

## **Coaching Guidelines for Rebels Athletics COVID protocols** *(updated September 22, 2020):*

The Rebels Athletics program for Varsity/JV/MS interscholastic team sports—with dedicated development in sport-specific skills, selection to season-long teams, high-intensity training and participation in local and international competitions—functions like French Federation sports clubs; in this designation, the teams follow strictly the health and safety protocols set by the French government and its sports federations for the COVID-19 period. Participation on our sports teams is not mandatory for an ASP student and also requires consent from parents. Following are the guidelines shared with all of our coaches, athletes, parents.

### **COVID-19 Protocols for Athletics: MS /JV / Varsity Sports teams**

#### **Coaches remind themselves before each practice:**

- *Grade-level groups as much as possible (groups separated on buses, and as much as possible on fields, courts, trails)*
- *Preparation of drills: organize/create as many drills as possible that prevent athletes from being less than 2 meters from one another; limit scrimmages that will engage close contact (or limit the close contact with special rules)*
- *Make sure all equipment is ready and disinfected from 24 hours before*
- *Coaches must wear a mask when not physical demonstrating a skill*
- *Handwashing & Hygiene*
- *French sports federations for all 3 ASP fall sports have outlined specific practice regulations that coaches need to constantly review (updated in mid-September for most sports with new sections marked in red):*  
<https://sports.gouv.fr/IMG/pdf/fedeslienscovid.pdf>

#### **Coaches remind students at the beginning of each practice:**

- *Attendance and student self-monitoring and reporting of health (attendance checklist)*
- *Masks on at arrival and departure (on buses) and when not in drills (be sure to have 2 masks with you)*
- *Personal spaces for possessions so that bags and water bottles are not touching*
- *Handwashing & Hygiene: before practice begins and regularly during practice, especially at water breaks, and then after practice when departing*
- *Social Distancing—2 meters at all times, even in drills unless the activity prevents one from doing so.*
- *Greetings and celebrations: no high-5's, fist-bumps or other contact with hands, etc.*

#### **Athletic Director and school leadership roles:**

- *Clear and ongoing communication with coaches, parents, leadership*
- *Changing rooms may be open in the near future but under strict restrictions (currently still closed at ASP)*

- *Facilities preparation—providing equipment and outdoor spaces for activities and drills as much as possible outdoors (even Volleyball); installation of disinfection system for equipment*

Sources:

1. <https://www.sports.gouv.fr/accueil-du-site/actualites/article/guide-de-la-rentree-sportive>
2. <https://sports.gouv.fr/IMG/pdf/fedeslienscovid.pdf>
3. [Reprise de l'EPS - Education nationale](#)
4. [Orientation-Education.com article on recreation-cours-de-sport-ou-de-musique-quel-protocole-sanitaire](#)