



Return to Play Protocol

- We will remain / operate in the below protocols for the first 14 days of play, until our August 10th full play date.

Pre-Workout/Contest Screening:

- All coaches and students will be screened for signs/symptoms of COVID-19 prior to each workout. Screening includes a temperature check.
- Responses to screening questions for each person will be recorded and stored so that there is a record of everyone present in case a student develops COVID-19 (Monitoring Forms have been provided to Coaches).
- Any person with positive symptoms reported will not be allowed to take part in workouts and should contact his or her primary care provider or other appropriate health-care professional.
 - **Per CDC guidelines**, if an athlete, coach, staff or participant has been diagnosed with COVID-19 or is presumed positive by a medical professional due to symptoms, they should be excluded from sports program or activities until:
 - No fever for at least 72 hours since recovery (without the use of fever-reducing medicine AND
 - Other symptoms have improved (e.g., coughing, shortness of breath) AND
 - At least 10 days have passed since first symptoms
- Vulnerable individuals should not oversee or participate in any workouts until Aug. 10th full practice.

Limitations on Gatherings:

- No more than 10 people will be allowed in a workout at a time inside. Up to 25 individuals may gather outdoors for workouts. (Subject to change, but will be in compliance with the State of North Carolina Executive Orders.)
- Locker rooms will be used, they will be cleaned following each use.
- Workouts will be conducted in “pods” of students with the same 5-10 students always working out together. Smaller pods will be utilized for weight training.
 - This ensures more limited exposure if someone develops an infection.

Facilities Cleaning:

- Adequate cleaning will be conducted daily. Schedules have been created and implemented for all athletic facilities to mitigate any communicable diseases.
- Prior to an individual or groups of individuals entering the facility, hard surfaces within that facility will be wiped down and sanitized (chairs, furniture in meeting rooms, locker rooms, weight room equipment, bathrooms, athletic training room tables, etc.) by coaches and administrators.
- Individuals will be instructed to wash their hands for a minimum of 20 seconds with warm water and soap before touching any surfaces or participating in workouts.
- Hand sanitizer will be available to individuals as they transfer from place to place.
- Weight equipment will be wiped down thoroughly before and after use of equipment.
- Any and all equipment such as weight benches, athletic pads, etc. having holes with exposed foam will be covered.
- Students will be encouraged to shower and wash their workout clothing immediately upon returning to home.

Physical Activity and Athletic Equipment:

- There will be no shared athletic towels, clothing or shoes between students.
- Students will wear their own appropriate workout clothing (do not share clothing), and individual clothing/towels will be washed and cleaned after every workout.
- All athletic equipment, including balls, will be cleaned intermittently during practices and contests.
- Hand sanitizer will be at all contests and practices.
- Athletic equipment such as bats, batting helmets and catchers gear will be cleaned between each use.

Hydration:

- All students will bring their own water bottle. Water bottles will not be shared.
- Hydration stations (water fountains, bottle fill-ups, etc.) will not be utilized.