

Maclay Football Return to Play Protocol & Policies

Return to Practice Guidance

- Practice resumes Monday 8/31
 - We will provide the players with workouts while at home
 - We will have scheduled zoom meetings (team, units, positions, etc.)
 - Code of Conduct (for all players, parents and coaches)
 - Baseline (Concussion) tests will be done independently at home
- It is recommended that all players have a negative Covid test w/in 5 days of the restart on 8/3, unless previously tested positive and completed their quarantine in the previous 90 days.
- All players who test positive must notify the school nurse and follow Maclay School guidance for return to play.
- All players who are required to quarantine as a close contact exposure must follow Maclay School guidance for return to play.
- It is a recommendation that all Football players attend Maclay School via Concurrent Virtual Classroom (CVC) until at least 9/14 (after our 1st competition). This is the optimal way to maintain the integrity of our Football cohort.

Practice Policies and Procedures

- Players will meet outside the FH at pre-determined staggered times and go through a check-in phase following CDC Guidelines. There will be a series of Covid-19 related questions to answer and a temperature check.
- Locker room plan: players will be assigned a locker room group. No more than 10 players in a room at a time. Seniors and Juniors in one room and Sophomores and Freshmen in another room. Locker Rooms will be disinfected daily by Maclay cleaning crew and coaches.
- Face coverings are to be worn at all times while inside the FH and Locker Room, including all in person team meetings, weight training and film sessions.
- Hand Sanitizer must be used before, during and after practice. Hand hygiene with soap and water should take place if feasible at the conclusion of practice or event.
- Balls & Equipment must be cleaned after each practice.
- Face coverings must be worn at all practices when less than 6 feet from a teammate...no exceptions.
- All players will be given a Visor and Athletic Mask to wear for practices and games.
- Individual water bottles must be used at all times and placed in designated areas (A-L & M-Z).
- Mouthpieces must be of the pacifier type.

- Minimum guidelines from FHSAA will be followed by the team.
- Individual team will abide by Overarching Athletic Policy & Procedure Return to play.
- Team members will ensure disinfection of weight room equipment before and after individual usage. Strength coach will ensure disinfection.

<https://files.constantcontact.com/3b111df2501/a18369f1-ec05-4468-bb1a-15735967f936.pdf>

<https://www.cdc.gov/coronavirus/2019-ncov/community/schools-childcare/youth-sports-faq.html>

COVID-19 Considerations

- If you are in the process of getting a COV-SARS 2 test secondary to any symptomology, known exposure, or as directed by a medical provider, you cannot be on campus or participate in athletics.
- All team members identified as close contact exposure or COV-SARS 2 positive must immediately cease from participating in any athletic activity associated with Maclay and follow the quarantine and isolation guidelines and medical clearance guidelines prior to return to team activities.
- All players who test positive for COV-SARS 2 must notify the school nurse and Athletic Director and follow Maclay School Guidance for return to play.
- When positive cases are identified on the team and reach 15% or 4 team members, whichever is more, all players and coaches should immediately volunteer to move to CVC for a minimum of 2 weeks.

Return to Play for COVID-19 Positive Athlete

- All COVID-19 positive athletes must be medically cleared from their healthcare provider to participate in any athletic training, practices, or game. Clearance date from medical provider must occur after the date of the SARS- COV-2 testing date to ensure students have fully recovered and have no evidence of myocardial injury.

Contest Plans

- **Away Games:** All players must arrange their own ride to the game and arrive 2 hours prior to the game. Players should eat a meal 3 ½ hours prior to kick-off. More details to come.
- **Home Games:** Football program will provide meals for Home games only. The team will eat spread out in the Cartee Gym or outside, weather permitting.