

## **Athletic Participation Guidelines as of May 26, 2020**

1. All participation is optional and voluntary. Mandatory participation will not be suggested or implied in any way.
2. Before any participation may occur, the coach must be in possession of the following from each athlete and/or parent/guardian.
  - a. Up-to-date physical form
  - b. Signed permission slip for summer participation (see enclosure)
3. During the session the following guidelines will be strictly adhered to:
  - a. Limit entrance and exit to the facility to one monitored point.
  - b. Upon first entrance, all persons will have temperature checked and answer 5 health questions(see permission slip). Keep a daily log on file.
    - i. If the temperature reads “99” or above on a no-touch thermometer or the answer to any of the 5 questions is “yes”, the person will be asked to leave immediately.
    - ii. The person above will be monitored until departure to ensure no contact with any other person.
  - c. Entrance to the facility is limited to coaches, athletes, and essential personnel only.
  - d. All persons will maintain a social distance of no less than 6 feet.
  - e. Groups will be limited to 10 persons to include coach(s).
    - i. Multiple groups of 10 are allowed provided the area is sufficient for social distancing of no less than 6 feet
    - ii. Record attendance by group and date. Groups within a single session are not to intermingle and should remain consistent throughout the session.
    - iii. All activities that require direct contact, spotters, or sharing of less than 6 feet of social space is prohibited.
    - iv. Rotation of groups within facilities must maintain the minimum 6 feet of social distancing and be conducted with exposure and sanitation precautions taken.
  - f. Surfaces will be sanitized according to the attached CDC sanitation protocols.
    - i. Once any equipment surface is contacted, it must be sanitized before contact with another person. This includes weights, benches, jump ropes, mats, etc (ALL EQUIPMENT SURFACES).

- ii. Activities that require sharing of un-sanitized surfaces such as balls for throwing and catching, must adhere to the following guidelines:
  - 1. Ball must be sanitized before and after the activity for each group (see attached protocols)
  - 2. Athletes must wash their hands before the activity
  - 3. Athletes must wear a mask throughout the activity (if athlete does not have a mask, one must be provided and cannot be shared)
  - 4. It must be emphasized and monitored that athletes DO NOT touch any part of their exposed face during the activity.
  - 5. Athletes must wash hands immediately after the activity but before the removal of the mask
    - f. These precautions are taken to prevent touching of the face during the activity
    - g. This will allow for use of balls for specific drills
    - h. These activities should be limited in duration and scope (fewer involved per ball / per session the better)
- iii. It is suggested that each person supply his/her own water bottle and avoid drinking machines.
- iv. Sharing of water bottles or any other personal items (helmets, protective equipment, etc) is strictly prohibited.
- v. Limit touching of surfaces such as door / faucet handles, hand-railings, and other facility surfaces as these **must** be sanitized between sessions using attached protocols.
- vi. ALL sanitation procedures must be documented to include the following:
  - 1. Time of sanitation
  - 2. Area sanitized (locker room, weight room, equipment, etc)
  - 3. Method used (see protocol options attached)
  - 4. Time of next contact
    - f. Ensure enough time for proper disinfection (read labels)
    - g. Ensure enough time for proper drying of surfaces
  - 5. A daily log must be kept on file.
- g. After the session
  - i. Handwashing is encouraged.
  - ii. Athletes will leave the facility immediately after dismissal.
  - iii. Time between sessions will allow for sanitation of facility and equipment and ensure no cross-contact or intermingling between groups of previous session.
  - iv. Clothing and gear must be laundered between sessions.