

# **Flintridge Preparatory School**

## **Indoor Return to Play Safety Plan**

### **General Protocols**

The school will communicate all safety protocols with the coaches, student athletes, parents and spectators prior to allowing anyone in the gym. Masks are to be worn and social distancing protocols observed at all times.

Only one team at a time will be allowed in the gym for practice with their coaching staff. There will be a 15-minute window between practices, giving time for the area to be cleaned and sanitized for the next team. There will be no locker rooms in use during games and practices; athletes will show up to school ready to play. There will be no water fountains available, all athletes and coaches will be asked to bring their own water.

Each member of a team will sign an “Informed Consent Waiver” advising them about the dangers of playing high contact sports. All team members are required to complete the Daily Check-In (see below), wash hands regularly throughout practices or matches, and wear a mask at all times, as tolerated, while playing or practicing.

During games there will only be the two competing teams in the gym and a limited number of spectators. The number of spectators will not exceed the number that the county will allow for indoor venues based on the 10% rule for our gym size. Spaces will be designated for each team, using separate entrances to avoid direct contact between teams. There will be no mixing between the teams (other than during a game) or other members of the opposing team’s community on our campus or when traveling, on the host team’s campus.

Any modifications to this safety plan will be communicated to team participants, their families and the public as needed.

### **Daily Check-In and Self-Screening with Magnus Health**

- All indoor athletes, coaches and support staff must complete the COVID-19 assessment, including an at-home temperature screening, using the Magnus Health app prior to arriving on campus. Athletes should have their parents fill out the assessment **and take a screenshot of the GO page and send it to students for Flintridge Prep staff to see.**
- If anyone arriving to campus answers yes to any of the questions on the Magnus Health app, they may not come to campus and should contact a primary healthcare provider for clearance prior to coming back to campus.
- Guest teams, coaches and spectators arriving on campus for competition must comply with the in-person COVID-19 screening procedures.
- Anyone arriving to campus without having completed the COVID-19 screening will be sent home immediately.
- Anyone with a temperature registering 100 degrees or higher will be sent home immediately.
- Upon entering the gym all athletes and coaches will sanitize their hands and repeat this process during every water break.

## **Testing Protocols**

Flintridge Preparatory School has partnered with OmniPathology to provide weekly PCR testing for participants, coaches and support staff. These PCR tests will be performed by medical personnel's using a nasal swab. The test is quick and painless, though it may tickle. Anyone experiencing symptoms should seek medical attention and not come to campus for any reason.

Results will be delivered via email about 24 hours after the test. If an individual taking the school's PCR test is positive for COVID-19, the school will be notified, will share the results with the individual and/or their parents, and will observe county protocols with respect to contact tracing.

If someone gets sick while on campus, we will follow the protocols as established in our Return to School Plan.

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## **Specific Safety Plan**

### **Crawford Family Gym**

Based on our comprehensive risk assessment of the Flintridge Prep Gym, below are some specifics regarding air flow, air circulation and maximum occupancy:

- Gym square footage: 7,328
- Gym listed maximum occupancy (during non-COVID times): 746
- Gym HVAC system: 30-ton forced air twin unit; MERV-13 equipped
- Gym HVAC system has been inspected by an HVAC Specialist and is in good working order.

Ventilation protocols include HVAC filter upgrades to MERV-13 providing 95% viral capture rate, with a minimum of 4 Air Changes per Hour (ACH). Higher ACH (6 or better) will be achieved by using air fans. Maximum occupancy is limited to 10% of the established building code occupancy maximum. 10% maximum occupancy allows 75 people in the gym.

Precautions we will be taking in the gym prior to and between usage:

- The exterior fans and exhaust system will be running anytime we have athletes in the gym increasing the level of air circulation in the gym.
- There will be a 15-minute window between practices where the gym will be sanitized prior to the next team entering the facility.
- There will be no locker rooms in use during games and practices, athletes will show up to school ready to play.
- During games, only the two competing teams will be in the gym and a limited number of spectators. The number of spectators will not exceed the number that the county will allow for indoor venues based on our gym size. Spaces will be designated for each team, using separate entrances to avoid direct contact between teams.
- There will be no water fountains available, all athletes and coaches will be asked to bring their own water.
- Masks will be worn at all times while on the sidelines. Players during the games will wear masks as tolerated.
- The Athletic Director Sean Beattie, Assistant Athletic Director Russell White and Head Athletic Trainer, Andres Alamillo will be responsible for implementing this plan and for responding to any COVID-19 concerns for athletics overall and for each team as applicable.

For further detail regarding Flintridge Preparatory School Return to Campus Plans:

<https://www.flintridgeprep.org/page.cfm?p=1078>

On-Campus Safety Plans:

<https://docs.google.com/document/d/1wajVvvCtsvQVkiC5SbqGzaBTjvQPO9jUlqFnDPcqLU0/edit#heading=h.6b9zhjjqo0ri>