforce social distancing requirement.
- Remove any casual seating other than benches by lockers as necessary.
- Clean and disinfect public areas and restrooms every two hours using EPA-registered disinfectants, particularly on high-touch surfaces such as faucets, toilets, doorknobs and light switches.
- If independent showers are available and used, they must be attended and sanitized between each use.
- Disable or close-off communal style showers except for rinsing before and after any pool activity.
- Make sure supplies for handwashing, including soap and materials for drying hands are fully stocked every time the bathroom is cleaned.
- Disable or close-off steam rooms and saunas.
- If towels are provided, they are to be stored in covered, sanitized containers that are clearly delineated clean versus soiled. Appropriate temperatures are to be used when washing and drying towels to ensure sanitation (hot water for washing, ensure they are completely dried). Employees handling towels must wear gloves and face covering.
- Restroom facilities should limit the number of users at any one time based on the facility size current social distancing guidelines. These facilities should be cleaned/sanitized per CDC recommended protocol along with established restroom cleaning schedules

Recommended Best Practices

Maintain public restrooms and locker rooms to lower risk of spread of virus.

- Post a cleaning schedule at each location
- Install touch-free entry points at restrooms and other facilities.
- Install touchless sensors on sinks and hand dryers.

Golf Course Operators cont.

Mandatory

Closures, modifications and limitations:

- In accordance with current orders, close any non-essential areas where people could potentially congregate.
- Courses must not allow shotgun starts or other methods of play that lead to players completing their rounds at the same or similar times
- All food service must be run in accordance with current orders and guidelines for such establishments. All self-service food stations should be closed or only operated by employees in accordance with the guidance outlined in Responsible Restart Ohio for restaurants and bars.
- Golfers shall be offered flexibility related to cart use, including the option to walk or ride in a cart alone.
- Remove common touchable surfaces (water coolers, bunker rakes, ball washers, etc.).
- Modifications should be made so the flagstick does not need to be removed to retrieve the ball. For example, use a foam noodle stopping approximately 1 inch below the green surface. The ball goes into the cup and is lifted using the putter head. The flagstick remains lodged in the cup through the hole in the noodle.

Follow all appropriate guidance for customer interaction, retail sales and equipment rentals.

- Alter check-in/pay practices to meet six-foot social distancing guidelines.
- Install barriers and protective shields where needed to safely distance staff and customers.
- Post a revised occupancy number in retail or rental areas in accordance with any current order to minimize crowding where necessary.
- Mark floors inside buildings for six feet standing areas or one-way traffic.
- Clean and disinfect high-use areas like door handles, keypads, counter tops, etc. after each use or at a minimum of every two hours.
- Disinfect all rental equipment, including golf carts, after each use, using EPA-registered disinfectants.
- Arrange any seating areas, tables, chairs, etc. (indoors and out) at safe distances from each other. If safe distances are not achievable, or regular sanitizing of these areas is not possible, barricade or remove seating areas.
- Review and follow all guidance for retail operations as provided in Responsible Restart Ohio for Retail Services.
- Alter practices for accommodating leagues and outings to meet social distancing and large gathering guidelines.

Maintaining Distance in outdoor spaces

- In areas of concern, mark six-foot spacers to help customers visualize safe distancing.
- In areas with a lot of cross traffic, direct pedestrian traffic to enter/exit these locations in specific ways or indicate one-way traffic wherever possible.
- Alter cart pick-up/drop-off, driving range and putting green practices to comply with social distancing.

Be as flexible as possible with staff attendance and sick-leave policies. Remind staff to stay at home if they are sick. Isolate and send home anyone who exhibits fever, cough, or shortness of breath.

- Employees must perform daily symptom assessment, including assessing for symptoms and taking your temperature with a thermometer and monitoring for fever. Per the CDC, symptoms include cough, shortness of breath or difficult breathing, and two of the following: fever, chills, repeated shaking with chills, muscle pain, headaches, sore throat and new loss of taste or smell.

Recommended Best Practices

Closures, modifications and limitations:

- Facilities may determine if masks are required to enter common spaces or may be made available to guests entering common spaces based on the facility.
- Increase time between tee times
- Scoring must be recorded digitally, and courses should not use scoreboards to limit congregation among spectators and players.

Follow all appropriate guidance for customer interaction, retail sales and equipment rentals.

- Regularly provide customers with up-to-date information about COVID-19 and related business procedures and policies. Communicate the importance of practicing preventive actions.
- Where available, use online solutions for reservations, waivers or payment.
- Install touch-free entry points to buildings where possible.
- Create self-sanitizing stations by making hand sanitizer, soap, and water, or effective disinfectant available to the public at or near the entrance of facilities and at any locations where people have direct interactions and near high-touch surfaces.

Be as flexible as possible with staff attendance and sick-leave policies. Remind staff to stay at home if they are sick. Isolate and send home anyone who exhibits fever, cough, or shortness of breath.

- Encourage 3rd-party delivery staff to wait outside or in non-congested areas practicing social distancing guidelines. Encourage 3rd-party delivery staff to wear face coverings.
- Educate on proper use, disposal, and maintenance of face coverings. Enhance education on proper use of gloves, per code.

Mandatory

Golf Course Operators cont.

- Require employees to perform daily symptom assessments* and require them to stay home if sick.
- Businesses must require all employees to wear facial coverings, except for one of the following reasons:
 - Facial coverings in the work setting are prohibited by law or regulation
 - Facial coverings are in violation of documented industry standards
 - Facial coverings are not advisable for health reasons
 - Facial coverings are in violation of the business' documented safety policies
 - Facial coverings are not required when the employee volunteer works alone in an assigned work area
 - There is a functional (practical) reason for an employee/volunteer not to wear a facial covering in the workplace.

(Businesses must provide written justification, upon request, explaining why an employee is not required to wear a facial covering in the workplace. At minimum, facial coverings (masks) should be cloth/fabric and cover an individual's nose, mouth, and chin.)

- Employee vehicles, equipment, break rooms, bathrooms, and other common areas must be cleaned and disinfected after every use.
- Implement staggered employee entry, working in assigned teams, varied arrival and departure and staggered breaks to avoid interaction or grouping among staff.

Golfers

- Stay home if you are sick or do not feel well.
- Follow instructions and signs when checking in at the club house, ordering food, beverages, etc.
- Wait until called to the first tee box or until the group ahead of you has clearly left the tee.
- Use social distancing and maintain at least six feet between individuals in all areas including on tees and greens.
- Do not gather in groups of more than 10.
- Do not touch other players' clubs, golf balls, carts, etc.
- Leave flagsticks in the hole.

Resources

- Hamilton, Franklin and Lake County Metro Parks
- Golf Course Superintendents Association of America (GCSAA), National Golf Foundation (NGF)

Recommended Best Practices

- Health checks may include temperature assessments, questionnaires, employee self-checks, screening app or other tools. Update files with log of "health checks."
- Conduct telephone symptom assessment for employees who were ill and planning to return to work.
- As employee rehiring begins, consider virtual interviewing and onboarding when possible.
- Reinforce education per current food safety code about when to wash hands. Post health department hand washing posters at sinks and stations. Set times for periodic handwashing.
- Regularly provide staff with up-to-date information about COVID-19 and related business procedures and policies. Communicate the importance of practicing preventive actions.

- Book tee times by phone or online.
- Allow space between cars in the parking lot.
- Players should arrive no earlier than 30 minutes prior to their tee time. Warm up should occur 15 minutes before tee time.
- Wear a mask or face covering when entering buildings or interacting in close proximity to other golfers.
- Practice good personal hygiene including washing hands often with soap and water for at least 20 seconds, using hand sanitizer, refraining from touching eyes, nose, and mouth with unwashed hands, coughing and sneezing into an elbow, etc.
- Bring trash bags, food, and supplies. Plan to carry in and carry out trash and other items including items from your cart after your round.

*Per the CDC, symptoms include cough, shortness of breath or difficulty breathing, fever, chills, muscle pain, sore throat, and new loss of taste or smell.



Department of Health



Responsible RestartOhio

Tennis Court Operators



Mandatory

Tennis Court Operators

Post information throughout the facility to remind players and others to take steps to prevent the spread of COVID-19. These messages should include information about:

- Staying home if you are sick or do not feel well.*
- Maintain six-foot or more social distancing between individuals in all areas.
- Not gathering in groups.
- Players should not loiter.
- Wearing a mask or face covering when entering buildings or interacting in close proximity to other players, practicing good personal hygiene including washing hands often with soap and water for at least 20 seconds, using hand sanitizer, refraining from touching eyes, nose, and mouth with unwashed hands, coughing and sneezing into an elbow, etc.

Maintain public restrooms and locker rooms to lower risk of spread of virus.

- Disable, or mark every other or every third locker for non-use to enforce six-foot social distancing requirement. Facilities where lockers are assigned to members are not required to disable lockers but must enforce social distancing requirement.
- Remove any casual seating other than benches by lockers as necessary.
- Clean and disinfect public areas and restrooms every two hours using EPA-registered disinfectants, particularly on high-touch surfaces such as faucets, toilets, doorknobs and light switches.
- If independent showers are available and used, they must be attended and sanitized between each use.
- Disable or close-off communal style showers except for rinsing before and after any pool activity.
- Make sure supplies for handwashing, including soap and materials for drying hands are fully stocked every time the bathroom is cleaned.
- Disable or close-off steam rooms and saunas.
- If towels are provided, they are to be stored in covered, sanitized containers that are clearly delineated clean versus soiled. Appropriate temperatures are to be used when washing and drying towels to ensure sanitation (hot water for washing, ensure they are completely dried). Employees handling towels must wear gloves and face covering.
- Restroom facilities should limit the number of users at any one time based on the facility size current social distancing guidelines. These facilities should be cleaned/ sanitized per CDC recommended protocol along with established restroom cleaning schedules

Recommended Best Practices

Maintain public restrooms and locker rooms to lower risk of spread of virus.

- Post a cleaning schedule at each location.
- Install touch-free entry points at restrooms and other facilities.
- Install touchless sensors on sinks and hand dryers.

*Per the CDC, symptoms include cough, shortness of breath or difficulty breathing, fever, chills, muscle pain, sore throat, and new loss of taste or smell.

Tennis Court Operators cont.

Mandatory

Closures, modifications and limitations:

- Establish maximum capacity that allows for six feet physical distancing.
- In accordance with current orders, close any non-essential areas where people could potentially congregate.
- All food service must be run in accordance with current orders and guidelines for such establishments. All self-service food stations should be closed or only operated by employees in accordance with the guidance outlined in Responsible Restart Ohio for restaurants and bars.
- No team water coolers or shared drinking stations.

Follow all appropriate guidance for customer interaction, retail sales and equipment rentals.

- Alter check-in/pay practices to meet six-foot social distancing guidelines.
- Install barriers and protective shields where needed to safely distance staff and customers.
- Post a revised occupancy number in retail or rental areas in accordance with any current order to minimize crowding where necessary.
- Mark floors inside buildings for six feet standing areas or one-way traffic.
- Clean and disinfect high-use areas like door handles, keypads, counter tops, etc. after each use or at a minimum of every two hours.
- Disinfect all rental equipment, after each use, using EPA-registered disinfectants.
- Arrange any seating areas, tables, chairs, etc. (indoors and out) at safe distances from each other. If safe distances are not achievable, or regular sanitizing of these areas is not possible, barricade or remove seating areas.
- Review and follow all guidance for retail operations as provided in Responsible Restart Ohio for Retail Services.
- Alter practices for accommodating leagues and outings to meet social distancing and large gathering guidelines.

Maintaining Distance in outdoor spaces

- In areas of concern, mark six-foot spacers to help customers visualize safe distancing.
- In areas with a lot of cross traffic, direct pedestrian traffic to enter/exit these locations in specific ways or indicate one-way traffic wherever possible.

Be as flexible as possible with staff attendance and sick-leave policies. Remind staff to stay at home if they are sick. Isolate and send home anyone who exhibits fever, cough, or shortness of breath.

- Employees must perform daily symptom assessment, including assessing for symptoms and taking your temperature with a thermometer and monitoring for fever.*
- Require employees to stay at home if symptomatic and perform daily symptom assessment requirements before returning to work.
- Businesses must require all employees to wear facial coverings, except for one of the following reasons:
 - Facial coverings in the work setting are prohibited by law or regulation.
 - Facial coverings are in violation of documented industry standards.
 - Facial coverings are not advisable for health reasons.

Recommended Best Practices

Closures, modifications and limitations:

- Facilities may determine if masks are required to enter common spaces or may be made available to guests entering common spaces based on the facility.
- Post directional signage to encourage separation of entrances and exits.
- Use every other court, if possible.
- Remove common touchable surfaces (water coolers, counters, towel racks, etc.).
- Minimize court activity; for example, limit court activities to casual court rental, one-on-one coaching, small groups, and private lessons.
- Postpone any social gatherings or large outings.
- Alter practices in socializing areas to meet social distancing.

Follow all appropriate guidance for customer interaction, retail sales and equipment rentals.

- Regularly provide customers with up-to-date information about COVID-19 and related business procedures and policies. Communicate the importance of practicing preventive actions.
- Where available, use online solutions for reservations, waivers or payment.
- Install touch-free entry points to buildings where possible.
- Create self-sanitizing stations by making hand sanitizer, soap, and water, or effective disinfectant available to the public at or near the entrance of facilities and at any locations where people have direct interactions and near high-touch surfaces.

Be as flexible as possible with staff attendance and sick-leave policies. Remind staff to stay at home if they are sick. Isolate and send home anyone who exhibits fever, cough, or shortness of breath.

- Encourage 3rd-party delivery staff to wait outside or in non-congested areas practicing social distancing guidelines. Encourage 3rd-party delivery staff to wear face coverings.
- Educate on proper use, disposal, and maintenance of face coverings. Enhance education on proper use of gloves, per code.
- Health checks may include temperature assessments, questionnaires, employee self-checks, screening app or other tools. Update files with log of "health checks."
- Conduct telephone symptom assessment for employees who were ill and planning to return to work.

*Per the CDC, symptoms include cough, shortness of breath or difficulty breathing, fever, chills, muscle pain, sore throat, and new loss of taste or smell.

Mandatory

Tennis Court Operators cont.

- Facial coverings are in violation of the business' documented safety policies.
- Facial coverings are not required when the employee volunteer works alone in an assigned work area.
- There is a functional (practical) reason for an employee/volunteer not to wear a facial covering in the workplace.

(Businesses must provide written justification, upon request, explaining why an employee is not required to wear a facial covering in the workplace. At minimum, facial coverings (masks) should be cloth/fabric and cover an individual's nose, mouth, and chin.)

- Company vehicles, equipment, break rooms, bathrooms, and other common areas must be cleaned and disinfected after every use.
- Implement staggered employee entry, working in assigned teams, varied arrival and departure and staggered breaks to avoid interaction or grouping among staff.

Coaches

- Stay home if you are sick or do not feel well.
- Wear a mask or face covering when entering buildings or interacting in close proximity to others.
- No touch rule- coaches must refrain from high fives, handshake lines, and other physical contact with teammates, opposing players, coaches, officials, and fans.
- Avoid exchanging documents or equipment before, during or after the event.

Referees/ Officials

- Stay home if you are sick or do not feel well.
- Wear a mask or face covering when entering buildings or interacting in close proximity to others.
- Avoid exchanging documents or equipment before, during or after the event.
- Adhere to social distancing practices when interacting with players, coaches, and spectators on or off the court.

Players

- Stay home if you are sick or do not feel well.
- Arrive no more than 10 minutes early or wait in designated waiting areas or in your car.
- Follow instructions and signs when checking in, ordering food, beverages, etc.
- Wait until called to the court or until the group ahead of you has clearly left the court.
- Use social distancing and maintain at least six-foot between individuals in all areas.
- Do not gather in groups of more than 10.
- Do not touch other players' racquets, tennis balls, gear, etc.
- Avoid using your hand to pick up balls; use your racquet/foot to pick up balls to hit back to your opponent or another court.
- Use your own tennis balls (for example, clearly mark yours or use a different color).

Recommended Best Practices

- As employee hiring begins, consider Virtual Interviewing and on-boarding when possible.
- Reinforce education per current food safety code about when to wash hands. Post health department handwashing posters at sinks and stations. Set times for periodic handwashing.
- Regularly provide staff with up-to-date information about COVID-19 and related business procedures and policies. Communicate the importance of practicing preventive actions.

- Coaches should ensure the players are adhering to social distancing on the bench.
- Whenever possible, equipment and personal items should have proper separation and should not be shared. If equipment has to be shared, proper sanitation must be administered between users.

- Digital Check-In and registration for all events.
- Officials should stand behind a barrier, if possible.

- Book court times by phone or on-line.
- Allow space between cars in the parking lot.
- Wear a mask or face covering when entering buildings or interacting in close proximity to others.
- Practice good personal hygiene including washing hands often with soap and water for at least 20 seconds; using hand sanitizer; refraining from touching eyes, nose, and mouth with unwashed hands; coughing and sneezing into an elbow, etc.
- Avoid touching gates, fences, benches, etc.
- Bring trash bags, food, water, and supplies. Plan to carry in and carry out trash and other items.
- Avoid using locker rooms or changing areas.

Mandatory

Spectators

- Stay home if you are sick or do not feel well.
- Arrive no more than 10 minutes early or wait in designated waiting areas or in your car.
- Follow instructions and signs when checking in, ordering food, beverages, etc.
- Use social distancing and maintain at least six-feet between individuals in all areas.
- Do not gather in groups of more than 10.
- Do not enter player areas.

Recommended Best Practices

- Wear a mask or face covering when entering buildings or interacting in close proximity to others.
- Practice good personal hygiene including washing hands often with soap and water for at least 20 seconds, using hand sanitizer, refraining from touching eyes, nose, and mouth with unwashed hands, coughing and sneezing into an elbow, etc.
- Bleachers and other high-contact seating areas can be removed or closed, if possible.

Resources

- U.S. Tennis Association (USTA) Midwest Region
- Swim and Racquet Club (Columbus, OH); Upper Arlington, OH Parks and Recreation Department



Responsible Restart Ohio

Gyms, Dance Instruction Studios, and Other Personal Fitness Venues



Mandatory

Facilities

Spacing, Capacity, Numbers

- Limit capacity (employees and members/clients) based on available space and ability to social distance with six feet between members/clients, except in facilities where instructor/student must be in close proximity (i.e. dance instruction, swimming, personal training, etc.).
- Set facility up for social distancing by spacing equipment to provide a six foot radius (as measured from the center of the main operation of the specific piece of equipment) or by disabling equipment (bike, treadmill, elliptical, etc.) to provide a six foot radius.
- For class settings, set up work areas before arrival of students, allowing at least a six foot radius around users.
- Reinforce spacing through training with employees, and reinforcement with members/clients.
- Remove excess seating throughout the facility to discourage lingering.
- Reduce class sizes, if necessary, to accommodate the required six feet of social distancing.
- Eliminate lost and founds.
- Establish log-in procedures for members/clients, and maintain that information for potential contact tracing.

Sanitization

- Hand washing or sanitization upon entry to facility.
- Use sanitizer products that meet the CDC guidelines.
- Have sanitizer available throughout the facility for employees and members/clients.
- Provide cleaning products, EPA-approved disinfectants or disinfecting wipes for sanitizing equipment before and after use by clients, with equipment cleaning backed up by employees.
- Routine disinfection of high-contact surfaces, desk workstations, restrooms, pool ladders, as well as, equipment.
- Deep cleaning after hours or during low-use times for 24-hour facilities.

Signage

- In entry, post signs requiring social distancing and recommending face coverings.
- Post reminder signage for hand-washing, sanitization of equipment, distancing, etc.

Air Circulation

Recommended Best Practices

Spacing, Capacity, Numbers

- When applicable, set aside specific hours for vulnerable populations.
- Provide space at entrance or in lobby area to allow spacing for coat racks and when used, kiosks for check-ins.

Sanitization

- If possible, provide foot pedals to open doors, or prop doors open to avoid contact.

Signage

- Post sign with COVID-19 screening questions.
- Post directional signage to encourage separation of entrances and exits.

Air Circulation

- Limit use of fans.
 - If fan use is necessary, place fans to blow away from members/clients.
- Open exterior doors when possible.
- If available and owner has access, open fresh air handlers.

Mandatory

Locker Rooms and Public Restrooms

- Disable, or mark every other or every third locker for non-use to enforce six-foot social distancing requirement. Facilities where lockers are assigned to members are not required to disable lockers but must enforce social distancing requirement.
- Remove any casual seating other than benches by lockers as necessary.
- Clean and disinfect public areas and restrooms every two hours using EPA-registered disinfectants, particularly on high-touch surfaces such as faucets, toilets, doorknobs and light switches.
- If independent showers are available and used, they must be attended and sanitized between each use.
- Disable or close-off communal style showers except for rinsing before and after any pool activity.
- Make sure supplies for handwashing, including soap and materials for drying hands are fully stocked every time the bathroom is cleaned.
- Disable or close-off steam rooms and saunas.
- If towels are provided, they are to be stored in covered, sanitized containers that are clearly delineated clean versus soiled. Appropriate temperatures are to be used when washing and drying towels to ensure sanitation (hot water for washing, ensure they are completely dried). Employees handling towels must wear gloves and face covering.
- Restroom facilities should limit the number of users at any one time based on the facility size current social distancing guidelines. These facilities should be cleaned/sanitized per CDC recommended protocol along with established restroom cleaning schedules.

Recommended Best Practices

- Discourage use of locker rooms – encourage members/clients to arrive dressed for a workout and clean up at home.

Employees

- Provide instruction/education on COVID-19 prevention.
- Encourage employees to take their temperature and perform a self-assessment and not report to work if they are ill or exhibiting symptoms of COVID-19.*
- Businesses must require all employees to wear facial coverings, except for one of the following reasons:
 - Facial coverings in the work setting are prohibited by law or regulation
 - Facial coverings are in violation of documented industry standards
 - Facial coverings are not advisable for health reasons
 - Facial coverings are in violation of the business' documented safety policies
 - Facial coverings are not required when the employee works alone in an assigned work area
 - There is a functional (practical) reason for an employee not to wear a facial covering in the workplace.

(Businesses must provide written justification, upon request, explaining why an employee is not required to wear a facial covering in the workplace. At minimum, facial coverings (masks) should be cloth/fabric and cover an individual's nose, mouth, and chin.)

- Maintain at least six feet from other employees and members/clients unless instruction makes it impractical.

- Screen for temperature, history, exposure in accordance with CDC recommendations every work period. (If symptomatic for illness, do not allow to work).
- Stagger shifts, breaks, and lunches to avoid mass entry/exit.
- Wear gloves when appropriate and possible. Dispose of clothes between interactions with members/clients.

*Per the CDC, symptoms include cough, shortness of breath or difficulty breathing, fever, chills, muscle pain, sore throat, and new loss of taste or smell.

Mandatory

Members/ Clients

- Check-in upon arrival at facility.
- Members/clients must conduct self-assessment and not enter a facility if they are exhibiting symptoms or have been exposed to COVID-19.
- When participating in class training, do not arrive more than 10 minutes prior to class.
- No socializing or extra-curricular activities.
- Maintain six foot social distancing, except when instruction requires close interaction with instructor/coach.
- Partners exercising together and sharing equipment must maintain group segmentation from others exercising.
- At child-centric training/instruction, limit parents/guardians to one individual.

Indoor Sports

- Social distancing of six feet will be adhered to unless drills and personal instruction require less separation.
- Members/Clients will use their own balls/racquets/paddles/equipment.
- If balls are passed, they must be disinfected after the training session.
- See other guidance documents for game play and contact competition sports.

Pools

- Follow COVID-19 protocols as established by the state for local pools and aquatic centers.

Restaurants, Smoothie Bars, Vending, Drink Stations

- Follow COVID-19 protocols as established by the state for restaurants.
- Remove or disable water fountains, but allow bottle filling stations, if they are no-touch stations. If the station requires pushing a button or lever, or pushing the bottle against the dispenser, they must be disabled or sanitized after each use.

Child Care

- Follow COVID-19 protocols established by the state for child care facilities.

Confirmed Cases

- Immediately isolate and seek medical care for any individual who develops symptoms while at the facility.
- Shutdown space for deep sanitation, if possible.

Recommended Best Practices

- Provide option to screen for temperature, history, and exposure.
- Wear face coverings based on activity.
- Provide training/instruction by appointment.
- Encourage members/clients to bring their own mats, bands, and/or equipment when appropriate.
- In martial arts training, consider elimination of drills done with a partner.
- At child-centric training/instruction, request parent/guardian wait in parking lot.

- Encourage members/clients to bring their own water bottles.
- Limit or eliminate grab-and-go stations/vending machines. If vending machines are available, they must be sanitized after each use.

- Work with local health department to identify potentially infected or exposed individuals to help facilitate effective contact tracing/notifications.
- Once testing is readily available, test all suspected infections or exposures.
- Following testing, contact local health department to initiate appropriate care and tracing.

SHELBY CITY SCHOOLS

WAIVER OF LIABILITY, ACKNOWLEDGMENT AND ASSUMPTION OF RISK AGREEMENT FOR USE OF SCHOOL FACILITIES AND EQUIPMENT DURING SUMMER BREAK

Participant Name: _____ (Please Print)

On March 11, 2020, COVID-19, a highly contagious disease that is spread through person-to-person contact was declared a worldwide pandemic by the World Health Organization and on March 13, 2020, U.S. President Donald Trump declared the COVID-19 outbreak a national emergency. On March 12, 2020, the Director of the Ohio Department of Health (“ODH”) ordered K-12 schools to close. On March 17, 2020, the Director of ODH ordered all entertainment, recreation, and gymnasiums to close until the March 17, 2020 Order is rescinded or modified. On April 29, 2020, the Director of ODH ordered that all K-12 schools remain closed through June 30, 2020 due to COVID-19. On May 22, the Ohio Department of Health rescinded the March 17, 2020 order prohibiting recreational facilities and gymnasiums from opening. Additionally, schools and educational service centers are permitted to allow students to use the school facilities to participate in school activities.

Given the widespread outbreak and the possibility of COVID-19 being contracted, federal, state, and local governments, and federal and state health agencies, recommend social distancing and have, in many locations, prohibited or limited the congregation of groups of people. As a result, the Shelby City Board of Education (“Board”) has put in place preventative measures to reduce the spread of COVID-19. Even with these measures, the Board cannot guarantee that its students or other individuals, participating in recreational or organized athletic or training and conditioning activities (“Participants”) at Board athletic facilities, stadiums, weight room, gymnasiums, or similar venues (“Facilities”) and using Board equipment (“Equipment”) will not become infected with COVID-19.

By signing this agreement, the Participant agrees that:

1. Use of Board Facilities and Equipment during summer break is voluntary;
2. While at Board Facilities and using Board Equipment, all safety and social distancing protocols as described in the Board’s Social-Distancing Procedures (see attachment) must be followed;
3. The Participant will not use the Facilities or Equipment if his/her temperature is above 100.4 degrees Fahrenheit on any day that the Participant is to participate in any activity, or if the Participant has been exposed to any person who has tested positive for COVID-19 in the past fourteen (14) days;
4. COVID-19 is contagious, and the Participant understands it is the sole responsibility of the Participant and his/her parent/guardian as applicable, to evaluate carefully all risks inherent in using the Board’s Facilities and Equipment. The Participant and his/her parent/guardian as applicable voluntarily assumes full responsibility for the risk that the Participant may be exposed to or infected by COVID-19 by using the Board’s Facilities and Equipment, and that such exposure or infection may result in personal injury, illness, permanent disability, death or other damages or expenses;

SHELBY CITY SCHOOLS

5. The risk of becoming exposed to or infected by COVID-19 at Board Facilities may result from the actions, omissions, or negligence of the Participant or others, including, but not limited to, Board students, staff, volunteers, and guests;
6. The Participant assumes all of the foregoing risks and accepts sole responsibility for any injury to the Participant including, but not limited to, personal injury, disability, death, illness, damage, loss, claim, liability, or expense, of any kind, that the Participant or their parent/guardian may experience or incur in connection with Participant's use of Board Facilities or Equipment ("Claims");
7. The Participant releases and agrees to hold harmless and indemnify the Board, its members, employees, and agents, from any and all liability, arising from negligence or otherwise, and any damages as a result of the Participant's use of the Board's Facilities or Equipment, including but not limited to property damage and any mental or physical bodily injury, including death; and
8. This release includes any Claims based on the actions, omissions, or negligence of the Board, its members, employees, agents, and representatives, whether a COVID-19 infection occurs before, during, or after use of the Board's Facilities or Equipment.
9. The foregoing WAIVER OF LIABILITY, ACKNOWLEDGMENT, AND ASSUMPTION OF RISK AGREEMENT is intended to be as broad and inclusive as is permitted by the laws of the State of Ohio and that if any portion thereof is held invalid, it is agreed that the remaining provisions of this Agreement shall, notwithstanding, continue in full legal force and effect.

I, the undersigned, have read the above carefully, understand its significance, and voluntarily agree to all of its terms. If the student is under 18 years of age, this Agreement must be signed by the student's parent or guardian. For divorced/separated parents, the parent/guardian signing below attests that he/she has legal authority to provide consent for the student to attend Board activities and use its Facilities and Equipment and to execute this Waiver of Liability, Acknowledgment, and Assumption of Risk Agreement.

Printed Name of Student

Signature of Student

Date

If student is a minor, either a parent or guardian must sign below, if they agree with the terms of this Agreement.

Printed Name of Parent/Guardian

Signature of Parent/Guardian

Date