



COVID-19 GUIDELINES

First and foremost all programs are optional. All participants are participating by their own choice. If anyone is uncomfortable with participating, please do not participate. Please know you play an important role in the safety of this process. We ask that all individuals take responsibility in doing their part.

After school athletics-

- If you are sick, or have any symptoms, **STAY HOME**
- If someone in your household is sick, or has any symptoms, **STAY HOME**
- At risk youth or those with closely related at risk adults, **SHOULD NOT PARTICIPATE**
- It is the responsibility of parents and students to discuss proper distancing expectations prior to practice days
 - Students should wear their masks until practice begins and upon the dismissal process
 - Wearing masks during practice is optional
 - Staff and students will have temperature checks- anyone over 100 degrees will be sent home
 - There will be multiple checks to make sure there is an accurate reading
 - Coaches will wear masks
 - All athletes and coaches must stay six feet (6) apart when possible
 - No high fives, fist bumps, or hugs
 - Students may be asked to leave class if they cannot follow the rules
 - Bring your own water bottle for use during practice- no use of drinking fountains
 - Only one student may use the bathroom at a time
 - Parents will not be allowed to watch programming
- Students will be required to clean their hands prior to and following athletics
- Sessions will have smaller class capacities based on the practice space to allot for limited contact through social distancing
 - Students will be split into smaller groups and or separated in activities to maintain proper social distancing
 - Activities will focus on individualized training, sharing of the ball through space, agility and speed training, and small groups activities.
- Only the coaches are allowed to set up and clean up equipment
- Equipment will be cleaned at the end of each day
 - Equipment will be cleaned prior to a new class