

St. Mary's Academy Athletics Summer Participation Policy

The following policy is designed to ensure the safety and health of every person participating in any athletic summer activity on the SMA campus. This policy must be adhered to at all times in both outdoor and indoor athletics spaces.

It is important to stay home if you are showing symptoms of COVID-19, have a temperature over 100.4 Fahrenheit, have tested positive for COVID-19, or have been in close contact with any person who has tested positive for COVID-19.

Anyone participating in an athletic activity on the SMA campus must complete the Summer Clearance Sport Participation Form prior to participation in any SMA sponsored athletic activity. The form must be given to the athletics director, coach, or staff member prior to participation. Once the form is completed and submitted, the participant name will be added to the summer participation clearance google sheet located on the athletics website. The coach or staff member will check the participation google sheet prior to each practice to ensure every participant is cleared to practice.

A coach or staff member will complete the participant check in process before every practice using the Symptom Monitoring Form.

Pre Participation instructions:

- **No Congregation Allowed:** Participants must wait in their cars with parents/guardians until just before the beginning of a practice instead of assembling in groups. A coach or staff member will signal for participants to approach the practice space for proper check in. Spectators, including parents/guardians, are not allowed to attend practices and must remain in their cars.
- **Check In Process:** Participants should wear a mask and keep a social distance of 6 feet from one another while a coach or staff member, also wearing a mask, checks each participant in to practice using the Symptom Monitoring Form.
- **Symptom Checking:** The coach or staff member will conduct a pre-practice observation of each student and question all participants about the existence of any COVID symptoms including fever, cough, sore throat, difficulty breathing or shortness of breath, or contact with any person confirmed to have COVID-19. If these symptoms exist, the participant will not be allowed to practice and will be sent home. Results will be recorded on the Symptom Monitoring Form check in sheet.

- Temperature Check: A coach or staff member will use an infrared non-contact forehead thermometer to take the temperature of all coaches, staff members, and participants before they enter the practice space indoor or outdoor. Any reading of 100.4 or higher will result in the participant or coach/staff member being sent home. Temperature reading will be recorded on the Symptom Monitoring Form check in sheet.
- Each participant, coach, and staff member must wash their hands or sanitize hands prior to practice with provided supplies.
- Masks may be removed once participants have been cleared for practice. Masks are not required to be worn by participants, coaches, or staff during practice.
- During breaks and in between drills, it is required that students, coaches, and staff members wash or sanitize hands, and disinfect and sanitize any shared equipment to prevent the spread of germs throughout the duration of practice. Breaks will be given at minimum every 20 minutes. We recommend each student participant bring their own hand sanitizer.

Practice Participation Plan:

- Players and staff should practice proper hygiene, wash hands frequently with soap and water for at least 20 seconds, use alcohol-based hand sanitizer (with at least 60% alcohol), abstain from touching their face (mouth, eyes, or nose), refrain from spitting, and cover their cough or sneeze with a tissue and throw tissue in the trash. Clothes must be laundered after all workouts.
- Coaches will restructure practices to the greatest extent possible to limit close contact of students and coaches throughout practice.
- Players and staff must refrain from handshakes, high fives, fist/elbow bumps, chest bumps, group celebrations, etc.
- Players must bring their own equipment and are not to share with others when possible. Player provided equipment should be kept separate and in individual bags or containers.
- The use of team shared equipment (e.g. protective gear, balls, bats, etc.) will be limited whenever possible and will be disinfected and sanitized after each drill/use.
- Water jugs will not be provided by St. Mary's Academy. Participants, coaches, and staff members must bring their own water bottles to all activities to help to reduce transmission risk. Individuals must take their own water bottles home each night for cleaning and sanitation.

- For practices outdoors, the coach or staff member will open the lower bathrooms in the Community Center or Bishop Evans Sports Center for participant use.

Post Participation Instructions:

- When practice ends, each participant must wash their hands or use hand sanitizer and then exit the practice location wearing their mask. Students must go directly to their cars without congregating with other students, coaches, or staff in common areas.
- Coaches and staff members will clean and disinfect all equipment and surfaces, including bathroom door handles, water fountains, and bathroom sinks, touched by or in close contact with participants, coaches, and staff members using the provided cleaning supplies and then depart immediately while wearing their masks.

If Someone Gets COVID-19 Or Has Close Contact:

- **If COVID Symptoms Exhibited During Event:** If a player, coach, or staff member exhibits symptoms during a practice, they should immediately be separated and sent home or to a healthcare facility depending on the severity of the symptoms. They should not be allowed to return to activity until they have met the CDC criteria to discontinue home isolation.
- The coach or staff member must notify the Athletics Director of any COVID symptom or potential exposure during a sport activity. The Athletics Director will notify the nurse for further guidance.
- The Athletics Director will contact the parents/guardians of everyone participating in the sport activity where a symptom was identified and continue to monitor the situation.