



## Covid-19 Athletics Workouts/Practice Guidelines

### MSA and PLC site:

#### Prior to a Athletic Program's Workouts/Practices beginning:

- Parental consent forms and conditioning contact forms must be passed out to student -athletes, and must be signed and returned to head coach
- All returned forms must be filed and saved in each team's individual binders
- Only those who have returned signed consent and parental contact forms will be allowed to participate

#### On Days of Workouts/Practices:

- 6 feet mandatory social distancing upon student-athlete check-ins at **Door Entrance #2 (MSA campus)**
- 6 feet mandatory social distancing upon student-athlete check-ins at **back athletics wing entrance (PLC campus)**
- **Head Coach or designated coach of choice** is responsible for completing temp checks and symptom screenings daily
  - Coaches must use thermometer checker (temp should be 100.4 or under)
  - The coach who temp checks student-athletes must wash their hands and use disposable gloves and face masks prior to starting temperature check-ins
  - Any temp that is **higher than 100.4 F or any student athlete who expresses negative symptoms from their screening questions are automatically dismissed**. They'll be advised to see a doctor and complete a Covid-19 test before being allowed to return.
  - ***Every student-athlete has to complete a Covid-19 symptom screenings daily and all records must be saved***
  - Students **MUST** wash their hands immediately following their check-in (sanitizer should be used outside the restroom as well)
  - There is **no sharing of water bottles, towels, etc.** Student-athletes and coaches are responsible for their own supplies.
- There is a **cap of 25 student-athletes and coaches total per team for indoor workouts (scholar café/family room at MSA)(Main and Small Gym at PLC)**
  - **Cloth face coverings are mandatory indoors for all student-athletes and coaches** who participate in workouts (disposable masks are available in the event staff/students aren't equipped with one)
- There is a **cap of 50 student-athletes and coaches total per team for outdoor workouts (PLC or MSA field)**
  - Cloth face coverings are not required for student-athletes and coaches **if proper social distancing is maintained, but required if not**
- Restrooms are only accessible **on the 1st floor on the north wing of the building (MSA)**
- Restrooms are only accessible **on the 1st floor in the athletics wing only. (PLC)**



# Perspectives

*We live a Disciplined Life.\**

- **Under no circumstances can student-athletes access the main building at PLC. They must enter and exit out of the athletics wing entrance to and from practices. (Back)**
- All practices/workouts must be communicated and approved by the ATHLETIC DIRECTOR only.
- A schedule will be shared with admin, coaches, security, facilities and custodial services and must be adhered to thoroughly. (NO EXCEPTIONS!)
- Teams must **arrive at least 30 minutes prior to their practice time** to allow time for check-in process. **Late team arrivals lessens scheduled workout times. All teams must end practices at the scheduled time and conduct exit heat checks.**
- Each team are also responsible for disinfecting and wiping down all areas that are used before exiting their session for the day (disinfectant and paper towels will be provided)
- Facilities/janitorial services will clean all areas/restrooms utilized by athletics after the final group of student-athletes and coaches exit the premises for the day

## KEY NOTES:

- Disposable face masks are available (must be worn indoors and outdoors if social distancing is compromised).
- Hand sanitizer will be strategically placed near the restrooms for our students to access after washing their hands
- Check in/Check out will be done for all student-athletes and coaches after each practice
- **All practice scheduled per team will be pre-determined and shared with key stakeholders (No impromptu practices will be allowed)**
- Security will be on site every day a practice is held
- Social distancing placards and directional signage will be put down to establish proper 6ft distancing and direction guidance in certain areas of our buildings
- **All workouts are voluntary for staff and student-athletes**
- In the event a student-athlete or coach tests positive for Covid-19, that team's workouts will be canceled and all members will be asked to quarantine a total of 14 days (possible discontinuance of workouts will be discussed by admin and ATHLETIC DIRECTOR)
- In the instance guidelines or protocols are not followed thoroughly by PCS coaches and/or student-athletes and safety is compromised, their program will be subject to cancellation as determined by the ATHLETIC DIRECTOR and/or administrative staff

### **Athletic Teams participating in workouts/practices this year:**

Football \*Cheer \*Girls Volleyball \*Boys Soccer  
\*Boys and Girls Basketball \*Wrestling  
\*Baseball/Softball \*Boys and Girls Track and Field

**PLEASE ADHERE TO THE TERMS AND CONDITIONS OF THE PCS ATHLETICS WORKOUT/PRACTICE PROGRAM TO ENSURE EVERYONE'S SAFETY.**

**THANK YOU!**