



MARYMOUNT INTERNATIONAL SCHOOL ROME

MMI FALL SPORTS COVID-19 PROTOCOL

The following general rules apply to all sports:

- Masks on until an athlete begins her/his competition.
- Each athlete has her/his own water bottle and snack container.
- No celebrating with contact; no hugging teammates, no high-fives nor fist bumps.
- No spectators at practices NOR at official competitions.
- Coaches must wear masks at ALL times and must practice social distancing throughout the entire event.
- Only medical personnel can break the social distancing guidelines in case of an injury, however, always whilst wearing a mask, unless CPR is needed.
- Any travel arrangements will be made adhering to the MMI and to the Italian government's Covid-19 protocol for travel.

TENNIS:

- Each player will use only her/his racket for practice and games.
- Tennis balls will be treated with disinfectant sprays before and throughout the practices and matches.
- Only SINGLES play during practices and matches.

CROSS COUNTRY:

- There will be no head-to-head meets (European championship excluded)
- Coaches will manage the beginning of practice workouts by allowing staggered starts, single file.
- During practice or during the timed trials, runners will run and can maintain at least two meters of space between each other. Runners are allowed to pass. The runner being passed MUST yield to the passer. Contact with another runner will result in a DQ.

FITNESS GAMES:

- Each piece of equipment must be sanitized with disinfectant spray before it changes hands to another athlete.
- Each event must be performed with at least a two meter radius of space around the athlete.