



AFTER SCHOOL ATHLETICS COVID-19 GUIDELINES

Parents and students should discuss these guidelines prior to participation:

All programs are optional and therefore all participants are participating by their own choice and or at their parent/guardians discretion.

- If anyone in your household is sick or has symptoms, please **STAY HOME**.
- Practice physical distancing when and where possible.
- Masks are not required.
 - For those who prefer wearing a mask, please feel free to do so at your own discretion.
- Equipment will be cleaned regularly.

It is recommended that-

- At risk individuals **SHOULD NOT PARTICIPATE**.
- Everyone cleans their hands regularly. Hand sanitizer is available amongst the coach's equipment if necessary for use.

* Guidelines are subject to change per national, state and local guidance.