



Lincoln Christian School - Return to Community

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This document serves as an initial breakdown of the strategies that Lincoln Christian School (traditional and hybrid) will employ to enter the 2020-2021 school year. Each area includes general statements and protocols that will be implemented based on the current level of COVID-19 concern, on and off campus, as deemed necessary by LCS and considerations of local and federal health and safety agencies. LCS commits to:

- *Remaining well-informed by the federal, state, and local health agencies as well as governmental authorities, and medical experts on updates to virus behavior, safety protocol, and sanitization strategies.*
- *Reducing risks to our LCS family through daily temperature checks and screening of all faculty, students, and visitors as deemed necessary.*
- *Focusing on the equally important spiritual, social, and emotional health of our students and staff.*
- *Serving and supporting our community as we face anxiety and unknowns.*
- *Educating students on the importance of reducing the risk of exposure with simple and consistent personal hygiene practices.*
- *Providing flexible learning options, as outlined in this document, to families with health concerns or in quarantine.*
- *Remaining steadfast in our mission to be Christ-centered and be creative in delivery methods to disciple and engage students in their faith.*

General Risk Reducing Strategies

- Basic health screenings (observation) and temperature checks may be performed upon arrival to school
- Frequent handwashing will be encouraged and practiced along with hand sanitizer dispensers in all classrooms, offices, and common areas
- Encouraging appropriate, moderate physical distancing in all environments coupled with modifications to promote physical distancing where practicable. *For example: one-way traffic flow with neutral areas during high traffic times*
- Increased education on healthy habits and behavior aimed at reducing the spread of germs will be implemented both for students and employees
- Prior to leaving home and arriving on campus, all faculty, staff and students are asked to take their temperature and conduct a basic health screening
- Mid-size and large-venue gatherings limited where possible
- Athletics and Fine Arts operating with precautions and safety measures
- Water fountains other than bottle-fill fountains will be restricted from use, please bring personal water bottles or purchase “at-cost” water from your building
- The school will no longer provide a limited supply of over the counter medications for emergency purposes. This is an effort to eliminate measures that could potentially mask symptoms of an illness. Any medication, over the counter or prescription, that must be administered at school is the responsibility of the parent to provide to the school nurse with appropriate authorization paperwork completed. All medications must be in the original container and prescription medications must contain the prescription label. All medications must be kept in the nurse's station and may be administered per parental instructions for a short term basis (10 school days). If the medication needs to be kept at the school nurse's office and administered longer than 10 days or self-carried, then a physician signed form will need to be completed. These necessary medication administration forms can be found on the Lincoln Christian School website under "[Medical Forms](#)." If you have any questions regarding paperwork, please do not hesitate to contact the school nurse
- It is important that all partner families monitor their family's health. Students with a fever **should not be sent to school until they are fever-free (without medication) for 24 hours.** Once school resumes, temperature checks may be conducted by school personnel on students or staff prior to entry in school buildings. Families are expected to monitor the health of their children. If students are symptomatic or presenting with prominent COVID-19 symptoms (dry cough, shortness of breath, congestion, runny nose, headache, fatigue, nausea/vomiting, diarrhea, sore throat, body aches, chills, etc.) or have had possible exposure to COVID-19, parents/guardians will need to notify the school and consider consulting a

physician as additional measures may be required before a return to school. If students exhibit symptoms during school, parents will be notified and students must be picked-up immediately

Question(s):

- **What guidelines/restrictions are being utilized to develop protocols for the new school year?**
 - *We have received numerous guidelines from multiple health and safety organizations. Through our accreditation, we work to follow the City, County, State and federal Health Guidelines, and apply them to our unique school operations. We continue to monitor data in terms of age ranges most impacted, rates of spread, hospitalizations, etc.*

- **How will you “physically distance” kids?**
 - *Great question! We know that schools, by design, are not meant for physical distancing – in fact the opposite is true in that children need social interaction, collaborative skill development, and emotional connection. Students in the classroom, on the playground, on the stage, or on the field are meant to be together. However, if moderate restrictions are increased in order to curb a resurgence of the virus, LCS will opt to stay on campus, but enforce further physical distancing by:*
 - *Utilizing additional spaces such as traditionally unused areas of the campus: gyms, Fellowship Hall, and outdoors to allow for physical distancing*
 - *Using face coverings while transitioning, collaborating, and where physical distancing cannot be achieved*
 - *Extracurricular clubs and groups may meet under the guidelines of proper physical distancing protocols*
 - *Broadcasting chapel, special events, or speakers online to limit crowds when possible*
 - *Physically distancing students in before and after school care programs as much as possible*
 - *Staggered schedules throughout the day*

- **What safety precautions are implemented before, during, and after classes?**
 - *Attention to handwashing, cleaning of facilities, health screening (temperature checks, physical observations, etc.), staggering of release times to prevent crowding, physical distancing in lines for the Elementary, reserving after-school care spots, and many more.*
 - *If students are exhibiting symptoms of illness, they should stay home. If students exhibit symptoms during school, parents will be notified and students must be picked-up immediately.*

- **What cleaning procedures will be employed on campus to ensure student safety?**
 - *Procedures include daily cleaning of classrooms and school areas where staff and students are present. All products used will be safe for students and staff.*

- **What screening procedures will be implemented before school?**
 - *We ask that parents conduct self-evaluations of their children before coming to school. Those include temperature and physical observations. You will be provided with a self-screening template as a resource.*

Environment/Facilities

- Enhanced maintenance and cleaning including the use of safe, electrostatic sprayers on prepped surfaces and all public spaces
- Increased nursing resources and quarantine room in each building
- Daily temperature checks are possible as deemed necessary continuing through the cold and flu season
- Parents/designated adults are asked to stay in car during student pick-up and drop-off
- Essential and screened visitors only allowed on campus for student pick-up from health office or isolation room
- Staff and students should maintain physical distancing standards (6 feet) as much as possible and adhering to a no-touch protocol where all individuals avoid handshakes, hugs, high fives, huddles, or close contact at all times outside of sports and other necessary contact points

Question(s)

- **Are there additional practical enhancements in place?**
 - *Plexiglass shields for front desk areas at each campus as possible in other areas*
 - *Free standing hand sanitizers for any area in need*
 - *Signs reminding staff, faculty, and students to wash hands frequently*
 - *All AC filters changed to be at top performance during our return*
 - *Unique locker usage times are being developed*
 - *Physical distancing for classrooms: desks and seating will be spaced out as much as possible in each classroom*

Personal Protection Equipment

- Per the [Tulsa Mask Ordinance](#), face coverings for adults entering the building are required when physical distancing cannot be achieved.
 - *Face covering protocols subject to change as mandated by local health agencies and governmental authorities*
 - *Students exhibiting symptoms of COVID-19 who are awaiting immediate parental pickup will be required to wear a provided face covering unless a medical exemption exists*
- Plexiglass barriers are in place in main offices and similar barriers may be used in other areas of the building

Question(s):

- **Are we obligated to wear a face covering?**
 - Per the [Tulsa City Council Mask Ordinance](#), all persons age 10 and up are required to wear a mask when physical distancing cannot be achieved. LCS will continue to do everything possible to maximize physical distancing to minimize time with face coverings.
 - There are exemptions to this Ordinance as outlined [here](#).
 - Please take note: *The ordinance does not require individuals to document or prove a reason for not wearing a face covering. Additionally HIPAA laws regulate the release of personal health information; therefore, students will not be asked to provide a health condition, as defined by the CDC, as to why they are unable to wear a mask.*
 - As a preventative measure, we ask that everyone 10 and up not falling into the exemptions categories listed above have a cloth face covering in their daily possession that can be easily applied when physical distancing is not possible. (i.e. small groups, approaching staff for help, consultation, or close proximity services)
 - Coverings should be message free and appropriate.
 - This would exclude athletics and activities classes where physical exertion and contact may occur in close proximity.

Exposure, Testing, and Return

- Training will be provided to all staff regarding reporting procedures for any individual suspected of exhibiting signs of COVID-19. This plan includes details on how to report the individual to administrative personnel and school nurses.
- LCS Administration will communicate with campus safety and operations staff to take steps to ensure buildings are prepared to handle potential COVID-19 infected individuals while keeping others safe. This includes, but is not limited to the creation of a designated isolation room in each building for those exhibiting symptoms. Parents will be notified and students must be picked up immediately. Additionally, LCS staff will continue to work with families whose child may have been affected. Necessary precautions to alleviate spread scenarios will be enacted.

Question(s):

- **When do we quarantine?**
 - *Quarantine is used to keep someone who might have been exposed to COVID-19 away from others. Quarantine helps prevent spread of disease that can occur before a person knows they are sick or if they are infected with the virus without feeling symptoms. People in quarantine should stay home, separate themselves from others, monitor their health, and follow directions from their state or local health department.*
 - *People who have been in [close contact](#) with someone who has COVID-19—excluding people who have had COVID-19 within the past 3 months.*
 - *Living with someone who tests positive (when isolation cannot occur) or is being tested for COVID based on symptoms*
- **What should I do if I have had close contact with someone who has tested COVID positive? According to the [CDC](#):**
 - *Be alert for symptoms. Watch for fever, cough, shortness of breath, or other [symptoms](#) of COVID-19*
 - *Take your temperature and follow CDC guidance if you have symptoms*
 - *Stay home until 14 days after last close contact and maintain physical distance (at least 6 feet) from others at all times. This is particularly important to include as some individuals may be asymptomatic and feel healthy, but are contagious. Students will be able to make use of synchronous blended learning in their normal classes at normal times. A negative COVID test result does not change the 14 day quarantine period.*
 - *If unable to avoid close contact with a person with COVID-19 due to living conditions, quarantine ends 14 days after their isolation is completed*
<https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/quarantine.html>
(Scenario 3 and 4 describes this information)

- **How is “Close Contact” defined?**
 - Per the CDC, for COVID-19, close contact is defined as someone who was within 6 feet of an infected person for a cumulative total of 15 minutes or more over a 24-hour period* starting from 2 days before illness onset (or, for asymptomatic patients, 2 days prior to test specimen collection) until the time the patient is isolated. [What counts as close contact and when should you quarantine?](#)
 - You were within 6 feet of someone who has COVID-19 for a total of 15 minutes or more
 - You provided care at home to someone who is sick with COVID-19
 - You had direct physical contact with the person (hugged or kissed them)
 - You shared eating or drinking utensils
 - They sneezed, coughed, or somehow got respiratory droplets on you

- **If a student or staff member in my child’s class(es) or activities are tested COVID positive, will the entire class need to be quarantined?**
 - Students or staff who come into close contact with a COVID-19 positive individual will be required to self-quarantine for 14 days and may not return to their school site during that time regardless of negative test
 - Attendance policies will be adjusted to allow for the quarantine period and the students will attend LCS at home through our synchronous blended learning opportunity

- **If a student or staff member tests positive, has had symptoms of COVID-19, or is awaiting test results, when may they return to school? Students and staff may return to school when all three of the criteria has been met:**
 - They are fever free for 24 hours **without medicine** AND
 - When symptoms are improved AND
 - 10 days have passed since the first symptoms appeared

- **If a student or staff member tests positive for COVID but has no symptoms, when can they return to school?**
 - After 10 days have passed since the test

- **During the school day (7:30-3:30), who should I contact if a positive COVID test occurs or if close contact with a person testing positive occurs?**
 - If an Elementary Student, contact Nurse Lyndsey Heflin at 918-234-8104
 - If Secondary Student, contact Nurse Monica Wyatt at 918-234-8102

- **After school hours, during LCS practices and activities, who should I contact if a positive COVID test occurs or if close contact with a person testing positive occurs?**



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- *Please contact the team/activity leader immediately and do not attend in person until further notice. The team/activity leader will contact the appropriate LCS designee.*
 - **If either of the scenarios above occur, can siblings or other family members attend the activity, event, or class?**
 - Family members living in the same household may not attend until further information is obtained
 - **What happens in the event of a public health escalation yet no shelter-in-place mandates?**
 - *Plans are fluid but an overview would include:*
 - *Our PK3-8th grades would continue to meet on campus, with location and schedule adjustments, providing essential services are permitted within local and State guidelines as they were previously. Optionally, a parent may choose our virtual synchronous blended learning option.*
 - *For 9-12 grades, a transition to synchronous virtual learning would be seamlessly implemented using the Google Classroom and Educator's Suite of distance learning tools. Athletics, unless otherwise mandated, would continue as normal with adjusted beginning times. All attendance policies will be in place as this is a synchronous learning environment*
 - *LCS staff will be committed to meeting and exceeding expectations in a premier manner with continuous instruction of the curriculum within the virtual platform. Faculty will be continuing training, gathering additional tools and resources to be prepared for optimum student engagement, should virtual learning be required.*
 - **If a student or staff member has tested positive or has had close contact (see definition above) with someone who has tested positive, do they need to inform the school nurse?**
 - *In an effort to perform internal contact tracing, we request, as an extension of our partnership, that any staff member or student who tests positive with COVID-19 or has had close contact with someone who tests positive with COVID-19, to please inform the school nurse. Lincoln Christian School partners with families, staff, and local health officials for contact tracing and reporting as a public health control measure*
 - *If an Elementary Student, contact Nurse Lyndsey Heflin at 918-234-8104*
 - *If Secondary Student, contact Nurse Monica Wyatt at 918-234-8102*
 - *For staff, if after hours, contact your building administrator immediately*
 - **If a student or staff member has tested positive, what is needed to return to school or school activities?**
 - *Please contact the school nurse before returning to school*
 - *If an Elementary Student, contact Nurse Lyndsey Heflin at 918-234-8104*

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- *If Secondary Student, contact Nurse Monica Wyatt at 918-234-8102*

 - **If a close contact exposure has occurred, can a student/staff member return to work, school, or school activity with a negative test?**
 - *No. Students or staff who come into close contact with a COVID-19 positive individual will be required to self-quarantine for 14 days and may not return to their school site or attend on or off campus LCS events/activities during that time.*

 - **If a student or staff member in my child's class(es), activities, or sports are tested COVID positive, would parents be notified?**
 - We work diligently to protect the integrity of people and information in all situations. That being said, you would receive a general notification along these lines:
 - *"Today, we received notification that an individual associated with your child has tested positive for COVID-19. While we must protect the privacy of the person involved, we believe it is best to communicate with you so you can make well-informed decisions for your family.*

There is nothing more important to Lincoln than the safety and health of our students, our staff, and their families. We are working directly with health officials and our medical team to address this situation. We will continue to follow all COVID-related safety procedures.

COVID-19 is transmitted through person-to-person contact and through the exchange of respiratory droplets. As cases are confirmed across the state and our community, we must be vigilant.

Symptoms of COVID-19 include fever, cough and shortness of breath. If you or any member of your family exhibit these symptoms, please contact your medical provider for advice immediately. Symptoms usually appear 2-14 days after exposure.

The CDC recommends the following best practices to help prevent the spread of COVID-19:

- *Wash your hands often with soap and water for at least 20 seconds.*
- *Use alcohol-based hand sanitizer with at least 60% alcohol if soap and water are not available.*
- *Avoid close contact with those who are sick.*
- *Cover your coughs and sneezes with a tissue or your sleeve.*
- *Avoid touching your eyes, mouth and nose.*
- *Disinfect frequently touched surfaces and objects.*

- *Stay at home when you are sick.*
- *Practice physical distancing, leaving at least six feet between you and other people.*
- *Wear a cloth mask in public when physical distancing is not an option.*

Our greatest priority is the safety of our students, staff and community members. It is important to remember that children are greatly influenced by the reactions of adults when facing difficult circumstances. I encourage everyone to remain calm and to be empathic and respectful to those affected. Rest assured, we are taking the necessary steps to maintain a safe and sanitized educational environment and completing contact tracing steps.

We will continue to monitor this situation. If confirmed cases begin to sharply increase, classes and activities may be suspended by activity or completely. Please feel free to contact me at 918-234-8863 or email me tbirch@lincolnchristianschool.com if you have any questions.”

We are grateful for the opportunity to serve you and your family, especially as we face this challenging situation together. Thank you for your support and partnership.”

- ***If I have previously tested positive for COVID and I have a close contact exposure, do I need to quarantine?***
 - *People who have tested positive for COVID-19 do not need to quarantine or get tested again for up to 3 months as long as they do not develop symptoms again. People who develop symptoms again within 3 months of their first bout of COVID-19 may need to be tested again if there is no other cause identified for their symptoms.*

Visitors, Guests, and Parents

- Parents and visitors will not be admitted to the interior of buildings during the school day, or during drop-off or pick-up. Access will be limited to outer office vestibules
 - Requested meetings, parent or staff initiated, will meet via telephone or video conference as a first step. Should an in-person meeting be required as a second step, parents will be screened and escorted to a meeting room. This is temporary and will be evaluated regularly.
 - Special arrangements will be made and communicated for PK3, PK, and K classrooms, parents, and students
- Only essential staff and vendors will be permitted on campus during the day, for example, maintenance and repair personnel. All other vendors will only be allowed to come to campus after school hours.

Question(s):

- **Will alumni be allowed to return for visits?**
 - At this time, alumni will be unable to attend for in-person visits

Food Service

- General precautions during lunch and breaks to prevent crowding and ensure food safety. Lunch time slots will be assessed throughout the first weeks of school with a goal of returning to normal lunchroom operations as soon as possible
- Non-traditional dining spaces will be employed to lessen traffic and reduce mid-size and large group gatherings
- **We encourage all students and staff to bring their lunch daily.** Because of safety considerations, the use of non-traditional spaces, and staffing limitations:
 - we are unable to offer microwaves
 - our traditional à la carte offerings will be unavailable in any capacity
 - **The first two days (Thursday/Friday, August 13/14) of school, students must bring their own lunches**
- Beginning Monday, August 17, we will offer a limited, beginning the year menu for students through traditional ordering methods. When we are able to begin a normal flow, the menu will adjust.
 - Until we can return to normal lunch practices, we will not offer milk or juice and other unpackaged items. Once we are able to return to normal protocols, adjustments will be made
- Currently, lunch prices remain unchanged from previous years at \$4.50 for elementary and \$5.00 for secondary students and all charges placed on your FACTS account

Academics, Student Life, and Admissions/Enrollment

- Normal daily timetable for Elementary; rotating block schedule for MS/HS including, in emergency situations, blending on-campus and online learning for academic subjects
- LCS Administration is hard at work on a schedule that limits traffic in the hallways and allows for smooth transitions between classes. This schedule will be released when complete. We plan on using neutral zone markers for safe traffic flow and to keep traffic moving in one direction on one side where applicable
- Classrooms and Academics
 - Whole Group Instruction – Physical distancing will be observed by creating appropriate desk spacing and ensuring a limit of 24 or less secondary students and 20 or less elementary students during academic classes. In rooms where square footage is limited, room space will be maximized
 - Small Group Instruction – Physical distancing will be observed when possible, with face coverings strongly encouraged
 - One-on-One Instruction and Labs – Face coverings will be recommended for students in grades 7-12 when physical distancing is not possible
 - Field Trips moved to virtual format where possible
- Hallway
 - A ‘Neutral Zone’ will be created, where applicable, in the center of hallways with students directed to walk to the right
 - Elementary teachers will be required to walk with students to ensure proper distancing
 - Teachers of Grades 5 to 12 will be instructed to properly monitor hallways
- Recess
 - Staggered Recess Schedules will be established for Grades PK3-PK, K-2, 3-4, and 5-6
 - All students will be instructed to use hand sanitizer before and after recess before entering the classroom
 - Staggered hand washing breaks will be established after students return to the classroom
 - Playground equipment will be sanitized periodically
- Social Events
 - No large group social events to begin school (*pep rallies, multi-grade assemblies, etc.*) will be held until further notice
 - Meet Your Teacher will be staggered by last name for new and returning students, and may require additional nights. More details to follow
- Chapel
 - Secondary Chapels will begin virtually with the goal to move to an in-person experience with spaced seating and ultimately, a return to normal chapel protocols

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- Elementary grades will be broken into smaller groups for chapel to limit numbers and provide appropriate spacing
 - Sports and Activities
 - Depending on the level of community spread, mandates from authorities, and the LCS School Board, all athletics, electives, and fine arts classes will continue as planned with extra measures taken to ensure the safety of students and staff.
 - When possible, physical distancing must be followed at all times for all players and coaches as well as parents, fans and spectators
 - Congregating before or after training sessions will be prohibited and athletes should follow team staggered arrival and departure guidelines
 - Refer to the “athletics” section below and head coaches for more information

Question(s):

- **Should I bring my kids to school or before/after school athletics/activities if they are not feeling well?**
 - *No. [If you are sick with COVID-19 or think you might have COVID-19](#), (or other suspected communicable health issue), follow the steps listed below to care for yourself and to help protect other people in your home and community. Students experiencing symptoms should make use of the synchronous blended learning opportunities at LCS. Please share notes from Dr. offices/medical treatments for excused absences*
 - *Stay home except to get medical care*
 - *Separate yourself from other people*
 - *Monitor your symptoms*
 - *Call ahead before visiting your doctor*
 - *If you are sick wear a cloth covering over your nose and mouth*
 - *Cover your coughs and sneezes*
 - *Clean your hands often*
 - *Avoid sharing personal household items*
 - *Clean all “high-touch” surfaces everyday*
- **Will there be options for Blended Online Learning?**
 - *We believe the best educational model is personal interaction and direct instruction with students to provide the best educational opportunities. To best accommodate that in uncertain times, we are working on blended options for parents who do not wish to have their students on campus for legitimate reasons e.g. immunocompromised family members, quarantine due to travel,etc. This will be synchronous in nature and is not*

intended to be applied for extended amounts of time or for convenience. Synchronous blended education will allow students and families to experience the same premier educational experience that LCS is known for during times of illness, anxiety, or other health related issues. Again, this is intended to be a temporary opportunity and used as an extreme measure. Classes will begin on time and students must be present the entire time, in-person or virtually with no interruptions.

- **Will there be athletics, fine arts events, and field trips in the coming school year?**
 - *As of now, yes, but some may have to be modified depending on the restrictions from the health agencies and prescribed protocols. We believe these co-curricular programs are essential to the LCS experience and help students thrive.*

- **Are there plans for immunocompromised Students and Staff?**
 - *We are working through plans that would allow these members of our community to still be engaged with learning in a safe and comfortable way, based on age appropriate level.*

- **How will tuition be impacted in the event of situations beyond our control?**
 - *Our traditional school model, whether in-person or virtually delivered, is executed through high-impact, teacher-led daily instruction conducted by highly qualified and trained LCS teachers and staff. That includes all curricular materials, resources, and staff salaries in addition to the ever important component of relational discipleship. In the event of rolling outages, as prescribed by local and federal agencies or the LCS Board of Education, the expectation of education will not be altered, whether chosen by the family or involuntary, which means the tuition agreement, as agreed to, remains intact.*

- **Will before and after-school care be available and will it be affected based on each level?**
 - *Yes, child care will be provided with modifications in response to directives from local health agencies.*

Athletics

Objective

Protecting the health and safety of our student athletes by minimizing the potential spread of communicable diseases within our athletic programs.

Purpose

Ensure protocols are in place for safety and health to protect all student athletes while returning to play for Lincoln Christian Athletics.

Risk Mitigation: Do not attend a practice, workout, or event if any of the following are true:

- An exposure to COVID-19 exists. (an exposure according to the CDC is defined as coming into close contact, 6 ft. or less for 15 minutes or longer)
- You have a temperature of 100.4 or above. (CDC recommends not returning until you have been free of fever for a minimum of 24 hours without fever reducing medicine)
- You show any symptoms of COVID-19; Symptoms from CDC:
 - Fever or chills
 - Cough
 - Shortness of breath or difficulty breathing
 - Fatigue
 - Muscle or body aches
 - Headache
 - New loss of taste or smell
 - Sore throat
 - Congestion or runny nose
 - Nausea or vomiting
 - Diarrhea

Indoors

- Coaches or other supervisory adults must wear a mask or cloth face covering.
- Each person entering the facility must have their temperature checked upon arrival. Any individual with a temperature registering 100.4 degrees or above must not be permitted to stay.
- Hands should be washed or hand sanitizer used prior to entering the facility and touching any equipment.
- Locker rooms and/or restrooms if opened must be sanitized before use and at the conclusion of the workout
- 2 people maximum on any one piece of workout equipment.
- Spotters must wear a mask or cloth face covering.



- Social distancing requirements must be followed; the total number allowed in a weight room must comply with social distancing requirements (exception: a spotter should be permitted to safely spot).
- Any equipment used including weights, balls, bats, helmets, etc. must be disinfected appropriately and regularly. All coaches should regularly rotate and disinfect game balls.
- No shared hydrating bottles, towels, gloves, or any other personal equipment is permitted.

Outdoors

- Coaches or other supervisory adults must wear a mask or cloth face covering.
- Each person entering the facility must have their temperature checked upon arrival. Any individual with a temperature registering 100.4 degrees or above must not be permitted to stay.
- Hands should be washed or hand sanitizer used prior to handling of equipment.
- Locker rooms and/or restrooms if opened must be sanitized before use and at the conclusion of the workout
- Social distancing guidelines must be followed.
- No shared helmets or equipment worn on the head including facemasks.
- No shared hydrating bottles, towels, gloves, or any other personal equipment is permitted.
- Any equipment used including balls, bats, helmets, etc. must be disinfected regularly. All coaches should regularly rotate and disinfect game balls.

Activity Specific Guidelines for Each Sport

CHEER:

- Maintain social distancing guidelines
- Non-player personnel (coaches, managers, athletic trainers and support individuals) should wear a mask as much as possible during practice.

CROSS COUNTRY:

- Masks or face coverings are recommended.
- Non-player personnel (coaches, managers, athletic trainers and support individuals) should wear a mask as much as possible during practice.

FAST-PITCH SOFTBALL:

- Maintain a physical distance of 6 feet when in the dugout during scrimmages.
- Limit batting cage to two people at a time.
- Create separate exit and entrances to the dugout and batting cage if possible.
- Wipe equipment with disinfectant cloths after each half inning when scrimmaging.
- Do not share hydration bottles.
- Maintain social distancing during outfield and infield drills.
- Non-player personnel (coaches, managers, athletic trainers and support individuals) should wear a mask as much as possible during practice.

FOOTBALL:

- Have team meetings in an outdoor environment whenever possible.
- Social distancing should be observed as much as possible during practice. (such as, distance between players in lines, drill spacing on the practice area, break areas)
- Limit the number of large group meetings in confined spaces prior to practice and during practice sessions.
- Consider scheduling practice pods of players with consistent personnel groupings.
- Clean and/or sanitize footballs as needed during practice.
- Clean and/or sanitize practice equipment (blocking and tackling dummies/shields) as needed during practice.
- Structure drill work and instruction to avoid coaching from directly in front of players.
- Consider film /video studying by players to be confined to small groups or individually.
- Consider social distancing when using air-powered whistles for communication purposes.
- Non-player personnel (coaches, managers, athletic trainers and support individuals) should wear a mask as much as possible during practice.

VOLLEYBALL:

- Disinfect the venue and all equipment, including volleyballs, where the activity will take place.
- Players and Coaches should wash and sanitize hands often.
- Do not touch your face, eyes, or mouth with unclean hands.
- Modify drills or activities to limit/reduce violations of social distancing requirements, including but not limited to: high fives, huddles, and team meetings.
- Practice social distancing as often as possible.
- Require all participants to wear a mask except those athletes on the court playing.
- Cover your mouth and nose with a tissue or your elbow if you cough or sneeze.
- Bring hand sanitizer and sanitizing wipes.
- Properly dispose of your personal drinking cups, bottles or utensils used.
- Sanitize all surfaces and volleyballs that were used during activities.
- Non-player personnel (coaches, managers, athletic trainers and support individuals) should wear a mask as much as possible during practice.

Weight Room Guidelines

- Prior to an individual or groups of individuals entering a facility, hard surfaces within facilities will be disinfected with EPA approved cleaning agents to all equipment.
 - **Note**** This process does not eliminate the need for Lincoln coaching staff to clean all equipment prior to and following use but will provide an extra level of support on our cleanliness initiative.
- General cleanings will take place at the end of each session. The designated strength coach and assistants will wipe down bars, benches, racks, and any other equipment used. This will be done between each group that enters the weight room.
- Deep cleanings will be performed and aligned at the conclusion of each day.



- Within our facilities, we position cleaning stations to equip our facilities with supplies to clean for health.
 - Note** This protocol will allow Lincoln Christian Athletics to frequent cleaning for health
- Student athletes shall wash their hands for a minimum of 20 seconds with warm water and soap before touching any surfaces or participating in workouts.
- Hand sanitizer will be available throughout the facilities to all student athletes as an alternative to sanitize hands as they transfer from place to place.
- Athletes will sanitize their hands after each session in the weight room and after each session outdoors.
- The required LC clothing (T-shirt and shorts) shall always be worn in the weight room to minimize sweat from transmitting onto equipment/surfaces. Tennis shoes and cleats shall be worn throughout all indoor/outdoor activities.
- Spotters will wear masks.
- Coaches in the weight training areas/indoor areas will wear masks.
- Electrostatic fogging application will take place as an additional measure to clean for health throughout the week.
- Equipment will be organized in a way that supports social distancing between student athletes.
- If distancing does not exist, outdoor activities on the fields will be identified to address the workout sets to allow to maintain.
- **Within the field house weight room, no more than 28 athletes** will be allowed to occupy space while workouts are being performed. There will be marks on the floor to appropriate proper spacing.
- **Within the WAC weight room, no more than 24 athletes** will be allowed to occupy space while workouts are being performed. There will be marks on the floor to appropriate proper spacing.

Spacing Suggestions

- Staggered locker rooms schedules
 - HS has already been done for you per the new bell schedule. Be familiar with those times so you can be prepared to temperature check and supervise
 - JH stagger by grades or number of athletes
 - Athletes must wear masks while in the locker room
 - No one person should be in the locker room for more than 15 minutes; please push athletes to dress and get out within a 5-minute time frame
- Lockers
 - Contact tracing is huge; the suggestion is to spread your varsity players out away from each other, your JV players etc, (The thought is you do not want all of your QBs to locker by each other and then lose all 3 of them because of contact tracing.)
 - Please provide a chart of where each person lockers or have the lockers clearly labeled
- Coaches
 - Wear a mask at all times both indoors and outdoors



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- Try to avoid a huddle; spread your kids out in a straight line to address them with social distancing in mind
 - Bus/Vans
 - Masks are to be worn at all times during transportation; consider the seating arrangement for this as well.
 - Please keep a seating chart for contact tracing.

Communication

- Please communicate all primary and secondary exposures to the Athletic Department. We will notify parents, building administrators, school healthcare personnel and Human Resources of positive Covid-19 cases and/or possible exposures to Covid-19.
- Please keep us informed of all situations involving kids missing practices or games because of symptoms or possible exposures.
- The Athletic Department, along with school healthcare personnel and Human Resources, will be responsible for contact tracing.

****Due to the fluidity of the COVID season, this plan is subject to change as new information and protocols are discovered, enhanced, and released from federal, state, and local agencies or as deemed appropriate by LCS. This document will be updated as new information becomes available.***