

# IHSAA & IGHS AU

## Guidance for Return to Out of Season Contact and Strength & Conditioning

As a result of the [June 25, 2020 Reopening Guidance for Schools](#) from the Iowa Department of Education, beginning July 1 member schools are permitted to begin offering all school activities. School districts should work with their local health departments on current restrictions in their area prior to beginning contact. Local school administration determines the permitted activities at their school. Prioritizing the health and safety of all students and staff must remain the focus of each member school.

While basic guidance is provided here, it is important to remember that many decisions regarding how resuming school activities will be implemented will need to be made at the local level. Due to a variety of facility sizes and designs, number of supervising coaches available, as well as the difference from one county to another regarding the spread of COVID-19, decisions regarding implementation are best made at the local level.

### Out of Season Coach-Athlete Contact

In-person, out of season Coach-Athlete Contact as per 36.15(6) may now resume. Guidance regarding 36.15(6) can be found through the IHSAA's Coaches & Administrators page or [the link HERE](#).

### Strength & Conditioning

Strength and Conditioning activities may resume July 1.

Outdoor workouts are highly encouraged over indoor workouts, to reduce transmission.

These requirements must be followed when conducting voluntary strength and conditioning sessions:

- Maintain social distance by being 6 feet apart.
- Masks should be worn when social distance cannot be maintained.
- Follow gathering guidelines of workout groups (pods) of 10 or less including the coach and medical personnel.
  - Note that some facilities may be large enough to have multiple pods of 10 working out at the same time.
  - Groups (pods) of 10 or less must be pre-determined.
  - Once groups are determined, students may not switch from one group to another based upon sport. Students that participate in multiple sports for the year are encouraged to be grouped, for summer participation, in their fall sport.
  - Interaction between groups shall be avoided.
- Implement diligent and effective cleaning and disinfecting of frequently touched objects and surfaces following the [guidance of the CDC](#) and [IDPH](#).
- Coaches must maintain a daily record of what athletes are participating, when, symptoms they may present (see attachment).
  - Athletes should be monitored at start of practice for temperature >100.3F or symptoms of COVID-19 (fevers, chills, cough, muscle aches, headache, sore throat, runny nose, nausea, vomiting, diarrhea, or loss of taste or smell).
  - If symptoms are present, they should not participate in practice and should be referred to a physician for evaluation and testing.
- When free weight exercises require a spotter, a spotter should be positioned at each end of the bar and both should wear masks. Safety measures in all forms must be strictly enforced in the weight room.

- Students should bring their own water bottle, shoes, towels, and other personal equipment. The use of locker rooms, shared water coolers with cups, and water fountains will be prohibited during these sessions.

It is the responsibility of each member school to comply with the above requirements.

If available, it is encouraged that an Athletic Trainer or medical personnel be available for workouts. They should be masked for any interactions with athletes and maintain 6-foot distance when feasible.

Any person with positive symptoms reported should not be allowed to take part in workouts and should contact his or her primary care provider or other appropriate healthcare professional.

**Should the conditions warrant, these requirements will be adjusted. Any further official updates will be posted on IHSAA and IGHSAU websites.**

### ***Resources:***

DE Reopening Guidance:

[https://educateiowa.gov/sites/files/ed/documents/2020-06-25\\_ReopeningGuidanceforSchools.pdf](https://educateiowa.gov/sites/files/ed/documents/2020-06-25_ReopeningGuidanceforSchools.pdf)

DE Return to Learn Document:

<https://docs.google.com/document/d/1cEul3g35QRo1VpWyDdE7XPYqejBcKoB9J6IZ7YoAAwY/copy>

IDPH Health and Safety:

<https://sites.google.com/iowa.gov/returntolearn/health-safety>

NFHS Re-opening Guidance:

[https://www.nfhs.org/media/3812287/2020-nfhs-guidance-for-opening-up-high-school-athletics-and-activities-nfhs-smac-may-15\\_2020-final.pdf](https://www.nfhs.org/media/3812287/2020-nfhs-guidance-for-opening-up-high-school-athletics-and-activities-nfhs-smac-may-15_2020-final.pdf)