


NEW CASTLE HIGH SCHOOL ATHLETIC RETURN TO PLAY PLAN

	Phase I	Phase II - July 20th - August 14th		Phase III
	July 6th - July 19th	July 20th - August 2nd	August 3rd - August 14th	August 15th
	(IHSAA Summer Activities)		(IHSAA Fall Sports Season)	

All Summer Activities are Voluntary

Participation	Athletes can spend 15 hours on campus/week	Sport Activity: Normal summer rules and guidelines	Fall Sports: Practices allowed with normal in-season IHSAA rules and guidelines	Fall Sports: Contests can begin August 15
	Conditioning/Weightlifting: 4 sessions/week Athlete can attend one 2-hour session per day			
	Sport Activity 2 sessions per sport/week Athletes can attend one 3-hour session/day/sport Same sport may NOT have activity consecutive calendar days			
	Football: T-shirt, shorts, shoes ONLY			
	No Interschool competition/scrimmages			
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Social Distancing	Encouraged	Encouraged	Encouraged	Encouraged
Face Coverings	Coaches: Inside Required, Outside Optional		Coaches and Athletes: Optional	
	Athletes: Optional			
People allowed to be in attendance	Essential Personnel ONLY - No Parents, Spectators, Etc...	Essential Personnel ONLY - No Parents, Spectators, Etc...	Essential Personnel ONLY - No Parents, Spectators, Etc...	Spectators, media, and vendors can be present but should implement social distancing.
Alternate Command Structure	Command Structure for Coaching Staff should be established in case of illness.			
Health History & Physical Forms	All athletes must have a valid 2020-21 IHSAA Physical on file or a valid 2019-20 IHSAA Physical and the IHSAA Health History Update Questionnaire and Consent/Release Certificate on file. Must also have a signed concussion/ sudden cardiac arrest form on file.			
Activity Group Size	Activity groups may consist of no more than 20 students gathered together		No maximum activity group max, but social distancing encouraged	
Transportation	No activities permitted off campus		Cleaning regarding team or group transportation must be followed.	



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Screening	Coaches must record attendance of all athletes, managers, staff, and other personnel who attend activities, and all participants must be screened before being allowed to participate. Students or staff who no longer test positive and/or no longer display symptoms of COVID-19 will follow the Return to School protocol listed in Appendix A of the IDOE Re-Entry Guidance			
COVID-19 SYMPTOMS	Any person with symptoms is referred to his or her primary care provider and not allowed to participate.			
Locker Rooms	NO LOCKER ROOM USE - athletes should report in proper gear and return home to shower at the conclusion.		Locker Rooms are OPEN - Practice Social Distancing when possible. If locker rooms or meeting rooms are used, 50 percent capacity is recommended.	
Equipment	If equipment must be shared, this equipment should be cleaned prior to use and immediately following usage.			
Student-Athlete Responsibility	Students are expected to shower at home, wash workout clothing immediately after, wash hands for a minimum of 20 seconds.			
Weightlifting	No Exercises requiring a spotter can be conducted. Weight Room capacity limited to 20 students	Free Weight exercises requiring a spotter can be conducted. Spotters should position themselves at the ends of the bar, rather than directly face-to-face with the athlete lifting.		
Contact Sports	NO CONTACT	CONTACT IS ALLOWED - As defined by Indiana High School Athletic Association		CONTACT IS ALLOWED - As defined by Indiana High School Athletic Association
Hydration Stations	No use of shared Hydration Stations - Personal Water Bottles only labeled with their name, and wash it at home after use.			
Competition	NO COMPETITION WITH OTHER SCHOOLS		NO FORMAL COMPETITION - Exception Girls Golf. (Formal Competition is considered an in-season contest.)	FORMAL COMPETITION BEGINS
Individual Athlete Gear and Equipment	NO SHARING OF CLOTHING, SHOES, TOWELS, WATER BOTTLES, ETC...	NO SHARING OF CLOTHING, SHOES, TOWELS, WATER BOTTLES, ETC...	NO SHARING OF CLOTHING, SHOES, TOWELS, WATER BOTTLES, ETC...	NO SHARING OF CLOTHING, SHOES, TOWELS, WATER BOTTLES, ETC...
Appropriate Clothing	All Athletes should wear appropriate clothing, shoes, etc... at all times! Shirts are required at ALL times.			
Celebratory and Sportsmanship Acts	PROHIBITED			No Handshakes after contests. Modified Sportsmanship practices should be observed.

