



# DEMATHA CATHOLIC HIGH SCHOOL

*Order of the Most Holy Trinity and of the Captives*

UNITED STATES DEPARTMENT OF EDUCATION  
TWICE RECOGNIZED SCHOOL OF EXCELLENCE



Athletic Department

## DeMatha Catholic High School Camps and Out of Season Activities (OSAs)

*Baseball*

*Basketball*

*Crew*

*Cross  
Country*

*Football*

*Golf*

*Hockey*

*Lacrosse*

*Rugby*

*Soccer*

*Swimming*

*Tennis*

*Track*

*Indoor  
Outdoor*

*Wrestling*

### **Conditions**

- \* Camps and OSAs only
- \* Volunteer based only
- \* No group of athletes and coach may exceed a Pod of 10
- \* Maximum outdoor group is 50, 5 Pods of 10
- \* Athletes outside the DMV who have not participated in team activities should be quarantined for 14 days or receive a COVID-19 negative test
- \* Coaches can rotate through Pods as long as there is no contact, social distancing is practiced and a face covering is worn
- \* Implement appropriate social distancing
- \* A current physical must be on file

### **Daily Monitoring**

- Every athlete will be screened (Temperature taken and short questionnaire answered) according to CDC standard before an activity by staff/coach.
- Every staff/coach will be screened by director/head coach.
- Anyone having a body temperature of 100.4 or higher will be excluded for participation.
- **Parents cannot leave until their son has had his temperature is taken and cleared for activities.**
- If any screening question is answered **YES**, that athlete/coach will be interviewed by our certified *tracer* to determine if you must quarantine according to CDC guidelines and that athlete/coach is excluded from participation. In accordance to set standards, he/she may not return until he/she has met the CDCs criteria to discontinue home isolation.
- All daily records must be kept and secured.

### **Athletic Camp/OSAs Operations**

- Social distancing and face coverings are required.
- Individuals shall maintain 6 feet of physical distance, wherever and as often as possible.
- Staff **must** wear face coverings.
- Masks must be worn by athletes age 9 and older.
- Staff, athletes and parents will wear face coverings when athletes arrive and depart.
- Individuals from outside the camp/OSAs must limit their interactions with staff and campers, including parents during drop-off/pick up.
- Only athletes, coaches and staff will be allowed at camps or OSA's regardless of whether the event is indoor or out. Parents and guardians need to remain with their vehicle. If they are outside their vehicle, standing in the parking lot and socializing a mask is required.
- Individuals involved with carpools must wear a mask while in the car.
- Anyone being transported in a DeMatha vehicle must wear a mask (practice, game, community service, field trip, etc.).



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## ***Infection Control Strategies***

- Cover your cough.
- Avoid touching your face, nose, and eyes.
- Avoid yelling, spitting, and sunflower seeds.
- Regular and routinely washing hands.
- Avoid items that are not easily cleaned and disinfected
- Review the attached CDC recommendations repeatedly.
  - Symptoms of Coronavirus (COVID-19)
  - How to Protect Yourself and Others.
- Ensure adequate supplies of tissues, hand soap, alcohol-based hand sanitizer, and cleaning products suited for the facility.

## ***Campers and Staff***

All camps and OSAs shall implement the following:

- The group size of camp and OSAs shall be limited to 10 individuals.
  - If a camp or OSA has one group, the group is 2 adults and 8 athletes.
  - If a camp or OSA has two or more groups:
    - Each group may have 1 adult and 9 athletes.
    - Do not mix campers/OSA Pods.
- Arrival and departure times shall be staggered by position, skill group, or field availability to prevent crowding.
- Arrive 10-15 minutes early to complete COVID-19 screening.
- Please park cars with one space in between cars to allow for social distancing.
- NO congregating in lobbies, hallways or outside before, during or after sessions.
- Upon arrival and after being screened place your bag, water bottle, and personal belongings in the designated area at least 6 feet apart.
- NO touch rule will be in effect. You must remain in your space until called for your session. You will also return to your space during any breaks and remain there until called for.
- Keep each group separate from others groups using physical distance or by using shared areas at different times. (separate bathroom times for each group)
- If different groups share areas (bathrooms, lunch tables benches) clean high touch surfaces after each group.
- Obtain waiver for individuals to attend or work at a camp or OSA for:
  - \*athletes under age 5
  - \* staff above age 64
  - \* Individuals of any age with underlying medical conditions that are considered to be higher-risk for severe illness if they contract COVID-19.



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## ***Physical Activity and Athletic Equipment***

- There should be no shared athletic equipment (towels, clothing, shoes, etc.) between athletes.
- Athletes must wear their own appropriate workout clothing (do not share), and individual clothing/towels should be washed and cleaned after every workout.
- Shirts or jerseys must be worn during workouts.
- Athletes must bring their own personal towels and fluids. All bottles and coolers must be labeled.
- During Phase 1-2 the locker rooms will be closed. It's crucial that you shower when you arrive home and those clothes laundered.
- Clothes CAN NOT be worn again until cleaned.
- Pennies should not be used if they are being shared.
- All athletic equipment, including balls, should be cleaned intermittently during practices and contests.
- Hand sanitizer should be plentiful at all contests and practices.
- The weight room will be sprayed before and after workouts.
- Athletes will clean all weight room surfaces touched immediately after usage.
- Athletic equipment such as bats, batting helmets and catchers gear should be disinfected between each use.
- If the weight room is available, maximum lifts should be limited and power racks should be used for squats and bench presses. Spotters must stand at each end of the bar.

## ***Response and Management for COVID-19***

- Any staff or athlete exposed to a person diagnosed with a confirmed or probable case of COVID-19 may not work or attend camp/OSA's until they have completed self-quarantine following the CDC guidelines (14 days or negative test). Persons who have recovered from COVID-19, must be cleared by their physician for release from isolation according to CDC guidelines and documentation presented to the school.
- If a group/pod has a staff member or athlete that is found to have a confirmed or probable case of COVID-19 at the facility:
  - The group/pods shall quarantine following the CDC guidelines.
  - Individuals may not work out or attend until completing self-quarantine and obtaining clearance from the individual's primary care physician.
  - Follow exposure control plans in the facility's health program.
  - Communicate with the local health department and parents.
  - Based on consultation with the local health department, the entire facility may be closed based on level of contact and potential exposure.
  - Wait 24 hours, then complete extra cleaning/disinfection of the facility, all areas not just high touch surfaces, and wait at least 3-5 days to bring in the next group.
- If a staff member or athlete develops symptoms of COVID-19 during camp, the training staff will safely isolate the person and he/she will be given a mask or face covering. Contact the athlete, camp's health supervisor and the parent/guardian to arrange for safe transportation to a healthcare facility or home.



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## **Summary**

- In spite of all precautions, protective equipment, safety procedures, supervision and sound instruction by our coaches and staff there is a risk associated when someone participates in athletics. At DeMatha Catholic High School, we will do all we can to ensure a safe and healthy training environment. Unfortunately, athletes may be injured during participation or come in contact with various communicable disease.
- Until a cure for COVID-19 is developed, group activities will entail some risk of personal infection and potential household and community transmission.
- All athletes and parents need to be aware of these risks associated with athletics, there will be minor injuries, some more serious, and in extreme cases death.
- These are the rules for participation/reopening of activities at DeMatha or any permitted field. If an athlete/family does not feel comfortable participating in any activity they need to contact the Head Coach, Head Trainer, or Counseling Center.

## **References**

Center for Disease Control (CDC)  
Maryland-National Capital Park and Planning Commission (M-NCPPC)  
Maryland Department of Health  
National Athletic Trainers Association (NATA)  
National Federation of High Schools (NFHS)

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