



Good Morning Principals, Athletic Directors, Coaches, & Band Directors

Please see below the plan laid out for the month of July. With the Governor's announcement regarding contact sports much of what we had hoped to outline was rolled back. All our sports in Middle and High School are now permitted to begin training, try-out and practicing within the guidelines provided below.

July

Prior to beginning any athletic activity student-athletes must have a completed physical. Although TSSAA has granted an extension on all current physicals, we feel it is in the best interest of our student-athletes to have a medical professional exam and clear them prior to resuming athletic activity at our facilities. This is not required for band students.

All schools are to submit their return to athletics and arts plan to the District Athletic Director. The plan must be reviewed and approved before any activity can take place. This plan must include practices times, locations, responsibilities, documentation/filing, accountability measures, and areas that will need to be covered by custodial staff for each team.

Students who have updated physicals will be permitted to begin training, try-out and practicing for their respective teams. During this time coordinating of training and try-out times will need to be organized at each respective school.

- During the month of July priority is to be given to Fall Sports, followed by Winter and then Spring sports.
 - Fall Sports will be permitted to practice 6 days a week during time allotted
 - Winter Sports will be permitted to practice 5 days a week during time allotted
 - Spring Sports will be permitted to practice 5 days a week during time allotted
 - Band will be permitted to practice 5 days a week during time allotted
- There are to be no more than 15 people (band director/coaches and players) per team/band practicing or training at a time per group
 - Where social distancing can be maintained 50 or more people outside may be present during workouts/training/practices per designated area or areas
 - Where social distancing can be maintained 50 or more people inside may be present during workouts/trainings/practices per designated area or areas
 - Each training/practice group is to have 1 coach/director and no more than 14 students
 - In instances where there are multiple groups inside or outside there must be noticeable distance and separation between groups
 - At all times is there to be an MCPS employee or approved volunteer with a group of students
- During Workouts, trainings, or practices the same students are advised to remain together. We understand that this may pose challenges to the flow of practice/training however, this ensures limited exposure if someone develops an infection and will help to prevent having to shut down your program for 14 days.

- While in the weight room social distance is always to remain. In instances where this is not feasible the numbers must be reduced to meet social distance requirements. Coaches and Athletes serving as spotters are required to wear mask when spotting.
- All Student Athletes and Band Members will be required to wear a mask. **When physical activity is taking place, members are to remove mask from face.** During group discussions and or in spaces where social distancing is compromised (restrooms, locker rooms, group discussions waiting on rides etc.) mask must be worn.
- During no time is there to be any activity that requires physical contact.
- Per Maury Regional Hospital any student athlete receiving athletic training services should be wearing their own mask. All ATC's will have their temperatures checked daily, at a MRMC clinic prior to seeing athletes. All ATC's will be wearing a mask during work hours.
- Practice/Training/Workout schedules are to be on shifts. For example, 8am-12pm will be the first shift and 2pm to 6pm will be the second shift. Schools who have band programs must factor them into the schedule. Student Athletes/Band Members are permitted to participate in both shifts per day. The 12pm-1:45 pm time is for cleaning and disinfecting from our cleaning staff at each of our respective schools. This process will be repeated at the end of each day. If you need a time outside of time allotted, please submit for approval. Special provisions need to be made for Student-Athletes who compete in multiple sports or band students who are also athletes.
- To the best of your ability activities should adhere to social distancing requirements and no activity should involve close contact of players and or coaches.
- All Athletes/Band Members need to be made aware there is no arriving early or staying late. All programs should have their own entrances, exits and designated pick-up and drop off locations.
- Athletic facilities such as locker rooms and outdoor restroom facilities typically not cleaned by our cleaning staff need to be included on the list for cleaning.
- Per TSSAA contact sports at our member schools cannot have any competition or scrimmages with other schools and cannot have close contact activities.
- At this time, we have not made a decision regarding non-contact sports as it pertains scrimmages, travel etc.

Responsibilities

Central Office and School Level Responsibility:

- Create and distribute protocols to student athletes and band members
- Have an effective communication plan in place; identify strategies for working with public health to notify adult leaders, students, and their families if the organization learns a participant or has developed COVID-19 and may have been infectious to others while at a sports or band related activity, while maintaining confidentiality.
- Have an action plan in place, in case of a positive test.
- Be sensitive and accommodating to parents that may be uncomfortable with returning to practices too quickly.
- Train and educate all staff on protocols and requirements, including state and local regulations, CDC recommendations, and other necessary information.
- Be prepared to shut down and stop operations.
- Develop plans for temporary closure of facilities to properly disinfect
- Provide adequate space for social distancing. Provide hand sanitizing stations and waste receptacles.
- Weekly walk-through assessments to ensure all protocols are being followed
- Central Office will provide thermometers, cleaning, disinfecting and sanitizing products for uses on equipment after use.

- Develop a relationship and a dialog with local health officials to identify areas of risk

Coach/Band Director Responsibilities:

- Ensure the health and safety of the athletes and band members.
- Inquire how the athletes/band members are feeling, send them home should you believe they act or look ill.
- Follow all state and local health protocols.
- Ensure all athletes/band members have their individual equipment (ball, water, bag, etc.)
- Coach is the only person to handle necessary training/practice equipment
- Instances where equipment will be shared (footballs, baseballs, bats) proper sanitizing and disinfecting must be done by coaches between uses and at the conclusion of use.
- Ensure all social distancing requirements are being met.
- Required to wear a face mask when social distance requirements are compromised
- Perform temperature checks and go over COVID-19 questionnaire.
- Have fun, stay positive – players and parents are looking to you to stay calm, supportive, and caring during this time.
- Failure to comply with outlined protocols and procedures will result in disciplinary action.

Parent Responsibilities

- Ensure child is healthy, check your child's temperature prior to any training session.
- Limited or no carpooling.
- Must stay in car or return at designated time to pick up child. No parent is allowed at our facilities.
- Ensure child's clothing is washed after every training session.
- Ensure all personal or borrowed equipment is sanitized before and after every training.
- Notify school immediately if your child becomes ill for any reason.
- Be sure your child has necessary sanitizer with them at every training and practice.

Player Responsibilities:

- Wash hands thoroughly before and after training or practice.
- Bring and use hand sanitizer at every training or practice.
- Required to wear mask before and immediately after all training or practices. Mask must always be in participants possession. This will allow for immediate covering of face when social distancing is compromised.
- Do not touch or share anyone else's equipment or personal items.
- Instances where equipment must be shared (throwing baseball, volleyball, football) players will need to sanitize hands before and after use.
- Practice social distancing, place bags and equipment at least 6 feet apart.
- Wash and sanitize all equipment before and after every training.
- No group celebrations, no high 5's, hugs, handshakes, etc.
- Failure to comply with outlined protocols and procedures will result in disciplinary action.

At no time during this phase will any student, coach or band director be penalized for not feeling comfortable with returning to athletics or band. It is important to also note, that TSSAA guidelines are to be followed.