

# **Rich Township High School District 227 Athletic Guidelines and Operations**



**Mr. Matthew Shank, Director of Athletics, Activities, and Transportation**

**Mr. Omari Garrett, Division Lead for Athletics, Health and Wellness – FAC Campus**

**Mr. Keith White, Division Lead for Athletics, Health and Wellness – STEM Campus**

# Table of Contents

IDPH All Sports Policy .....Page 3  
IHSA Guidance and Schedule.....Page 4  
Rich Township Session Parameters ..... Page 5 and 6  
Online Registration Instruction ..... Page 7 and 8

On Friday, January 22nd, the Governor’s Office along with the Illinois Department of Public Health presented a revised All Sport Policy for the state of Illinois. The All Sports Policy has categorized sports based on their inherent risk level, dictated by the amount of contact between athletes and their proximity during play.

Below is a chart indicating the risk level and their limits, along with spectator limitations for each category.

	<b>Phase 4</b>	<b>Tier 1</b>	<b>Tier 2</b>	<b>Tier 3</b>
<b>Low-Risk Sports</b>	Non-conference contests, out-of-state contests, tournaments & State Series allowed	Non-conference contests, out-of-state contests, tournaments & State Series allowed	Contests allowed within conference & region	Pause all practices & contests
<b>Moderate-Risk Sports</b>	<i>Outdoor Sports Only (Indoor remain at Tier 1 mitigation):</i> Non-conference contests, out-of-state contests, tournaments & State Series allowed	Contests allowed within conference & region	Practices & intra-team scrimmages allowed. No contests or scrimmages vs. other schools	Pause all practices & contests
<b>High-Risk Sports</b>	Contests allowed within conference & region	Practices & intra-team scrimmages allowed. No contests or scrimmages vs. other schools	No contact practices & training	Pause all practices & contests

**\*\*\*The IHSA Board will meet January 27 to confirm schedule for remainder of the school year. Current winter sports schedule is located below\*\***

**\*\*Rich Township will not be allowing spectators. \*\***

**\*\*As of January 27<sup>th</sup>, Rich Township’s region was in Tier 1\*\***

Below is the link to the full Illinois Department of Public Health.

<https://www.dph.illinois.gov/covid19/community-guidance/sports-safety-guidance>

On Wednesday, July 27<sup>th</sup>, with guidance from the IDPH and the Governor’s Office, IHSA presented proposed schedule for the remainder of the 2020-2021 school year.

<b>Sport</b>	<b>IDPH Risk</b>	<b>Practices Start</b>	<b>Practice Dates Before Games</b>	<b>State Series</b>	<b>End Date</b>
Boys/Girls Basketball	Higher	ASAP	7 dates	No State Series	13-Mar
Boys Swimming & Diving	Lower	ASAP	7 dates	No State Series	13-Mar
Dance	Lower	ASAP	7 dates	Virtual (2/27 & 3/6)	13-Mar
Cheerleading	Lower	ASAP	7 dates	Virtual (3/6 & 3/12)	13-Mar
Boys/Girls Bowling	Lower	ASAP	7 dates	No State Series	13-Mar
Girls Gymnastics	Lower	ASAP	7 dates	No State Series	13-Mar
Badminton	Lower	ASAP	7 dates	TBD	3-Apr
Boys Soccer	Moderate	1-Mar	7 dates	No State Series	17-Apr
Football	Higher	3-Mar	1st Game March 19	No State Series	24-Apr
Girls Volleyball	Moderate	8-Mar	7 dates	No State Series	24-Apr
Boys Gymnastics	Lower	15-Mar	7 dates	TBD	22-May
Boys/Girls Water Polo	Moderate	15-Mar	7 dates	TBD	29-May
Baseball	Lower	5-Apr	7 dates	TBD	19-Jun
Boys/Girls Lacrosse	Higher	5-Apr	7 dates	TBD	19-Jun
Girls Soccer	Moderate	5-Apr	7 dates	TBD	19-Jun
Softball	Lower	5-Apr	7 dates	TBD	19-Jun
Boys Tennis	Lower	5-Apr	7 dates	TBD	19-Jun
Boys/Girls Track & Field	Lower	5-Apr	7 dates	TBD	19-Jun
Boys Volleyball	Moderate	5-Apr	7 dates	TBD	19-Jun
Wrestling	Higher	19-Apr	7 dates	No State Series	12-Jun

**\*\*NOTE: All information is subject to change depending on COVID Region\*\***

As we receive further guidance from our governing bodies, we will make changes to our plans and communicate those out using the following outlets:

Twitter: @RTHS\_Athletics  
Athletics Website: [il.8to18.com/RichTownship](http://il.8to18.com/RichTownship)  
District Website: <http://www.rich227.org/ActivitiesAthleticsTransportation.aspx>

### **Practice/Competition Parameters**

Sessions will meet the following guidelines:

- Face coverings must be worn at all times.
- Maintain social distancing by being 6 feet apart during participation.
- Implement diligent and effective cleaning and disinfecting of frequently touched objects and surfaces following the [CDC guidance](#).

### **Student Guidelines**

Students must:

- Register on 8to18: [il.8to18.com/RichTownship](http://il.8to18.com/RichTownship)
- Have a current physical on file
- Bring and use their own equipment
  - Water bottles
  - Shoes
  - Towels
- Wash their hands before and after participation

**\*\*No locker rooms or water fountains will be used\*\***

### **Health and Hygiene Requirements**

All coaches will be a D227 employee. Volunteer coaches must go through the necessary screening requirements prior to working with a program. Please have them visit the employment link on the website to complete a volunteer application.

All coaches will have follow district protocols regarding temperature and COVID questionnaire prior to attending practice/competitions.

All coaches will:

- Wear face coverings at all times
- Follow hand hygiene instructions and/or wear gloves
- Follow high touch cleaning protocols to wipe down areas after use

All coaches and athletic administrators will monitor student health as follows:

- Monitor athletes at the start of practice/competition for temperature >100.4 F with the non-touch thermometers and for COVID-19 symptoms (fevers, chills, cough, muscle aches, headache, sore throat, runny nose, nausea, vomiting, diarrhea, or loss of taste or smell)
- Complete and maintain a daily [Student Check In/Check Out Log](#) for every practice/competition.
- Students exhibiting symptoms cannot participate for 10 days.

**\*\*NOTE: Any individuals who have had close contact (15 min. or more) with any other person who is diagnosed with COVID-19 must quarantine for 10 days after the last/most recent contact and should seek a COVID-19 test.**

### **Daily Cleaning Regimen**

- Buildings and Grounds will:
  - sanitize all shared athletic equipment **before and after practice/competitions** with the district approved cleaning solution. i.e. basketballs, wrestling mats, etc.
  - Designated restrooms that will be used and cleaned during the session
- Sanitization wipes will be available for coaches to clean:
  - shared equipment after every use
  - Athletic buses

### **Transportation**

A shuttle will be provided to all students participating in hybrid learning to get from one campus to another depending on their practice site.

For example, a student at the STEM campus who needs to attend practice at the Fine Arts and Communications campus will be shuttled and vice versa.

There will also be activity bus routes for students to get home after practice. All transportation information can be found on the district website:

<http://www.rich227.org/ActivitiesAthleticsTransportation.aspx>

## **Return to Play After COVID-19 Infection**

The following is to help athletes and coaches make a safe return to participation. Athletes who test positive must quarantine for their prescribed number of days and be released by a physician before returning to play.

All athletes should return to play gradually and should work with their physician to determine at what level. When possible, the progression should be done under supervision of an athletic trainer, school nurse, or other appropriate health care provider. If any symptoms develop during the athlete's return to play progression, they should stop activity and return to their physician for reassessment.

- Stage 1: Light Activity (Walking, Jogging, Stationary Bike) for 15 minutes or less at a light intensity. No resistance training.
- Stage 2: Add simple movement activities (e.g. running drills) for 30 minutes or less at a moderate intensity.
- Stage 3: Progress to more complex training for 45 minutes or at a moderate intensity. May add light resistance training.
- Stage 4: Normal Training Activity for 60 minutes or at a moderate intensity progressing to high intensity.
- Stage 5: Return to full activity.

\*This is all at the discretion of the prescribing physician.

Cleared for full participation by Physician licensed to practice medicine in all its branches in Illinois (MD/DO), Advanced Practice Nurse (APN), or Physician Assistant (PA). A Certified Athletic Trainer (ATC) can oversee the return to play procedures after clearance from an MD/DO, APN, or PA:

Additional resources for providers:

<https://jamanetwork.com/journals/jamacardiology/fullarticle/2772399>

<https://services.aap.org/en/pages/2019-novel-coronavirus-covid-19-infections/clinical-guidance/covid-19-interim-guidance-return-to-sports/>

Online registration is used for all athletics, competitive & non-competitive activities. The following are instructions on how to complete online registration.

Enter the following URL directly into the search bar in your <http://il.8to18.com/richtownship>



Click Registration.

### Rich Township High School Registration

Welcome to the Rich Township High School online registration.

You will manage your participants upon registration from here, and receive important and relevant notifications from Rich Township High School. Register as a Parent below. You **must be a parent/guardian** to create this account and start the process. Please write down your login as you will use this to register each time.

Log Me In      Create An Account

Email:

\* Password:

Let's Go!

[Did you forget your password?](#)

You will need to log in if you already have an account or create a new account. After you have logged in, you will need to follow the instructions on the next page.



- Click on “Begin Registration”
  - “Select Activity”
- Choose the sport your child will be trying for/participating in.
  - “Select Participant”
- Add a New Participant (or choose your child once created)
  - **All information on this page is for the student, i.e. cell phone, email**
  - “Roster Details”
    - You may be asked for t shirt size
    - Height and Weight will be used for rosters
  - “Primary Parent/Guardian Information”
  - Fill out the Parent information on the next page.
- Physical Form
  - If you need a form to take to the doctor you may print it here.
  - **Remember your athlete must have a current physical in order to begin tryouts/practice.**
- Legal Form
  - At this time by clicking on the boxes, you are agreeing and consenting to all information provided.
  - You may click on the form to read or print. Please note that when there is a parent/guardian and student check box- they must both be checked to move forward.
  - **Please DO NOT turn in any forms filled out.**
- Summary
  - At this time you can see what you have registered for.
- Click on “Finish” to complete your registrations

**If you have any questions or concerns, please contact:**

**Fine Arts and Communications Campus**  
**Omari Garrett, [ogarrett@rich227.org](mailto:ogarrett@rich227.org), (708) 679-3159**  
**STEM Campus**  
**Keith White, [kwhite@rich227.org](mailto:kwhite@rich227.org), (708) 679-5794**