



NAZARETH ACADEMY HIGH SCHOOL

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Office of Athletics

2020-21 In Season Outdoor Track Return to Play Plan

Introduction

This document is intended to guide Nazareth Academy on recommendations for reopening of our athletic programs during the COVID-19 Pandemic for the outdoor track season. The intention of these recommendations is to keep our student athletes, coaches, and community safe.

General Considerations

- While there is still an inherent risk of infection for those participating, everyone in attendance should be actively working towards decreasing the risk of transmission to others.
- Everyone should arrive and leave at the scheduled time to avoid overlap in groups.

Coaches

- Coaches must work with AD, Athletic Trainer, and school Administration to follow guidelines to mitigate risk.
- If possible, coaches should try to design activities that focus on increasing risk mitigation strategies
- Coaches should work with the AD and/or an Athletic Trainer for guidance on adhering to changes in procedures, guidelines, or recommendations.
- If possible, breaks may be staggered to accommodate social distancing, hand washing, and avoiding shared hydration sources. Coaches must enforce social distance and facial coverings during all breaks.
- Coaches must stay until all members of their teams have left the campus.
- The following week's practice schedules must be submitted by Thursday to the AD. Any changes to schedule must be approved by AD. Notification of any use of facility (indoor or outdoor) must be included with the practice schedule.
- Coaches will be responsible to limit the occupancy of the restrooms. Restrooms will be available for all on campus practices. Restrooms will be located in the Innovation Center for both males and females. Restrooms will be limited to one person at a time. While waiting for the restroom, individuals must wear a face mask and stand six feet apart.
- Coaches will wear mask/face coverings prior to, during and after the competition and practice.

Student Athletes

- Student-athletes should communicate all health and fitness-related concerns with coaches and athletic trainers immediately.
- Student-athletes should arrive prepared to go and avoid congregating before the tryout, practice or competition.
- Student-athletes should leave immediately following the tryout, practice, or competition.
- Student-athlete's individual clothing (do not share clothing), workout clothing, uniforms, and towels should be washed and cleaned after every practice or competition immediately upon returning home.

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- ***Mask/face coverings are required during all physical and non-physical activity which includes practices and competition.*** Mask/face covering are required at all times including on the bus to events as well as on arrival and departure to a tryout, practice or competition.
- Student-athletes cannot share tape, pre-wrap, towels, sneakers, spikes, clothing, suntan lotion, lip balm, or any other personal belongings.
- Student athlete will adhere to all social distance policies and guidelines of 6 feet apart.
- Restrooms will be available for all on campus practices. Restrooms will be located in the Innovation Center. Restrooms will be limited to one person at a time. While waiting for the restroom, individuals must wear a face mask and stand six feet apart.

Facilities & Cleaning

- Adequate cleaning schedules should be created and implemented for all athletic facilities to mitigate any communicable diseases.
- Hand sanitizer should be plentiful and available to individuals as they transfer from place to place.
- Athletic training room will limit occupancy to one athlete at a time. Both athlete and trainer need to wear face masks and use hand sanitizer prior to entering and leaving the athletic training room.
- Restrooms will be cleaned daily.

Practice

- All student-athletes and coaches in attendance must complete screening survey questionnaire in order to participate in tryout or practice. Included in the questionnaire is a parent confirmation that the athletes have had their temperature taken prior to attending tryout or practice. Parents are responsible for taking athlete's temperature.
- Anyone with positive findings on screening should not attend tryout or practice. Coaches should not allow athletes to return until they are given clearance by an athletic trainer or physician.
- Athletic Trainers will continually monitor screenings and reach out to anyone with positive findings with further instructions.
- Coaches must review the screening report at the start of each tryout or practice and confirm that everyone in attendance has completed a screening survey that day.
- Coaches must maintain accurate attendance of each workout and submit to the athletic department immediately after practice electronically or via hard copy.
- Student-athletes and coaches should use hand sanitizer and/or wash hands prior to the start of workout and if needed throughout practice and/or at breaks.
- Each student-athlete must have her own personal water bottle and a facial covering to participate. No coolers or hydration stations will be available.
- ***Mask/face coverings are required during all physical and non-physical activity which includes practices and competition.*** Mask/face covering are required at all times including on the bus to events as well as on arrival and departure to a tryout, practice or competition.
- No hugging, shaking hands, or fist bumps.

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Indoor Track Contest Procedures

Spectators

- Will adhere to the hosting school's spectator policies.

Roster

- Should be determined by school, league members, and local and state guidelines.
- Rosters may be determined by the hosting school's policies and guidelines.
- Changes to roster sizes should be communicated to administration, assignors, non-league and league members.
- Rosters maybe changed or affected to accommodate social distancing in regards to transportation.

Away Procedures

- Temperature check prior to leaving campus done by coach or Athletic Trainer.
- Mask/face coverings are required on the bus
- Social distancing will be practiced on the bus.
- Follow all guidelines and procedures of the hosting school

Coaches' Responsibility

- Communicate the guidelines in a clear manner to students and parents.
- Adhere to all guidelines.
- Keep accurate records of those student-athletes and staff who attend each practice or contest in case contact tracing is needed.
- Follow all face covering guidelines during practice and contest.

Student Athletes' Responsibility

- Each student-athlete is responsible for their own supplies
- Student-athlete's individual clothing (do not share clothing), workout clothing, uniforms, and towels should be washed and cleaned after every practice or competition immediately upon returning home.
- Athletes cannot share tape, pre-wrap, towels, sneakers, spikes, clothing, suntan lotion, lip balm, or any other personal belongings.
- Athletes must use hand sanitizer as necessary.
- Athletes must tell coaches immediately when they are not feeling well.

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- ***Mask/face coverings are required during all physical and non-physical activity which includes practices and competition.*** Mask/face covering are required at all times including on the bus to events as well as on arrival and departure to a tryout, practice or competition.
 - Bring your own water bottle to all practices and contests.
 - No hugging, shaking hands, or fist bumps.

Parents' Responsibility

- Parents' responsibility is maintaining safety guidelines for themselves and others.
- Make sure your child and immediate household members are free from illness before participating in practice and competition (if there is doubt stay home).
- Follow all guidelines set forth by school, community, and local government.

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