



Jennings County School Corporation

High School Panther's Prepare & Care

2020-2021

Contents	Page
Introduction	2
School Models	
Traditional School K-12 <ul style="list-style-type: none">• High School	5
Online School K-12	
Logistics of Health and Safety	13
Equity Considerations	16
Social-Emotional Learning Supports	17
Athletics/Extra-Curricular Activities	18

Introduction

The Jennings County School Corporation is committed to providing our students with the best possible learning environment. As we reimagine the 2020-21 school year, we are focused on returning to school safely, while providing our students with the best possible education. We believe it is important for our families to have options to address their concerns. We greatly value community input and have used it to help us design a reentry plan that addresses family needs.

We recently conducted a survey of our parents and received responses for 3,047 students. We have really strong data. We had 58.3% of our families (1,777 students) indicate a traditional model for school is preferred. We had 33.7% prefer the hybrid model (1,028 students) and 7.9% indicate an online only option is preferred (242 students). In addition, we had 774 comments from people who vary greatly on the continuum in what they each would like to see us do this fall. Clearly, there are many strong opinions about what is best for students.

We have been working through many details to ensure we are ready to open school this fall. We had more than 50 people working on reopening plans as we made many decisions. In addition to following guidance from the CDC, Indiana Department of Education, our insurance company and our state and local Health Department, we considered the many concerns raised by our community. Our plan is based on the current guidance provided by the Health Department. **If the guidance becomes less restrictive from health care officials, we will adjust our plans accordingly.** For the 20-21 school year, **after much consideration, we will be offering our families two choices: traditional and online.**

Traditional Model

The traditional model will mean that students return to school five days a week beginning on August 6. Our traditional schools will look different. To meet the guidelines recommended by our health care officials, we will be re-imagining school to provide for extended distancing, smaller classes, larger spaces used for instruction, additional lunch periods with students seated with appropriate spacing and robust cleaning and sanitizing. Classrooms and hallways will be stocked with hand sanitizers, wipes, kleenexes etc. and regular schedules will include hand washing and common surfaces cleaning protocols. All products will be safe for students.

Additionally, we will be requiring students to wear masks when they are not able to socially distance: on the bus, during arrival and dismissal, and when in hallways. During classroom instruction, when students are able to socially distance, they will **not** be required to wear masks. Wearing a mask in common areas demonstrates our commitment to helping protect one another

and limiting the spread of COVID-19. We will share with our students that, “I wear my mask for you and you wear your mask for me.” It is what is recommended by health care officials and we believe it is our responsibility to provide our students with the safest environment possible.

Online Learning Model

For our families who want to limit their students from contact with others, due to medical concerns of students or family members, we are providing an online learning option. Our remote learning option is being redeveloped and will look very different from the spring of 2020. Our expectations will be much higher and requirements will be much more rigorous. Students will be held accountable for the completion of work. Our online learning environment will look much more similar to a traditional classroom. Elementary students will be required to participate in online learning activities approximately 5 hours a day and secondary students will be required to participate in online learning activities for approximately 6 hours a day. These are requirements from the Indiana Department of Education. Our teachers have been participating in extensive professional development to assist with developing our ability to provide exceptional online learning experiences. Grading will also mirror traditional classroom grading, with similar expectations and policies. Students will be expected to actively participate in learning every day of instruction and connect with their teachers as expected.

For students with connectivity or internet access issues, we will work with families to close this gap and identify solutions. It is important for families to communicate this need with us during the registration process.

During registration, families will have the ability to select which option they choose for their students. Both options will be different from past experiences in JCSC. Families will need to understand the requirements and select the option that best fits the needs of their family.

Transportation

We will continue to provide transportation for our students who need that service. Because students are not able to socially distance from one another on buses, we will require students, who ride a bus, to wear a mask. For students who do not wish to wear a mask on the bus, parents can choose to provide transportation. It is important for us to continue to model for our students that we take care of each other by wearing our masks, when we are not able to distance ourselves. We are all in this together. Buses will be cleaned and sanitized between routes.

In Closing

I can assure you our goal is to plan for quality teaching and learning for students in a safe environment that meets the needs of our community. We also understand our plan needs to be fluid and adaptable, since we do not know what will happen during the upcoming school year. One important reminder for everyone for the upcoming school year, if a student or adult is sick, PLEASE stay home. We will be looking at attendance and incentives for attendance much differently this year. It is important for anyone with COVID symptoms to stay home until you are fever free for 72 hours, without any fever reducer, and be screened for COVID. Anyone with a COVID positive test should quarantine for 10 days and be fever free for 72 hours before returning to school. For students living in a home with a positive COVID test, they also need to quarantine for 14 days. **It is critical that any positive or suspected cases of COVID are reported to your child's school.** We want to make sure that we use common sense when addressing this upcoming school year and the challenges of the Pandemic.

We are preparing for many scenarios and will be ready to adjust as needed. We have an extensive plan on how to return to school safely, which will guide our staff as we make plans and prepare for students. We will be sharing with our families the logistics of 2020-21 as we move forward. As always, parents or guardians with questions about our return to school plans, should contact their child's principal.

While navigating a Pandemic is new for all of us, we have been doing our best to take care of our students. As we work through our plans for fall, we will continue to keep our students at the center of our decision making and will keep our community informed as we move forward. We appreciate your support and look forward to working with you as we return to school on August 6, 2020.

Sincerely,

Teresa A. Brown
Superintendent

School Models

Traditional School K-12

High School

Teaching and Learning in Traditional Classrooms Grades 9-12

Introduction/Background:

Students planning to attend traditional classes at Jennings County High School for the 2020-2021 school year will attend school in person as long as the school building is open. While parts of the school day and calendar will look similar to previous years, some new adjustments will be implemented in order to improve teaching and learning for JCHS students during the pandemic.

Alternate Bell Schedule for 2020-2021:

1ST/5TH	8:25-9:43	78 MINUTES
2ND/6TH	9:50-11:08	78 MINUTES
3RD/7TH	11:15-1:30	80 MINUTES INSTRUCTION 25 MINUTES PANTHER TIME (Previously PAWS) 30 MINUTES LUNCH
A LUNCH	11:15-11:45	300 STUDENTS PER LUNCH
B LUNCH	11:50-12:20	300 STUDENTS PER LUNCH
C LUNCH	12:25-12:55	300 STUDENTS PER LUNCH
D LUNCH	1:00-1:30	300 STUDENTS PER LUNCH
4TH/8TH	1:37-3:05	78 MINUTES INSTRUCTION 10 MINUTES ANNOUNCEMENTS Rolling Dismissal will begin at 3:00 PM

Implementation of Panther Days:

- Description:
 - Periodically, during the 2020-2021 school year, JCHS will run scheduled Panther Days, which consist of JCHS students completing all 8 class periods in a digital learning format. Students may be on or off campus depending on their academic stance and/or individual needs.
 - Students, who are passing all classes and have zero missing assignments, will be encouraged to complete their work from home using their devices.
 - Students who need academic support will be encouraged to attend school in order to receive necessary in-person instruction and remediation.

- o The school building will be open to students, lunch will be served, and all staff will report as normal.
- **Panther Day Schedule**
 - o Generally, these days will occur after 10 days (5 Blue Days, 5 White Days) of instruction.
 - Thursday, August 27th
 - Monday, September 14th
 - Tuesday, September 29th
 - Wednesday, October 21st
 - Thursday, November 5th
 - Friday, November 20th
 - Tuesday, December 22nd
 - Wednesday, January 20th
 - Thursday, February 4th
 - Tuesday, March 9th
 - Wednesday, March 31st
 - Friday, April 16th
 - Monday, May 3rd
 - Tuesday, May 18th
- **Student Impact**
 - o Students will receive continuity of instruction through enrichment activities and/or remediation for each course on their schedule.
 - o Students needing academic assistance will have access to JCHS staff for assistance with missing work, currently assigned work, and remedial skills.
 - o By incorporating Panther Days, students will become familiar with their teachers' elearning format/assignments prior to a potential closure.
 - o Panther Days allow for delivery of necessary non-course content such as:
 - Naviance (Stand-alone program)
 - Graduation Pathway Information (Pre-recorded, shared virtually)
 - Scheduling Information (Pre-recorded, shared virtually)
 - Class Meetings (Pre-recorded, shared virtually)
 - Virtual Field Trips (TBD)
 - Virtual College/Career Visits (TBD)
- **Panther Day Logistics**
 - o Students attending school, who do not have missing assignments, will report to a study hall-like area in the building. Specific locations will be determined when the number of students attending is confirmed.
 - This is an option for all students and it could be particularly useful for students who rely on school transportation for sports or after school activities.
 - o Students attending school for remediation/academic assistance will be monitored by staff.

- o In the event of a non-scheduled elearning day, the day would be either Blue or White, as previously determined.

Additional Information for Teaching and Learning in the Traditional Classroom

- **Continuous Learning Opportunities for All Students**
 - o Google Classroom will continue to be our online learning platform for traditional students.
 - o Students who choose a full-time online option will be scheduled into as many online courses taught by JCHS teachers as possible. Courses not available through JCHS teachers will be offered through a vetted online program.
- **Student Transitions Between Traditional and Online Models**
 - o During registration, students will commit to a traditional or online model at JCHS.
 - o If circumstances arise that require a student to transition between models, JCHS guidance staff and administration will work with individual students to determine the best schedule/transition plan as possible.
 - o New teachers will still be assigned a mentor within their subject area and participate in the corporation-wide new teachers mentorship program.
 - o A designated 7-12 “technology” expert will be available upon reasonable request to assist with E-learning questions.

Support for Students with Special Needs

Student progress will be monitored and students will be provided with the support and resources to address individualized needs and goals.

Jennings County High School Special Education Services will be delivered through:

- Inclusion, consultation, and resource settings
- Lab classes
- OT/PT/Speech has a dedicated room in the building for providing services

Online School K-12

Teaching and Learning in a Remote Learning Environment

Vision

We will create a consistent and rigorous digital classroom for each grade K-12 matching the experience and growth through learning that a student would receive in a traditional classroom. Students enrolled in this classroom will have challenging, differentiated learning opportunities while also building solid relationships with peers and staff.

Foundation of the Classrooms

Grades 7-12

- For the high school, there will be a teacher operating a digital classroom and online teachers will be chosen based on the classes chosen by students who register for online learning.
- Students and parents will be trained on LMS, communication tools, curriculum resources and other learning tools used.

Instructional Model

Grades 7-12

There is a 6 hour instructional requirement for secondary students--this includes instruction and student work time.

- First period teachers will take attendance.
- A daily “To Do” list will be posted each day in Google Classroom --as determined by the school--that has the required lessons, videos, activities for the day.
- A Daily Schedule will be created and shared with students for suggested times for subjects. Teachers will have scheduled “office hours” where they will be available live in a Google Meet for students to join and ask questions about any subject for the day’s work. (Help outside of office hours can be arranged if needed.)
- Lesson Format
 - Mini Lesson - a video presented by the teacher, 5-10 minutes in length (depending on grade level/subject), introducing the learning outcomes and establishing background or connection for students. This could also include or direct students to other videos/sources for direct instruction and modeling.

- Engaging Independent Practice - Using a variety of on screen and off screen activities, experiments, projects and writings to help the student practice the learning outcomes and expand thinking.
- Feedback on Learning - teacher will conduct small group “intervention groups” as needed to give feedback and provide discussion, guided practice, and modeling to students. Teacher will check-in individually with each student a minimum of once a week to provide independent help and relationship building.
- In addition to meeting with students weekly, students are expected to spend a grade level appropriate amount of time on a digital individualized learning platform to provide additional interventions and support.
- Assessment - Daily progress checks (formative assessments) will be used to inform small groups and future instruction. Differentiated summative assessments will be given at the end of the learning cycle to determine student mastery of content.
- Social/Emotional Learning - mini-lessons and additional activities are built in throughout the learning. A strong relationship between student and teacher will be the consistent goal.
- Google Classroom will be the Learning Management System used to give and collect assignments, share resources and communicate as a class.
- A standard communication system will be used with parents; email and Google Classroom will also be used to communicate with students.
- Differentiation and Students with IEPs, ILPs and 504s will continue to take place
 - A teacher of record will be assigned to a student with an IEP and that teacher will be responsible for checking in on the student regularly.

Expectations for Students and Families

Family Roles and Responsibilities:

Grades 7-12

- Help your children manage their online learning by encouraging them to attend all classes and finish all assignments.
- Create a comfortable, distraction-free place for your children to work and attend online classes.
- Do not join your children’s online classes or be visible on your children’s screens during classes.
- Encourage your children to incorporate physical activity and healthy breaks from classes during the day, while practicing responsible social distancing.

- All students and parents should be familiar with Google Classroom, Google Suite and know how they can communicate with teachers and staff.

Student Expectations:

Grades 7-12

When classes are being conducted online via Google Meet, students are expected to follow these guidelines:

- Give your best effort and best online class behavior.
- You are expected to attend your classes unless your parent or guardian notifies your teacher via email or Class Dojo that you are sick.
- Stay in contact (your teachers will be checking their email during the week daily during school days).
- Be dressed appropriately - consider it a casual dress day at school.

Athletics

- Online high school and middle school students will not be permitted to participate in clubs or sports (per IHSAA guidelines).

Device Management and Resource Expectations:

Grades K-12

- Google Meet will be used for video conferencing for each class.
- Students must check their email account several times daily.
- Students must check their Google Classroom each day for live class links.
- Students are expected to be courteous and respectful online and adhere to the technology code of conduct which they agreed to when they signed the handbook at the beginning of the year.
- Students should refrain from experimenting with the Google Meet options during class time, from muting other students' microphones, removing anyone from the Google Meet, or from jumping ahead.
- Students are required to keep the camera on in live sessions and the microphone muted unless speaking.
- Students should take turns, contribute, and ask questions in class discussions.
- Students should use chat appropriately and be mindful that their classes are being recorded.
- School-provided laptops will have all of the apps and technology capable for any needs during distance learning. Students are encouraged to use their school computers during this time for compatibility.

Research-Informed Strategies for Distance Learning

Distance learning is not a new method of teaching. As a result, there are plenty of research-informed strategies that the Center for Transformative Teaching and Learning has compiled to help support parents and students.

Monotask, not multitask

Help your child monotask. This means, no phone, Netflix, video games, or Gchat during class time. They should not have non-academic applications, windows or browser tabs open on their laptop during online class sessions. Encourage your child to set their phone to “do not disturb” and put it in another room while working — they can check it during breaks in the school day.

A good study environment aids good studying

Set up a good study environment. Your child should not do online classes in bed, and ideally not in their bedroom. Try to avoid spaces where there are distractions. Try to avoid spaces with clutter because many students find this distracting. Your child should not listen to music while “doing” an online class. However, music while studying is an interesting question. It seems to help *some* students on *some* tasks (perhaps because it might reduce anxiety), but hurts others. Listening to music is not bad *per se*, but your child needs to find out what works for them.

Strong self-advocacy is always crucial — now even more so

Encourage your child to be a strong self-advocate and communicate with teachers when they have questions or concerns, or even then they just feel they need to check in with their teacher and chat. This can be done by email or by requesting a one-on-one virtual meeting on Google Meet (ask during an online class or by sending them a short email). If at any point they are wondering, “what should I do now?,” just ask.

Everyone benefits from help with scheduling

One thing that might happen in the course of this distance learning experience is that your child may be given more projects and longer tasks that require more independent work. Balancing the demands of several projects at once is something that many students of all ages find challenging. Help your child break down and schedule tasks for asynchronous projects. If necessary, help them monitor their progress, help them decide if switching strategies might aid their progress, or help them determine whether a satisfactory end point has been reached.

Support your child’s metacognition

Metacognition aids learning. You can help by asking questions, such as:

- What are your big learnings or takeaways from the day?

- What's challenging? / What do you have questions about? / What don't you understand yet? (and suggest they reach out to the appropriate teacher by email, one-on-one check in, or writing down their question(s) to ask in the chat of their next Google meeting).

Where possible, help your child bring in prior knowledge from experiences they have had in the past. And help them make connections, again where possible, between their work and the things in the real world. We tend to overestimate how automatically students make these connections, so help them.

Emotion and cognition are interlinked

Emotion and learning are intertwined, both in your child's brain and in their everyday experience of school. Having an emotional well-being check in can help — if they are feeling stressed with school, giving them space to offload those feelings can help them focus on learning. They can talk to you, talk to a friend, or even write or draw.

Relationships help buffer stress, so staying socially connected is an important part of being a successful student during distance learning. But take note of the *monotasking* vs. *multitasking* comment above, and separate out social time from work time.

Exercise, diet, and sleep help reduce stress as well as improve overall health. Going for a walk or run, while practicing responsible social distancing, can be tremendously beneficial for overall well-being and learning.

Research suggests that mindfulness and meditation techniques can benefit students of all ages. There are many free online resources, such as the apps recommended earlier in this plan. Even if your child is a skeptic, attempt to get them to try a few things out and to see if they can find something that works for them.

Play is important for students of all ages. Make time for play.

Do things that aren't on screens in leisure time.

Stanford University's Denise Pope, who Dr. Ian Kelleher presented with at SXSW last year argues that every child needs PDF time, as this helps both well-being and learning: Play time; Down time; and Family time.

Logistics of Health and Safety

- Parents are asked to screen their children before sending them to school. Please ensure we keep our children safe by keeping them home if they have a fever over 100 degrees. Our schools will be equipped with a separate clinic for children who are sick during the school day. We will keep these students in a separate location until parents or guardians are able to pick up their child.
 - [Parent Checklist](#)
 - [Symptoms of COVID-19](#)
- Health Protocol for Parents
 - <https://kidshealth.org>
 - <https://www.healthychildren.org>
- Students with a fever of 100 degrees F will be sent home and assume potential positive COVID.

Positive COVID Test

- Parents are required by law to inform their child's school, if a student tests positive for COVID.
- Nurse will complete the state form with a positive COVID-19 case.
 - [IDOE Confirmed COVID-19 Reporting Form](#)
- JCSC will notify the health department whenever there is a confirmed case.
- The decision regarding closing a classroom, building, or district will be made between the superintendent and the local health department.

Isolation and Contact Tracing

- COVID-19 positive person will be sent home.
 - Household contacts will be sent home and recommended to self-quarantine for 14 days.
- JCSC will send out voicemail to the affected location/district regarding a positive test with next steps outlined.
- JCSC will collaborate with the health department to follow their recommendations on closing.
- JCSC will be a liaison with the state and local health departments for contact tracing.
- Document cleaning process and checklists to ensure all areas are sufficiently disinfected.

Symptoms and Positive Tests

- **Untested with symptoms**

- Persons who have not received a test proving or disproving the presence of COVID-19 but experience symptoms may return if the following three conditions are met:
 1. They have not had a fever for at least 72 hours (that is three full days of no fever without the use of medicine that reduces fevers); and
 2. Other symptoms have improved (for example, when your cough or shortness of breath have improved); and
 3. At least 10 calendar days have passed since your symptoms first appeared or a doctor has certified you are treated for another illness and safe to return to school.

- **Tested Positive- Symptomatic**

- Persons who experienced symptoms and have been tested for COVID-19 may return to school if the following conditions are met:
 1. The individual no longer has a fever (without the use medicine that reduces fevers); and
 2. Other symptoms have improved (for example, when your cough or shortness of breath have improved); and
 3. At least 10 calendar days have passed since symptoms first appeared; or
The individual has received two negative tests at least 24 hours apart.

- **Tested Positive- Asymptomatic**

- Persons who have not had symptoms but test positive for COVID-19 may return when they have gone ten calendar days without symptoms and have been released by a healthcare provider. Students may also return if they are approved to do so in writing by the student's health care provider

- **Tested Positive- Impact on School Operations**

- Establish predetermined thresholds for mitigation strategies by following ISDH's recommendation to work with your local health department in following the CDC guidance which can be found here. Reference page three, "When a confirmed case has entered a school, regardless of community transmission."

Handwashing Protocols

- **Grades 7-12**

- Encourage students to wash their hands frequently with reminders from staff
- Hand sanitizer stations for all classrooms

Social Distancing, Masks, and Area of Large Congregation

- JCSC will put in place measures to encourage students to socially distance when appropriate and possible.
 - [Social Distancing](#)
- JCSC will address social distancing by following these measures.
 - Classrooms will have reduced clutter allowing for extra space.
 - Students will have extended spacing between one another in classrooms that have tables.
 - Larger class sizes will be placed in the largest rooms in the building at the secondary level.
 - Secondary areas will adjust classes according to class sizes and class space.
 - Additional sections may be added for large population classes.
 - All students should be forward facing with at least 3-6 ft distancing of desks when possible.
 - Common areas may be utilized for additional classroom settings as needed.
 - If students are in populated areas and unable to appropriately social distance, they will be required to wear masks.

- **Arrival**
 - Masks are required for students and staff.

- **Dismissal**
 - Masks are required to be worn by staff/students
 - Secondary Students
 - Students will have a staggered dismissal to the bus to minimize large groups of students.

- **Lunch/ Cafeteria**
 - Students will have extended spacing at the lunch tables
 - Common areas may be used as needed to extend spacing
 - Students may have staggered dismissal to the lunchroom
 - Additional lunch periods will be added

- **Hallway**
 - Use one way hallways and stairways when possible
 - Hallways will be taped to display current path of the hallways or which side to walk on

- JCMS and JCHS: Requiring masks during passing periods
- **After School Activities**
 - Assigned areas will be utilized to ensure students are contained to one area to limit touch areas and cleaning needs
 - Areas will be disinfected after use
 - Outside groups should be eliminated from meeting in school buildings
- **Office**
 - Number of people in the office will be limited
 - Visitors will wait in the foyer until adequate space in office is available
 - Students sent to the office will be limited, teachers should call for guidance

Disinfecting and Cleaning protocols

- All common touch points in common areas will be cleaned in AM and PM
- Restrooms will be cleaned in AM and PM- or as needed based on circumstances

Drills

- Masks are required for all students and staff during drills.

Transportation

- JCSC is committed to providing safe transportation to and from school. The following steps will be implemented:
 - Corporation routes are being reviewed and adjusted to level bus capacity
 - Contract routes are being reviewed and discussed with drivers to level bus capacity
 - Additional shuttle buses will be added, as needed
 - Assigned seating on the bus
 - Families/Households will sit together
 - 40 students or less per bus (when possible)
 - Students will be seated on the bus in a strategic way to extend distancing
 - Windows will be put ½ way down to increase circulation, when weather permits
 - The use of a mask will be required
 - Eating and drinking on the bus is prohibited unless medically necessary

Communication with Families, Students, and Staff

- We will continue to communicate with our families with regular updates in a variety of ways. It is important that we all understand expectations and any changes that may be required due to changing conditions.

Equity Considerations

7-12:

Technology:

JCSC will provide all students and staff access to electronic devices meeting the device ratio and addressing internet access for all of the students in the corporation. JCSC is currently exploring options with ATT, Verizon, and other internet providers for students and staff to assist with home internet access. Students without internet access or qualifying for free lunch will be provided internet access at no charge, when possible. Students qualifying for reduced priced meals will be provided internet access on a sliding scale to make it affordable.

- A surplus of iPads and Chrome books will be available for students to access
- Support for WiFi connections will be provided for students and staff who do not have access to internet capabilities at home
- Each school in JCSC now has parking lot WiFi access available for our students.

Food Service:

- If school is closed again due to COVID, JCSC will provide food boxes with 10 meals for pickup at each school in the corporation. School employees will assist with packing and the distribution of the food based on the plan provided by each school.
- Free and reduced online students will be given the opportunity to receive food pickup based corporation guidelines, designated times, and pickup procedures at JCEC.
- Students who choose online schooling will be given the opportunity to receive food pickup based corporation guidelines, designated times, and pick up procedures at JCEC.

After-School Programs

- All state and local guidelines for group limitations must be followed and social distancing is encouraged.
- Any student who prefers to wear a face-covering for activities, even where social distancing can be met, should be allowed if doing so will not cause a health risk.
- If social distancing cannot be met, masks will be required for staff and students to the extent possible.
- Clubs will be permitted as long as they adhere to the state and local guidelines.

Social-Emotional Learning Supports

Social-Emotional Health - Secondary

JCSC school leaders will ensure that time is set aside during the first two weeks of reopening the school building for students to grieve, heal, re-connect, and strengthen the in-school community before the focus on instruction begins using the following resources:

- IDOE - [SEL Roadmap for Re-entry](#) - This roadmap will be a tool that educators will utilize to help support social-emotional learning for students, educators, and communities.

JCSC will use the TBRI, Trust Based Relational Intervention Program, and Educational Neuroscience Research to support student needs. Our focus on the whole child will include additional support in counseling, meeting basic needs, trauma informed care and teaching positive mental health support.

Athletics/Extracurricular Activities

GUIDELINES FOR OPENING UP JENNINGS COUNTY HIGH SCHOOL AND MIDDLE SCHOOL ATHLETICS AND ACTIVITIES

The COVID-19 pandemic presents a myriad of challenges for high school athletics. The Jennings County High School and Jennings County Middle School Athletic Administration offers this document as a guide of policies and procedures, taking many components into consideration, for the “opening up” of JCHS and JCMS athletics and activities. This document was created using the **Indiana Department of Education’s** “Indiana’s Consideration for Learning and Safe Schools: In-Class – COVID-19 Health and Safety Re-entry Guidance” document released on June 5, 2020, the “Guidance for Opening up High School Athletics and Activities” document that was released by the **National Federation of State High School Associations (NFHS)** and the **Sports Medicine Advisory Committee (SMAC)** on May 19, 2020, and through collaboration with Certified Athletic Trainers Melanie Anderson and Kyle Coates (Patient Care Supervisor) of **Schneck Medical Center**. Policies and procedures may evolve and will be updated as the medical community and relevant organizations make new information available.

Administrative Procedures

A. Pre-participation Physical Evaluation (PPE)

Due to concerns regarding access to primary care providers during the late spring and early summer, the NFHS and SMAC released a position statement giving guidance to state associations (IHSAA) concerning timing of the Pre-participation Physical Evaluation. The Indiana High School Athletic Association granted a one-year extension to all student-athletes who had a completed Pre-participation Physical Exam during the 2019-2020 academic year. *Although Jennings County School Corporation recommends getting an annual Pre-participation Physical Examination*, a valid 2019-2020 PPE will accepted for the 2020-2021 academic year. Those returning student-athletes who had a PPE in 2019-2020, should provide a 2020-21 IHSAA Health History Update Questionnaire and Consent & Release Certificate prior to participation. All **first-time** student athletes are required to have an IHSAA pre-participation physical evaluation for the upcoming school year AND Consent & Release Certificate prior to participation.

B. Indiana High School Athletic Association’s 2020-21 Health History Update Questionnaire and Consent & Release Certificate on FinalForms

- Jennings County High School and Middle School have partnered with FinalForms, an online forms and data management service for the 2020-2021 academic year.

Student-athletes and parents will be required to submit all necessary information and digitally sign the Indiana High School Athletic Association's 2020-2021 Health History

- Update Questionnaire and Consent & Release Certificate on FinalForms before participating in any JCHS/JCMS sponsored workout, practice, or competition. The Jennings County Schools FinalForms page is available at

jennings-in.finalforms.com

C. Conduct of Conditioning and Practice Sessions

- The phases in this document are in accordance with guidelines published by the White House, NFHS, Indiana Department of Education and CDC available at <https://www.whitehouse.gov/openingamerica/>.

D. Voluntary Workouts

- All summer activity is completely VOLUNTARY. Any student-athlete, or parent of a student-athlete, who does not feel that it is in their best interest to participate is free to exclude themselves from any and all workouts, practices, etc.

E. Locker rooms

- Phase I
 - The use of locker rooms will be strictly prohibited during. Student-athletes should come dressed in the necessary attire for their practice or workout, and take all clothing items and personal equipment home with them to be washed before returning.
- Phase II
 - The use of locker rooms will be no greater than 50% capacity with only one team/sport present at a time. Capacity will be determined by the number of lockers in each space. Coaches should encourage athletes to shower and change clothes at home when possible.
- Phase III
 - The use of locker rooms will be at 50% capacity or greater. Coaches should encourage athletes to shower and change clothes at home when possible.

F. Symptoms and Positive Tests

- Untested
- Persons who have not received a test proving or disproving the presence of COVID-19 but experience symptoms may return if the following three conditions are met:

1. They have not had a fever for at least 72 hours (that is three full days of no fever without the use of medicine that reduces fevers); and
 2. Other symptoms have improved (for example, when your cough or shortness of breath have improved); and
 3. At least 10 calendar days have passed since your symptoms first appeared.
- Tested Positive- Symptomatic
 - Persons who experienced symptoms and have been tested for COVID-19 may return to school if the following conditions are met:
 1. The individual no longer has a fever (without the use medicine that reduces fevers); and
 2. Other symptoms have improved (for example, when your cough or shortness of breath have improved); an
 3. At least 10 calendar days have passed since symptoms first appeared; or
The individual has received two negative tests at least 24 hours apart.
 - Tested Positive- Asymptomatic
 - Persons who have not had symptoms but test positive for COVID-19 may return when they have gone ten calendar days without symptoms and have been released by a healthcare provider. Students may also return if they are approved to do so in writing by the student’s health care provider
 - Tested Positive- Impact on School Operations
 - Establish predetermined thresholds for mitigation strategies by following ISDH’s recommendation to work with your local health department in following the CDC guidance which can be found here. Reference page three, “When a confirmed case has entered a school, regardless of community transmission.”

G. Personal Items (Water and towels)

Each student-athlete shall bring their own water bottle and towel, clearly marked with their name, for their use only.

Bottles may be refilled at designated fountains on campus that will be cleaned daily.

H. Cleaning Equipment

Coaches will be responsible for cleaning any/all equipment used during a given practice or workout, especially equipment that is shared such as footballs, volleyballs, basketballs, handheld pads, etc.

I. Cleaning Facilities

Coaches and the Athletic Director will be responsible for communicating practice schedules with the corporation custodial staff to establish cleaning/disinfecting schedules for any facility where a practice or workout occurs (i.e. weight room, wrestling mats, gym floor, etc.).

J. Facility Usage

All facility usage, both indoor and outdoor, must be approved and scheduled in advance with the JCSC athletic administration and if outside organizations are requesting usage, a facility usage form must be completed with a plan approved by the local health department demonstrating compliance with CDC recommendations. All facility usage forms must be approved by central office before scheduling may occur.

K. Masks for Student-Athletes

It is not recommended for a student-athlete to wear a facial covering during vigorous athletic activity.

Students are encouraged to have a mask available for periods of time when vigorous physical activity is not taking place and social distancing standards cannot be safely maintained.

L. No gum, sunflower seeds, or spitting.

Gum, sunflower seeds, and spitting on surfaces are prohibited to prevent the potential spread of the virus through saliva.

M. Transportation to events

No transportation will be provided by JCSC for the purposes of practices, scrimmages, or games off campus until competition is permitted in Phase 3 (August 3rd for Girls Golf and August 15th for all other sports).

P. Athletic Training Services

Athletic trainers in high schools are positioned to play a vital role as sports return following this pandemic. As health-care professionals, they take lead roles in developing and implementing infection control policy throughout the school.

Q. Youth Camps/Clinics hosted by high school teams

- Phase I (July 6 – July 19)
 - Youth camps/clinics will be prohibited

- Phase II (July 20 – August 14)
 - Youth camps/clinics are permitted under Indiana High School Athletic Association summer by-laws
 - Coaches must submit policies and waivers to the athletic office detailing how they will enforce CDC guidelines for social distancing, sanitation, and capacity.
- Phase II (August 15 and beyond)
 - Youth camps/clinics are permitted under Indiana High School Athletic Association by-laws
 - Coaches must submit policies and waivers to the athletic office detailing how they will enforce CDC guidelines for social distancing, sanitation, and capacity.

R. Coaching Staff Command Structure

An alternate command structure for coaching staff should be established in case of illness.

S. Approved Feeder Programs

Verified feeder programs may use school property if a facilities usage permit form, certificate of insurance, and COVID-19 guidelines/accommodations specific to the sport and venue have been submitted and approved. All facility usage forms must be approved by central office before scheduling.

Opening Jennings County High School and Middle School Athletic Facilities

Phase 1: July 6 – July 19

1. All coaches and students should be screened for signs/symptoms of COVID-19 prior to conditioning and sport-specific activities. Screening will be documented and timestamped daily in Final Forms.
2. 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. Responses will be recorded digitally and time stamped using FinalForms.
3. Student athletes should be limited to 15 hours per week on campus.
 - a. Individual student athletes are limited to 15 total hours of school contact activity per calendar week. (The Sunday Rule will be enforced)

- b. School contact activity includes conditioning and sport-specific activities.
4. No sport may have more than two activity days per calendar week. Each sport must register their activity days in the office of the Athletic Director in advance. Sport-specific activity days (of the same sport) may not occur on consecutive calendar days.
 5. Activity days by sport are limited to three hours per day. (Six hours per calendar week by sport.)
 6. Conditioning is limited to four days per week. Conditioning sessions may be held multiple times each day, each session limited to two hours. Student athletes may attend only one conditioning session per day.
 7. ALL SUMMER ACTIVITIES ARE VOLUNTARY
 8. All State and local guidelines for group limitations must be followed and social distancing is encouraged.
 9. Any student who prefers to wear a face covering for activities should be allowed, if doing so will not cause a health risk.
 10. Students, when not engaging in vigorous activity and when practical, are encouraged to wear face coverings, if social distancing standards cannot be maintained.
 11. Non-students, including coaches, medical-related staff, directors, security staff, supervisors, etc. are encouraged to wear face coverings when social distancing standards cannot be maintained, unless under rigorous activity or poses a health risk.
 12. Only essential student athletes, student participants, coaches, medical staff, related supervisors, directors, and security should be in attendance.
 13. Consideration should be given to vulnerable individuals and it is encouraged for those individuals to seek medical guidance regarding his/her individual level of participation.
 14. An alternate command structure for coaching staff should be established in case of illness.
 15. Prior to participation, all **first-time** student athletes are required to have an IHSAA pre-participation physical for the upcoming school year. Returning student athletes are not required to obtain a new IHSAA pre-participation physical, but should provide a 2020-21 IHSAA Health History Update Questionnaire and Consent & Release Certificate prior to participation.

16. All students and staff should be trained and screened for signs/symptoms of COVID-19 prior to participating in workouts, rehearsals, or practices.

- a. Any person with COVID-19-related symptoms should not be allowed to take part in workouts, rehearsals, or practices and should contact his or her primary care provider or other appropriate healthcare professional.
- b. Coaches must track COVID-19 impacted attendance and report to district/school administration.

17. Individuals should wash their hands for a minimum of 20 seconds with warm water and soap before touching any surfaces or participating. If this is not possible, hand sanitizer should be plentiful and available to individuals as they transfer from place to place.

18. Locker rooms should NOT be utilized. Students should report to their activity in proper gear and immediately return home to shower at the conclusion. Restrooms should remain available for student-athletes and athletic staff members, however social distancing is encouraged.

19. Workouts should be conducted with the same students together. Reduce gathering size by half overall capacity in large areas (weight room, gyms, wrestling rooms, etc.).

20. The goal of social distancing is defined by the CDC. If it is not possible to follow these guidelines indoors or outdoors, then create as much distance as possible. It is recommended that participants and coaches wear face coverings when distancing is limited and the individual is not participating in rigorous activity. For sidelines, benches, or other holding areas, consider establishing protocol as a guide for students and coaches. The goal and expectation is no contact.

21. Cleaning schedules will be created and implemented for all facilities and equipment to mitigate any communicable diseases.

22. Appropriate clothing/shoes should be worn at all times to minimize transmission.

23. No sharing of clothing, shoes, towels, or water bottles.

24. Hand sanitizer should be plentiful and available at all times.

25. When equipment is shared, including sports balls, weight room facilities, non-wind instruments, etc., this equipment should be cleaned prior to use and immediately following usage. Responsibility for cleaning should be clear and appropriate training and PPE should be provided.

26. Equipment such as weight benches, athletic pads, etc. having holes with exposed foam should be covered or discarded.

27. Students must be expected to shower at home and wash workout clothing immediately upon returning to their home. If a student does not have a laundered uniform, he/she may not be allowed to participate in practice or competition.
28. Free weight exercises requiring a spotter cannot be conducted. Safety measures in all forms must be strictly enforced in the weight room.
29. For contact sports (football, wrestling, lacrosse, competitive cheer, and dance as defined by the NFHS) no contact is allowed.
30. Shared hydration stations (water trough, water fountains, water hose, etc.) should NOT be utilized except for filling individual, labeled water bottles.
31. No formal competitions or scrimmages are allowed.
32. Pool usage is acceptable. Schools should take necessary steps to promote health and safety both in the water and out by social distancing and using good hygiene.

Phase II: July 20-August 14

1. All coaches and students should be screened for signs/symptoms of COVID-19 prior to conditioning and sport-specific activities. Screening will be documented and timestamped daily in Final Forms.
2. Indiana High School Athletic Association by-laws will correspond and dictate permissible activities and schedules.
3. All State and local guidelines for group limitations must be followed and social distancing is encouraged.
4. Any student who prefers to wear a face covering for activities should be allowed, if doing so will not cause a health risk.
5. Students, when not engaging in vigorous activity and when practical, are encouraged to wear face coverings if social distancing standards cannot be maintained.
6. Non-students, including coaches, medical-related staff, directors, security staff, supervisors, etc. are encouraged to wear face coverings when social distancing standards cannot be maintained, unless under rigorous activity or poses a health risk.
7. Only essential student athletes, student participants, coaches, medical staff, related supervisors, directors, and security should be in attendance.

8. Consideration should be given to vulnerable individuals and it is encouraged for those individuals to seek medical guidance regarding his/her individual level of participation.
9. An alternate command structure for coaching staff should be established in case of illness.
10. Prior to participation, all first-time student athletes are required to have an IHSAA pre-participation physical for the upcoming school year. Returning student athletes are not required to obtain a new IHSAA pre-participation physical, but should provide a 2020-21 IHSAA Health History Update Questionnaire and Consent & Release Certificate prior to participation.
11. All students and staff should be trained and screened for signs/symptoms of COVID-19 prior to participating in workouts, rehearsals, or practices.
 - a. Any person with COVID-19-related symptoms should not be allowed to take part in workouts, rehearsals, or practices and should contact his or her primary care provider or other appropriate healthcare professional.
 - b. Coaches must track COVID-19 impacted attendance and report to district/school administration.
12. Individuals should wash their hands for a minimum of 20 seconds with warm water and soap before touching any surfaces or participating. If this is not possible, hand sanitizer should be plentiful and available to individuals as they transfer from place to place.
13. If locker rooms or meeting rooms are used, 50 percent capacity is recommended.
14. Workouts should be conducted with the same students together. Reduce gathering size by half overall capacity in large areas (weight room, gyms, wrestling rooms, etc.).
15. The goal of social distancing is defined by the CDC. If it is not possible to follow these guidelines indoors or outdoors, then create as much distance as possible. It is recommended that participants and coaches wear face coverings when distancing is limited and the individual is not participating in rigorous activity. For sidelines, benches, or other holding areas, consider establishing protocol as a guide for students and coaches.
16. Contact is allowed as defined by Indiana High School Athletic Association (IHSAA).
17. Cleaning schedules will be created and implemented for all facilities and equipment to mitigate any communicable diseases.
18. School activities using off-site, non-school owned facilities and equipment for related activities should work with the off-site facility provider to ensure the associated and relevant

safety measures are in place. If transporting to-and-from workouts, rehearsals, or practices, transportation safety measures and cleaning regarding team or group transportation must be followed.

19. Appropriate clothing/shoes should be worn at all times to minimize transmission.
20. No sharing of clothing, shoes, towels, or water bottles.
21. Hand sanitizer should be plentiful and available at all times.
22. If equipment must be shared, including sports balls, weight room facilities, non-wind instruments, etc., should be cleaned prior to use and immediately following usage. Responsibility for cleaning should be clear and appropriate training and PPE should be provided.
23. Any equipment such as weight benches, athletic pads, etc. having holes with exposed foam should be covered or discarded.
24. Students must be expected to shower at school or at home and wash workout clothing immediately upon returning to their home. If a student does not have a laundered uniform, he/she may not be allowed to participate in practice or competition.
25. If schools launder student gear or uniforms, PPE must be available for the person in charge of laundering.
26. Free weight exercises requiring a spotter CAN be conducted. Safety measures in all forms must be strictly enforced in the weight room.
27. Celebratory and sportsmanship acts that involve contact should be prohibited.
28. Shared hydration stations (water trough, water fountains, water hose, etc.) should not be utilized except for filling individual, labeled water bottles.
29. Pool usage is acceptable. Schools should take necessary steps to promote health and safety both in the water and out by social distancing and using good hygiene.
 - a. State and local guidelines that may determine when and how recreational water facilities may operate should be followed.
30. No formal competition is allowed with the exception of girls' golf.

Phase III: August 15

1. Indiana High School Athletic Association by-laws will correspond and dictate permissible activities and schedules.
2. All State and local guidelines for group limitations must be followed and social distancing is encouraged.
3. Any student who prefers to wear a face covering for activities should be allowed, if doing so will not cause a health risk.
4. Students, when not engaging in vigorous activity and when practical, are encouraged to wear face coverings if social distancing standards cannot be maintained.
5. Non-students, including coaches, medical-related staff, directors, security staff, supervisors, etc. are encouraged to wear face coverings when social distancing standards cannot be maintained, unless under rigorous activity or poses a health risk.
6. Consideration should be given to vulnerable individuals and it is encouraged for those individuals to seek medical guidance regarding his/her individual level of participation.
7. An alternate command structure for coaching staff should be established in case of illness.
8. Prior to participation, all first-time student athletes are required to have an IHSAA pre-participation physical for the upcoming school year. Returning student athletes are not required to obtain a new IHSAA pre-participation physical, but should provide a 2020-21 IHSAA Health History Update Questionnaire and Consent & Release Certificate prior to participation.
9. All students and staff should be trained and screened for signs/symptoms of COVID-19 prior to participating in workouts, rehearsals, or practices.
 - a. Any person with COVID-19-related symptoms should not be allowed to take part in workouts, rehearsals, or practices and should contact his or her primary care provider or other appropriate healthcare professional.
 - b. Coaches must track COVID-19 impacted attendance and report to district/school administration.
10. Individuals should wash their hands for a minimum of 20 seconds with warm water and soap before touching any surfaces or participating. If this is not possible, hand sanitizer should be plentiful and available to individuals as they transfer from place to place.

11. If locker rooms or meeting rooms are used, 50 percent capacity is recommended. *If the restriction to 50 percent capacity at competitive events creates a hardship and impacts the hygiene or safety of students, a 50 percent or greater capacity is allowed.
12. Workouts should be conducted with the same students together. Reduce gathering size by half overall capacity in large areas (weight room, band rooms, wrestling rooms, etc.).
13. The goal of social distancing is defined by the CDC. If it is not possible to follow these guidelines indoors or outdoors, then create as much distance as possible. It is recommended that participants and coaches wear face coverings when distancing is limited and the individual is not participating in rigorous activity. Officials should be given the option to wear face coverings. For sidelines, benches, or other holding areas, consider establishing protocol as a guide for students and coaches.
14. Hospitality rooms for officials should not include shared food service and should allow space for social distancing. Individual waters and pre-packaged snacks may be made available.
15. Cleaning schedules will be created and implemented for all facilities and equipment to mitigate any communicable diseases.
16. Cleaning regarding team or group transportation must be followed.
17. Appropriate clothing/shoes should be worn at all times to minimize transmission.
18. No sharing of clothing, shoes, towels, or water bottles.
19. Hand sanitizer should be plentiful and available at all times.
20. Contact should be limited to only contact necessary to compete as defined by IHSAA. Modified sportsmanship practices should be observed.
21. If equipment must be shared, including sports balls, weight room facilities, etc., this equipment should be cleaned prior to use and immediately following usage. Responsibility for cleaning should be clear and appropriate training and PPE should be provided.
22. Any equipment such as weight benches, athletic pads, etc. having holes with exposed foam should be covered or discarded.
23. Students must be expected to shower at school or at home and wash workout clothing immediately upon returning to their home. If a student does not have a laundered uniform, he/she may not be allowed to participate in practice or competition.

24. If schools launder student gear or uniforms, PPE must be available for the person in charge of laundering.
25. Shared hydration stations (water trough, water fountains, water hose, etc.) should not be utilized except for filling individual, labeled water bottles.
26. Pool usage is acceptable. Schools should take necessary steps to promote health and safety both in the water and out by social distancing and using good hygiene.
27. Competition may begin.
28. Spectators, media, and vendors CAN be present but should implement social distancing and follow established mass gathering guidelines.
29. Concessions may be sold if food handlers and cashiers use appropriate PPE. Prepackaged food is encouraged.

30. IHSAA SUMMER BY-LAWS

15-3 During Summer

Participation in all Summer activities shall be voluntary.

15-3.1 During Summer

- a. During the Summer a student may participate in athletic activities and in a Conditioning Program sponsored by a member School or by a Non-School organization, provided that the student's participation is voluntary.

- b. Except for football (see below), if a member School sponsors athletic activities for its student athletes at the School during the Summer, such athletic activities may only be conducted in a Summer Open Facility Program, except for Summer athletic competitions, which may be conducted outside of a Summer Open Facility Program. A School's Summer Open Facility Program is only open to (i) students who attend the School, (ii) to students who attend a Feeder

School of the School, (iii) to incoming 9th grade students from non-Feeder Schools who have Enrolled at the School, and (iv) to transfer students who have Enrolled at the School and who have completed and submitted to the IHSAA an IHSAA Transfer Report.

c. See definitions of Summer Open Facility Program, Conditioning Program and Summer for beginning and ending times. The foregoing notwithstanding, Summer Conditioning Programs may extend through Saturday of Week 4.

15-3.2 Camps and Clinics

Students may participate in non-school sponsored camps and clinics provided the following standards are met.

a. Attendance is limited to non-school time.

b. Fees, if charged, must be provided solely by the student, parent or Guardian except for underprivileged students.

No School or athletic funds shall be used for such.

c. No School-owned uniforms (jerseys, shirts, shorts, pants, singlets, or swim suits, etc.) shall be worn by the student.

d. Merchandise and awards, other than those of symbolic value, may NOT be accepted for athletic proficiency.

Student must remain an amateur.

e. Length of attendance is unlimited.

f. Seniors or graduates who plan to attend should check with appropriate college rules and regulations regarding recruiting before participating.

g. For all School sponsored camps and clinics, attendance must be terminated prior to Monday, Week 5.

15-3.3 Football

A School, and players from the School's football program, may participate in Football Activities (participation in any football related activities while wearing helmets or shoulder pads) under the following standards:

a. Students may not participate in any Full Contact Football Activities (any intentional football activity by a player where the goal is to take One (1) or more competing players to the ground as the result of a collision) during the Summer.

b. Schools may sponsor up to Twelve (12) Football Activity Days (a day when a School's football coaching staff coaches Two (2) or more players from the School's football team engaged in Football Activities) during the Summer.

c. A School's Football Activity Days may include up to Five (5) Football Competition Days (a day when a School's football coaching staff takes Two (2) or more players from a School's football team to either Practice with or compete against One (1) or more players from another School or program). The maximum time for a School's Football Activity Day held at a member-School facility will be Three and one-half (3 1/2) hours of activity over a Five (5) hour period.

d. A student's football equipment during Summer Football Activities is limited to a helmet, shoes, shoulder pads, a girdle and a mouth piece.

e. A student may engage in no more than One (1) session of Football Activities during a Football Activity Day and the maximum time of the session is Two (2) hours.

f. Prior to the first day of Summer, a School's football coaching staff must designate to the School's athletic director or the principal the specific Football Activity Days and the Football Competition Days in which the football program plans to participate.

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**GUIDELINES FOR OPENING UP JENNINGS COUNTY HIGH SCHOOL
AND MIDDLE SCHOOL ATHLETICS AND ACTIVITIES**

Rule/Regulation	Phase 1 (7/6-7/19)	Phase II (7/20-8/14)	Phase III (8/15)
Student-athletes on campus	15 hours/week	IHSAA by-laws (Summer and During the School Year)	IHSAA by-laws
Individuals (athletes/band/cheer/etc)	15 hours/week total between all activities	IHSAA by-laws	IHSAA by-laws
Activities Permitted	Conditioning and sport specific	Conditioning and sport specific (contact allowed)	IHSAA by-laws
Activity days	2 days/week by sport, non-consecutive days by sport	IHSAA by-laws	IHSAA by-laws
Multiple Sports	<ul style="list-style-type: none"> -2 practices/week by sport (6 hours per sport per week). -Practices can occur on same day. -Priority 1. Fall Sport 2. Athlete choice of winter or spring sport 	Permitted by IHSAA by-laws Fall sports season practices officially begin on 8/3/20 (7/31/20 for girls golf)	Permitted by IHSAA by-laws
Conditioning Days	4 days/week, 2 hrs/day, multiple per day but	IHSAA by-laws	IHSAA by-laws

	only one per day for each athlete		
Summer activities	Voluntary	Voluntary	IHSAA by-laws
Group limitations	-Follow state and local guidelines -Workouts at 50% venue capacity	Follow state and local guidelines -Workouts at 50% venue capacity	Follow state and local guidelines -Workouts at 50% venue capacity
Student face masks during activities	Allowed if it does not pose a health risk to student	Allowed if it does not pose a health risk to student	Allowed if it does not pose a health risk to student
Student face masks when not active	Encouraged if social distancing standards can't be maintained	Encouraged if social distancing standards can't be maintained	Encouraged if social distancing standards can't be maintained
Non-student face masks (coaches, trainers, staff)	Encouraged unless it poses health risk or during rigorous activity	Encouraged unless it poses health risk or during rigorous activity	Encouraged unless it poses health risk or during rigorous activity
Who's allowed?	Essential student-athletes, student-participants, coaches, medical staff, supervisors, directors and security	Essential student-athletes, student-participants, coaches, medical staff, supervisors, directors and security	Previously listed plus parents, fans, vendors, media
Vulnerable individuals	Special consideration needed and medical guidance should be sought by individual	Special consideration needed and medical guidance should be sought by individual	Special consideration needed and medical guidance should be sought by individual

Command structure if coaches are sick	-Coaches must create and submit to Athletic Office -Followed strictly	Followed strictly	Followed strictly
Prior to participation (1st-time student athletes)	-Final Forms Enrollment completed -IHSAA Pre-participation Physical Evaluation - IHSAA Consent and Release Certificate	-Final Forms Enrollment completed -IHSAA Pre-participation Physical Evaluation - IHSAA Consent and Release Certificate	-Final Forms Enrollment completed -IHSAA Pre-participation Physical Evaluation - IHSAA Consent and Release Certificate
Prior to participation (returning student-athletes)	-Final Forms enrollment completed -IHSAA Pre-participation Physical Evaluation (2019-2020) -2020-21 IHSAA Health History Update Questionnaire -IHSAA Consent & Release Certificate	-Final Forms enrollment completed -IHSAA Pre-participation Physical Evaluation (2019-2020) -2020-21 IHSAA Health History Update Questionnaire -IHSAA Consent & Release Certificate	-Final Forms enrollment completed -IHSAA Pre-participation Physical Evaluation (2019-2020) -2020-21 IHSAA Health History Update Questionnaire -IHSAA Consent & Release Certificate
COVID-19 Signs/Symptoms Training	All students and essential staff through Final Forms	All students and essential staff through Final Forms	All students and essential staff through Final Forms
Temperature Checks	Performed by health professional after a student or coach reports being symptomatic	Performed by health professional after a student or coach reports being symptomatic	Performed by health professional after a student or coach reports being symptomatic

Tracking and Screening	Head coach tracks in FF (must report to AD and ATC if attendance is impacted)	Head coach tracks in FF (must report to AD and ATC if attendance is impacted)	Head coach tracks in FF (must report to AD and ATC if attendance is impacted)
Hand Washing	20 seconds with warm water and soap or plenty of hand sanitizer	20 seconds with warm water and soap or plenty of hand sanitizer	20 seconds with warm water and soap or plenty of hand sanitizer
Locker Rooms and Meeting Rooms	Not utilized	50% if utilized. Encourage changing/showering at home	50% or greater, as little use as possible. Encourage changing/showering at home
Restrooms	Only available to essential participants, social distancing encouraged	Only available to essential participants, social distancing encouraged	Open, social distancing encouraged
Gathering Sizes	Reduced as much as possible to reduce risk, students stay in same groups, 50% capacity in large indoor areas	Reduced as much as possible to reduce risk, students stay in same groups, 50% capacity in large indoor areas	Reduced as much as possible to reduce risk, students stay in same groups, 50% capacity in large indoor area
Contact	Goal and expectation is no contact	Allowed as defined by IHSAA by-laws	Allowed as defined by IHSAA by-laws
Scheduling	Adjustments may be made to limit number participants present	Adjustments may be made to limit number of participants present	Adjustments may be made to limit number participants present
Cleaning Schedules	Will be implemented for all facilities in use	Will be implemented for all facilities in use	Will be implemented for all facilities in use
Off-Site Activities	Work with facility provider	Work with facility provider	Work with facility provider

Sharing of clothing, towels, shoes, water bottles	Prohibited	Prohibited	Prohibited
Shared equipment	Cleaned immediately following usage	Cleaned immediately following usage	Cleaned immediately following usage
Equipment with holes or exposed padding	Should be repaired, covered, or discarded	Should be repaired, covered, or discarded	Should be repaired, covered, or discarded
Showering and workout clothing	Done at home immediately after returning from workout. Participation prohibited with dirty workout clothes	Students must be expected to shower at school or at home and wash workout clothing immediately upon returning to their home.	Students must be expected to shower at school or at home and wash workout clothing immediately upon returning to their home.
Free weight requiring a spotter	Prohibited, safety strictly enforced	Allowed with a spotter at each end of the bar	Allowed with a spotter at each end of the bar
Contact sports (NFHS - Football, Wrestling, Lacrosse, Competitive Cheer, Dance)	No contact allowed	Contact allowed as defined by IHSAA	Only necessary contact as defined by the IHSAA
Shared hydration stations	Only allowed for refilling of personal and clearly labeled water bottles	Only allowed for refilling of personal and clearly labeled water bottles	Only allowed for refilling of personal and clearly labeled water bottles
Formal Competition	Not allowed	Not allowed except for Girls Golf (August 3rd)	Allowed by IHSAA by-laws

Scrimmages	Not allowed	Allowed from 7/20 until 8/3 (IHSAA fall season start) with only essential personnel in attendance. After 8/3 would be a controlled scrimmage.	Allowed with essential personnel and non-essential (parents, fans, etc.) in attendance
Celebratory or Sportsmanship Acts	Not applicable	Prohibited if contact is involved	Modified sportsmanship acts are prohibited
Hand sanitizer	Should be available if hand washing is not available	Should be readily available	Should be readily available
Parents, Fans, media, vendors	Not allowed	Not allowed	Allowed
Concessions	Not applicable	Not applicable	Allowed assuming PPE is worn by workers. and Pre-packaged goods encouraged
Hospitality Rooms for Officials	Not applicable	Not applicable	Should not include shared food service and should allow space for social distancing. Individual waters and pre-packaged snacks may be made available
Transportation	Not allowed	Only allowed for girls golf competition	Follow CDC guidelines for cleaning and distancing

Pool Usage	Acceptable – use social distancing and good hygiene	Acceptable – use social distancing and good hygiene	Acceptable – use social distancing and good hygiene
Camps Conducted by JCHS Coaches	Not permitted based on student hour limit	Allowed with policies and procedures submitted to Athletic Office	Allowed with policies and procedures submitted to Athletic Office
JCHS Feeder Programs	Allowed with Facility Usage Form approval, Certificate of Insurance, and COVID-19 policies and procedures submitted to Athletic Office	Allowed with Facility Usage Form approval, Certificate of Insurance, and COVID-19 policies and procedures submitted to Athletic Office	Allowed with Facility Usage Form approval, Certificate of Insurance, and COVID-19 policies and procedures submitted to Athletic Office