



*Inspire Every Mind.*

Christopher A. Noll, Director

Phone: (719) 520-2690

christopher.noll@d11.org

## ***Athletic Guidelines*** ***Effective Tuesday, September 8, 2020***

Colorado Springs School District 11 recognizes the impact athletics have on the social-emotional well-being of our student-athletes.

### **ATHLETICS – Middle School**

Middle school athletics has been and remains suspended until CSSD11 returns to in-person learning. There currently is a team led by Mike Garcia, Assistant Director of Athletics and comprised of school administrators and coaches to create two different schedules/calendars:

- a. current interscholastic sports offered starting second quarter ending by the close of the 2020-21 school year.
- b. current interscholastic sports offered starting third quarter ending by the close of the 2020-21 school year.

Each of D11's interscholastic sports offerings have been classified as, low risk, moderate risk, or high risk, using information from the CHSAA, and state and local health departments. Mike Garcia will monitor the sports scene and work with Chris Noll and Cory Notestine as the school year unfolds to ensure D11's offerings are appropriate for the current status. Many districts throughout Colorado are cancelling their middle school programming for the year. We are committed to offering interscholastic sports and will monitor and adjust seasons as needed.

At this time, there are no plans to allow off-season or pre-season workouts/practices.

### **ATHLETICS – High School**

- In-Season: the time period that is defined by the official CHSAA start date and end date. (Current in-season sports: cross country, boys golf, boys tennis, and softball.)
- Pre-Season: the time period, roughly six (6) weeks directly before the actual season starts.
- Off-Season: any time period that is not "in-season" or "pre-season."

### **Season Dates**

- Season A teams are currently "in-season." Season A teams will become "off-season" teams at the conclusion of their last contest.
- Season B teams are currently in the off-season. Season B teams will become "pre-season" teams on Monday, November 9, and will become "in-season" teams on January 4, 2021.
- Season C teams are currently in the off-season. Season C teams will become "pre-season" teams on January 11, 2021, and will become "in-season" teams on March 1, 2021. Football becomes an "in-season" teams on February 22, 2021.
- Season D teams are currently in the off-season. Season D teams will become "pre-season" teams on March 8, 2021, and will become "in-season" teams on April 26, 2021.
- November 22-28, 2020 is a *DEAD* period and no teams are allowed to workout/practice during this time.
- December 19, 2020, – January 1, 2021, guidelines will be announced at a later date.

### **Off-Season Guidelines**

- Student-athletes that are in an “in-season” sport, will **NOT** be allowed to participate in any off-season or pre-season workouts.
- Student-athletes will be allowed to workout/practice four and a half (4.5) hours a week per sport.
- Student-athletes may not do more than two (2) off-season/pre-season sports at a time.
- Student-athletes will be “grouped” in groups of twenty-five (25) or less and those groups may only change at the beginning of every month.
- All student-athletes along with coaches will go through a health screening before each workout. The D11 health screening document is attached to this document.
- All student-athletes and coaches participating outside will be required to wear a mask when not actively participating.
- All student-athletes and coaches participating inside, will be required to wear a mask at all times to include when they are actively participating.
- Social distancing is required at all times unless actively participating.
- Student-athletes will bring their own water bottle as water coolers will not available.
- Student-athletes will arrive in proper workout attire. Locker rooms will not be available.
- There should be a 15-minute window between workout sessions start to clean/disinfect the area used to include all equipment.
- Students will be required to have a “Student-Athlete Waiver” on file with the school BEFORE they will be allowed to participate in in-person clubs & activities. Form is attached.

### **Pre-Season Guidelines**

- Student-athletes that are in an “in-season” sport, will **NOT** be allowed to participate in any off-season or pre-season workouts.
- Student-athletes will be allowed to workout/practice six (6) hours a week per sport.
- Student-athletes may not do more than two (2) off-season/pre-season sports at a time.
- Student-athletes will be “grouped” in groups of twenty-five (25) or less and those groups may only change at the beginning of every month.
- All student-athletes along with coaches will go through a health screening before each workout. The D11 health screening document is attached to this document.
- All student-athletes and coaches participating outside will be required to wear a mask when not actively participating.
- All student-athletes and coaches participating inside, will be required to wear a mask at all times to include when they are actively participating.
- Social distancing is required at all times unless actively participating.
- Student-athletes will bring their own water bottle as water coolers will not available.
- Student-athletes will arrive in proper workout attire. Locker rooms will not be available.
- There should be a 15-minute window between workout sessions start to clean/disinfect the area used to include all equipment.
- Students will be required to have a “Student-Athlete Waiver” on file with the school BEFORE they will be allowed to participate in in-person clubs & activities. Form is attached.

### **In-Season Guidelines**

- Teams will be required to follow the “COVID-19 Requirements and Mandates” as created by Colorado Springs District 11 and the Colorado High School Activities Association. This document can be found on the D11 Athletics website at:  
[www.d11.org](http://www.d11.org)  
click on Departments.  
click on Athletics.  
Click on red banner labeled “COVID-19 Requirements and Mandates.”

***All coaches participating in off-season/pre-season workouts must go through a formal training.***

As the COVID-19 pandemic changes regularly, D11 Athletic Guidelines will adapt and change as well. Updates will be sent out on a regular basis.



## Student-Athlete Screening Information

**All students participating in athletics, in-season and off-season, will be required to go through a brief health screening to include temperature check.**

If a student-athlete affirms to the following symptoms, they will be sent home and the building level athletic director must be notified IMMEDIATELY. Any person with positive symptoms reported will not be allowed to take part in workouts. Students will not be allowed to return to participate until they are symptom free for seventy-two hours and ten days have passed since their first symptom unless they have a clear diagnosis from a medical provider in writing.

- **At least one (1) of the following:**

- Dry Cough
- Shortness of Breath
- Loss of Sense of Taste or Smell

\*\*\* **OR** \*\*\*

- **At least two (2) of the following:**

- Fever (100.3 Fahrenheit or higher)
- Chills
- Muscle Pain
- Sore Throat
- Gastrointestinal symptoms of diarrhea, vomiting, or nausea.

Student Athlete Name: \_\_\_\_\_ Sport: \_\_\_\_\_

Student/Coach Name (Print): \_\_\_\_\_

	Date	Dry Cough	Shortness of Breath	Loss of Taste Or Smell	Temperature (100.3 or higher)	Head/Body Aches/Chills	Muscle Pain	Sore Throat	Diarrhea, vomiting, or nausea
Monday		Yes/No	Yes/No	Yes/No	Yes/No	Yes/No	Yes/No	Yes/No	Yes/No
Tuesday		Yes/No	Yes/No	Yes/No	Yes/No	Yes/No	Yes/No	Yes/No	Yes/No
Wednesday		Yes/No	Yes/No	Yes/No	Yes/No	Yes/No	Yes/No	Yes/No	Yes/No
Thursday		Yes/No	Yes/No	Yes/No	Yes/No	Yes/No	Yes/No	Yes/No	Yes/No
Friday		Yes/No	Yes/No	Yes/No	Yes/No	Yes/No	Yes/No	Yes/No	Yes/No
Saturday		Yes/No	Yes/No	Yes/No	Yes/No	Yes/No	Yes/No	Yes/No	Yes/No

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Have you or anyone in your house tested positive for COVID-19?	Yes/No	Yes/No	Yes/No	Yes/No	Yes/No	Yes/No
Yes? What date?						
Are you or anyone in your house waiting for COVID-19 results?	Yes/No	Yes/No	Yes/No	Yes/No	Yes/No	Yes/No
Yes? Test date?						
Have you been exposed to anyone that has tested positive for COVID-19?	Yes/No	Yes/No	Yes/No	Yes/No	Yes/No	Yes/No
Yes? Date exposed?						



# Student-Athlete Off-Season/Pre-Season Workouts Summer 2020

## PARTICIPATING STUDENT WAIVER AND RELEASE OF CLAIMS

As a result of the COVID-19 pandemic, Colorado Springs School District 11 (the "District") will hold Student-Athlete Off-Season/Pre-Season Workouts. The format of the workouts will be sport/activity specific as outlined by:

1. The National Federation of State High School Associations Sports Medicine Advisory Committee.
  2. The Colorado High School Activities Association (CHSAA).
  3. The United States Olympic Committee.
  4. Local, state, and federal government agencies.
- Participants will be allowed to participate in the Student-Athlete Off-Season/Pre-Season Workouts held at District facilities, including, fields, Garry Berry Stadium/South Field, gymnasiums, weight rooms, music rooms, etc.
  - No family members or guests will be permitted to enter the location of the Student-Athlete Off-Season/Pre-Season Workouts, or gather for social interactions. While waiting for their children, parents/guardians should remain in their vehicles in the parking lots..

**PARTICIPATION IN SUMMER STUDENT-ATHLETE OFF-SEASON/PRE-SEASON WORKOUTS BY D11 STUDENTS IS STRICTLY VOLUNTARY. NO D11 STUDENT WILL BE PENALIZED IN ANY WAY FOR FAILURE TO PARTICIPATE.**

**For those D11 students who will participate in D11 Student-Athlete Off-Season/Pre-Season Workouts, the following permission form with waiver and hold harmless agreement must be signed by the parent/guardian *and* the D11 student.**

### PERMISSION/REQUEST TO PARTICIPATE:

**Please complete the following statements as applicable:**

I, \_\_\_\_\_(name), affirm that I am the parent or legal guardian (the "Parent/Guardian") of the following named D11 student, \_\_\_\_\_(the "Student"). I hereby give permission for the Student to participate in the Student-Athlete Off-Season/Pre-Season Workouts(s) that will be held at various District facilities through out the 2020-21 school year.

## **PARENTS'/GUARDIAN'S AND STUDENT'S REPRESENTATIONS:**

In consideration of the District allowing the Student to participate in the Student-Athlete Off-Season/Pre-Season Workouts, and as an express inducement therefor, the Parent/Guardian and Student hereby state, affirm, and agree to the following:

1. The Parent/Guardian and the Student have no reason to believe that the Student has COVID-19.
2. The Student does not have any of the following symptoms: fever, cough, shortness of breath, fatigue, muscle pain, chills, headache, diarrhea, nausea, or sore throat.
3. If the Student has such symptoms, the Parent/Guardian and the Student believe that the symptoms are caused by an illness, injury or condition that is not related to COVID-19.
4. Within the past 14 days the Student has not had close contact with a person having or suspected of having COVID-19.
5. Within the past 14 days, neither the Student nor anyone in the Student's household has traveled to any country, state, or city with widespread COVID-19 diagnoses.
6. The Parent/Guardian and Student understand that the World Health Organization, the US Center for Disease Control, and the Governor of the State of Colorado have declared a global, nationwide and statewide pandemic of the coronavirus that causes the disease called COVID-19, that there is currently no vaccine or medical cure for COVID-19, that the coronavirus that causes the disease is said to be extraordinarily easy to transmit between people, and that gatherings of large numbers of people or people in close proximity to one another are believed to be the main cause of the spread of COVID-19. Accordingly, any gathering of people, including the Summer Sport/Activity Camp, is or can be inherently dangerous and unpredictable, and that serious illness or even death can occur as a result of a person's participation in such an activity.
7. The Parent/Guardian, and the Student understand and agree that the Student's participation in the Summer Sport/Activity Camp shall be at the Parent/Guardian's and Student's sole risk, and that, while the District seeks to do what is reasonable to ensure that participants in the Summer Sport/Activity Camp are safe and protected, the District cannot guarantee the Student's safety, and expressly disclaims any representation or undertaking that the Summer Sport/Activity Camp is safe for the Student and further disclaims any and all liability or responsibility for any illness or infection, including, but not limited to COVID-19, that may occur from or in connection with the Summer Sport/Activity Camp.
8. **The Parent/Guardian and Student affirm that they are aware of the kinds of risks the Student will face in connection with the Summer Sport/Activity Camp, and recognize that the District is unable to protect the Student from all such risks. The Parent/Guardian and Student expressly agree to assume such risks, and they understand the District has relied upon this assumption of risk in permitting the Student to participate in the Summer Sport/Activity Camp.**

**WAIVER AND RELEASE OF CLAIMS:** The Parent/Guardian and Student hereby waive any and all claims and demands for relief, whether past or future and regardless of the legal or factual bases thereof, that could be asserted in any forum or manner whatsoever, based upon, related to, or concerning the Student's participation in the Student-Athlete Off-Season/Pre-Season Workouts, expressly including but not limited to any claim arising from infection, illness, or death to persons or any economic damages, including those claims based on any alleged or actual negligence, any breach of any express or implied statutory or other duty of care, or mistakes or errors in judgment of any kind, and expressly release, discharge, indemnify and hold harmless the District, its employees, Board of Education members, agents, and insurance carriers from and against any and all such claims and demands regardless of when or by whom asserted.

\_\_\_\_\_  
**Print Parent/Guardian Name**

\_\_\_\_\_  
**Print Student Name**

\_\_\_\_\_  
Address

\_\_\_\_\_  
Telephone Number

\_\_\_\_\_  
**City** **Zip Code**

\_\_\_\_\_  
High School Attending

\_\_\_\_\_  
Parent/Guardian Signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
Student Signature

\_\_\_\_\_  
Date