

Mt. Ararat Middle School Athletic COVID 19 Protocols For Winter Sports 2020/21

SANITATION PROTOCOLS

- * Hand sanitizer will be available before, during and after each training session
- *No sharing of clothing-ie scrimmage vest
- *Each student must have their own water bottle
- *If an athlete arrives without an individualized bottle, they will not be allowed to participate in the workout
- *Student athletes are encouraged to shower at home after each training session
- *Spitting is NOT allowed under any circumstances

DISINFECTANT KITS

- *All coaches will be provided with disinfecting supplies in addition to medical kits that will be on site at each workout
- *Equipment will be cleaned and wiped down after each session based on CDC guidelines

MASK AND SOCIAL DISTANCING PROTOCOLS

- * **Mt. Ararat Middle School students and coaches must wear masks at all times throughout their practice sessions and practice social distancing whenever not actively scrimmaging.**

*Student athletes must provide their own mask for every workout session

*Disposable mask should be disposed when appropriate

*Cloth masks should be washed daily

*Mask should be worn properly (Cover nose and mouth, bottom of mask should be under the chin)

FOOD & HYDRATION

*No food including sunflower seeds or gum, unless necessary for medical condition

*Student athletes must provide own water bottle for each workout session

SPECTATORS

*NO parents or spectators are allowed at these workouts

DAILY SCREENING

*Screening should be performed prior to arrival by using the Covid-19 Pre-Screening Tool for School Attendance

*Record of attendance will be kept on file by the coach

OTHER POINTS OF NOTE

*There will be NO CONGREGATING before or after a session. Student athletes should show up at their designated time and then leave campus at the conclusion of their workout

*All workouts must occur after school