



Return to Athletics

Athletics are a fundamental part of education teaching teamwork, mastery, dedication, leadership, and perseverance among so many other important skills and traits. The health and safety of all of our student-athletes are paramount and since athletics requires close quarters between athletes, we have developed protocols and procedures for a return to team sports.

We will resume specific team activities on campus on May 26, 2020. These schedules and activities are subject to change at any time.

Protocols and Procedures:

Entry policy:

- Upon arrival on campus, student-athletes will park or be dropped off in the high school parking lot. There will be a tent located between Thompson Hall and the Patriot Store for temperature screening and check-in. There will be no student parking or drop-off by the gym. If it is raining, the screening entrance will be through High School Student Services.
- At the tent, there will be a staff member who will lead our student-athletes through the entry process of having their temperature taken before they are allowed to enter the building. Student-athletes who arrive more than 10 minutes late will still need to be screened and should text the number that is posted at the entry tent. Once they have texted this number, they will need to wait at the tent for the staff member on duty.

Entry will be denied to any person who meets any of the following criteria:

- A temperature of 99.8

- Signs or symptoms of a respiratory infection, such as a cough, shortness of breath, sore throat, and low-grade fever
- In the previous 14 days has had contact with someone with a confirmed diagnosis of COVID-19; is under investigation for COVID-19, or is ill with a respiratory illness
- In the previous 14 days has traveled internationally to countries with widespread, sustained community transmission

If someone tests positive:

- They will not be allowed to return to campus until they have a negative test and are cleared to return to work/school by their physician—at that time they would have to submit their physician's clearance in writing.
- All individuals who have been in contact with the infected person will be quarantined and not allowed to return to campus for 14 days. Additionally, they will need to be tested, cleared, and provide clearance in writing prior to being allowed to return to campus.

All coaches, students, athletics healthcare providers and other personnel ***should practice adequate hygiene, including frequent hand washing, frequent cleaning of surfaces and equipment and covering the mouth during coughs and sneezes.***

Sharing of water bottles, clothing and towels is prohibited. Student-athletes are encouraged to bring their own personal water bottle. In the event this does not happen, coaches and training staff should provide disposable cups or bottles that are not to be shared. If reusable bottles must be used, they must be limited to a single individual per session and they must be appropriately cleaned and disinfected after each practice.

Cleaning Procedures:

PBS, the school's cleaning service, will clean and disinfect at night, and the coaching staff along with the MRA janitorial staff will clean throughout the day. Additionally, there will be a CDC-approved cleaning solution and paper towels at all stations for the student-athlete to use between workouts. Proper hygiene

practices will be reviewed with each team and will be a requirement for participation.

General Schedule

The return of athletics will follow this schedule:

1. Strength training, speed work, and conditioning
2. Specific sport skill work
3. Limited teamwork
4. Full teamwork

Team Activities Schedule Starting Tuesday, May 26:

Football:

Varsity Football (Monday - Thursday)

7:30 - 9:00 weights/conditioning

9:00 - 10:30 skill development

Jr. High Football (Tuesday, Wednesday, Thursday)

9:30 - 11:00 weights/conditioning

11:00 - 12:00 skill development

7th Grade Football (Tuesday, Wednesday, Thursday)

10:00 - 11:00 skill development

11:00 - 11:30 weights/conditioning

*Social distancing will be practiced

Baseball:

Monday

12:00 - 1:00 - weights/conditioning

1:00 - 2:00 - skill development*

Tuesday, Wednesday and Thursday

3:00 - 4:00 - weights/conditioning

4:00-5:00 - skill/development*

*Social distancing will be practiced whether in the cage, bullpen or on the field.

Basketball:

Boys - (Tuesday, Wednesday, Thursday)

12:00 - 1:30 weights/conditioning

1:30 - 3:00 skill development*

Girls - (Tuesday, Wednesday, Thursday)

1:30 - 3:00 weights/conditioning

3:00 - 4:00 skill development*

*Basketball will be 2 players per goal, each with one basketball

Soccer:

Boys - (Tuesday, Wednesday, Thursday)

12:00 - 1:30 weights/conditioning

TBA - skill development*

Girls - (Tuesday, Wednesday, Thursday)

1:30 - 3:00 weights/conditioning

TBA - skill development*

*will follow the outdoor guidelines with no more than 20 in a group on each end of the field

Volleyball: (Tuesday, Wednesday, Thursday)

1:30 - 3:00 weights/conditioning

TBA - skill development*

*will follow indoor guidelines

Cross Country:

Boys - (Tuesday, Wednesday, Thursday)

12:00 - 1:30 weights/conditioning

TBA - skill development

Girls - (Tuesday, Wednesday, Thursday)

1:30 - 3:00 weights/conditioning

TBA - skill development

Softball:- (Tuesday, Wednesday, Thursday)

1:30 - 3:00 weights/conditioning

TBA - skill development*

*Softball will begin working out in cages and on a field.

Cheer:- (Tuesday, Wednesday, Thursday)

1:30 - 3:00 weights/conditioning

TBA - skill development

Dance:- (Tuesday, Wednesday, Thursday)

1:30 - 3:00 weights/conditioning

TBA - skill development

Golf:- (Tuesday, Wednesday, Thursday)

12:00 - 1:30 weights/conditioning

TBA - skill development

Tennis:

Boys - (Tuesday, Wednesday, Thursday)

12:00 - 1:30 weights/conditioning

TBA - skill development

Girls - (Tuesday, Wednesday, Thursday)

1:30 - 3:00 weights/conditioning

TBA - skill development

Track and Field:

Boys - (Tuesday, Wednesday, Thursday)

12:00 - 1:30 weights/conditioning

TBA - skill development

Girls - (Tuesday, Wednesday, Thursday)

1:30 - 3:00 weights/conditioning

TBA - skill development

While this is the initial Return to Athletics plan, all of this is subject to change.

Notes: Weight Room - 18 student-athletes in the weight room (1 per station), along with 18 in a station outside, and possibly another 18 in a 2nd outside the station.