



South Milwaukee School District Recreation Department Re-opening Guide COVID -19 Mitigation Plan for 2020

Tackle Football Skill & Conditioning Camp

Grade 6th, 7th, & 8th
Dates July 21, 22 & 23
Location Hickory Park or High School

UPDATED ON JULY 22, 2020

PROGRAM DESCRIPTION

We will emphasize fundamentals of the game of football and focus on program schemes that will be used by all grade levels 6—12th grade. This is a non-padded and non-contact camp.

INTRODUCTION

Our community families are very important to us and safety has been our primary concern, and now with COVID-19 it is even more challenging than ever before. We will attempt to protect all who engage in our activities – participants, staff, volunteers, spectators etc. While the recreation department offers youth and adult programs, the fight against COVID-19 continues and there is a need for guidance on how we can reopen as safely as possible.

SAFETY RECOMMENDATIONS

- Phase B less than 10 people
- **Phase C** Up to 50 individuals may gather for outdoors workouts. Capacity is determined by area.
 - **Camp should be set up with student-athletes in pods of 10 which should remain the same for each day of the camp per each coach. By keeping the same coach with the same pod each day, we further minimize the risk to all.**
 - **Should there be 40 student-athletes, you would need a minimum of 4 coaches for example, so 1 pod of 10 per coach.**
- Phase D no capacity limit (Date to be determined)

The more people a child or coach interacts with, the closer the physical interaction, the more sharing of equipment there is by multiple players, and the longer that interaction, the higher the risk of COVID-19 spread. Therefore, risk of COVID-19 spread can be different, depending on the type of activity.

SOCIAL DISTANCING [social distancing](#)

- There must be a minimum distance of 6 feet between each individual at all times.
- Increase space between players in the practice areas, including on the sideline while participating in warmups, skill building activities and simulation drills. Cones can be used to help establish distance
- Identify staff members or volunteers to help maintain social distancing among participants and coaches.

CLOTH FACE COVERING

- Students are encouraged to wear a face mask if social distancing is not possible.
- **Coaches are required to wear a face mask during the camp.**
- The WIAA recommends that cloth face coverings be worn by students during High and Moderate Risk Levels. Exceptions are swimming, distance running or other high intensity aerobic activity. Cloth face coverings may continue to be used during the Low Risk Level when not engaging in vigorous activity.
- Any student who prefers to wear a cloth face covering during the camp should be allowed to do so.



South Milwaukee School District Recreation Department Re-opening Guide COVID -19 Mitigation Plan for 2020

PRE-WORKOUT/CONTEST SCREENING

- Our Licensed Athletic Trainer (LAT) will attempt to be present for the screening process at the start of each day of camp. If she is not available, a coach will have to assume the task of ensuring kids have either self-screened or get screened.
- Players and coaches should check their temperature at home before attending practices or games. If a student-athlete has a temperature of 100.4 or above, they should not attend practices or games.
- Ensure that individual(s) with symptoms do not return to practice.
- An attendance record and should be kept of all individuals.
- Any person with symptoms of respiratory illness should not be allowed to take part in workouts until they are free of fever and respiratory symptoms for at least three days without the use of fever-reducing medicine AND ten days have passed since symptoms first appeared. They should contact their primary care provider or other appropriate health-care professional for guidance. Written medical clearance is required to return to activity.
- Vulnerable individuals should not oversee or participate in any workouts during Moderate Risk Level.

LIMITATIONS ON GATHERINGS

- Gathering sizes of up to 50 individuals.
 - Camp should be set up with pods of 10 student-athletes which should remain the same for each day of the camp per each coach. By keeping the same coach with the same pod each day, we further minimize the risk to all.
 - Should there be 40 student-athletes, you would need a minimum of 4 coaches for example so 1 pod of 10 players per coach.
- When not directly participating in practices, care should be taken to maintain a minimum distance of 6 feet between each individual. Cones can be used to encourage 6' of separation.

FACILITIES CLEANING AND DISINFECTION

- Adequate cleaning and disinfection schedules should be created and implemented for all athletic facilities to mitigate any communicable diseases.
- Individuals should wash their hands for a minimum of 20 seconds with warm water and soap before touching any surfaces or participating in workouts.
- Hand sanitizer (at least 60% alcohol) should be plentiful and available to all individuals.
- Sanitized Equipment and shared equipment before and after use.
- Students must be encouraged to shower and wash their workout clothing upon returning home.

PHYSICAL ACTIVITY AND ATHLETIC EQUIPMENT

- There should be no shared athletic towels, clothing or shoes between students.
- Students should wear their own appropriate workout clothing (do not share clothing), and individual clothing/towels should be washed and cleaned after every workout.
- Hand sanitizer (at least 60% alcohol) should be plentiful at all practices.
- Students are encouraged to bring their own to minimize the additional risk of cross-contamination.
- For the purposes of the final 2 days of this week's camp, we are NOT going to be sharing any implements or using footballs.
 - This means no games involving the use of a football will be played including Ultimate Football.
 - This modification is consistent with the HS Football camp and many schools around the area.



South Milwaukee School District Recreation Department Re-opening Guide COVID -19 Mitigation Plan for 2020

- Contact with other players is not allowed.
- Coaches can modify practices so players work on individual skills.
- The Youth Tackle Football Coordinator will be the designate staff person, or he will assign a coach or volunteer to be responsible for responding to COVID-19 concerns. All coaches, staff, officials, and families should know who this person is and how to contact him or her.
- Tackling dummies, blocking sleds and other equipment will not be used during camp.
 - **This includes shields and any other implements.**
- Discourage unnecessary physical contact, such as high fives, handshakes, fist bumps, or hugs.
- Limit the use of carpools or van pools. When riding in an automobile to a sports event, encourage players to ride to the sports event with persons living in their same household.
- Encourage players to wait in their cars with guardians until just before the beginning of a practice, warm-up, or game, instead of forming a group.

HYDRATION

- All students shall bring their own water bottle. Water bottles must not be shared.
 - **All water bottles should be labeled with the student's name clearly marked.**
- Hydration stations (water cows, water trough, water fountains, etc.) should not be utilized.

SPECTATORS & VISITORS

- Spectators should not sit on the bleachers as the bleachers are reserved for campers.
- Spectators should stay out of the player/coach areas.
- Spectators should stay together with members of the player's households.
- Spectators should stay 6' from those that are not in your household.
- Spectators will be **LIMITED** to those in your household
- Spectators needing to speak to a coach, do so while maintaining social distancing guidelines.

CHECKLIST FOR STAFF

- Send a welcome email or call parents and/or players inform them about actions that the sports program will take to protect players ([Parent Letter](#)).
- Remind them to stay home if sick or if they have been around someone who is sick.
- Be a role model and wear a cloth face cover.
- Provide hand sanitizer with at least 60% alcohol to players before and after practice.
- Be sure to wash your hand or use hand sanitizer after you sneeze or cough. Discourage spitting.
- Remind players about social distancing and use identify markers.
- Encourage players to focus on building their individual skills and cardiovascular conditioning.

RESOURCES *(hold the ctrl key down and click on the link)*

- [SMSF Department reopening plan.](#)
- [Considerations for Youth Sports & Child Care](#)
- [Local Health Plan for Milwaukee County & Phased Re-opening Plan for Milwaukee County](#)
- [CDC Childcare, Schools, and Youth Programs](#)
- [Public Health Considerations for Reopening Youth Programs and Camps During the COVID-19 Pandemic](#)
- [WIAA Guidance for Summer Activities](#)



South Milwaukee School District
Recreation Department Re-opening Guide
COVID -19 Mitigation Plan for 2020

- [NFHS Guidance For Opening Up High School Athletics and Activities](#)
- [WIAA Guidance for 2020-21 School Year Sports Page 10 -13](#)

This plan is dependent upon what the SMSD, SMSF Health Department and WIAA will be recommending!

Modifications have been made after consultation with other area schools, LAT's and the South Milwaukee HS Athletic Department. These guidelines are only for the July Youth Football Camp. Additional information will be made available for the Youth Football Season and are subject to change. Thank you!