



Making Waves Academy Covid-19 Athletic Protocols during Training/Conditioning

The following are minimum guidelines that apply to all sports at any risk level.

1. Conditioning and individual skill based practices are limited to athletes and coaches only - no one else is Permitted.
2. All coaches who will be working with student athletes must attend a mandatory training session with Mr. Hazel, the Athletic Director of MWA.
3. Coaches and athletes will be pre-screened everyday prior to participating in any conditioning exercises.
4. Conditioning/individual skill based activities must be carried out in stable cohort groups of 12 or fewer athletes ("Stable" means that the same 12 or fewer athletes are in the same group with the same coach for the entirety of each scheduled practice. Each group will remain stable for a minimum of three weeks.)
5. Stagger activities so groups are in the same place at the same time.
6. Any student with underlying health conditions must stay home (high blood pressure, asthma, etc.).
7. Any student with cold-like symptoms (fever, sore throat, stuffy nose, chest congestion, sore muscles, diarrhea, nausea/vomiting, etc.) must stay home.
9. Students will need return the Waiver and Permission forms prior to conditioning/training.
10. No locker room access will be granted. (Athletes must arrive ready to train.)
11. Athletes are strongly encouraged to use the restroom prior to arrival.
12. Athletes must wash hands for 20 seconds before practicing and after practice.
13. Students must maintain 6 ft social distance when walking/bicycling to/from conditioning.
14. Students cannot ride in another student's car unless from the same household.
15. Face coverings must be worn before, during, and after practice.
16. Athletes will provide their own water and towels (no sharing).
17. Athletes cannot share any clothing or shoes.
18. Athletes will provide their own sunscreen (no sharing).
19. Athletes will maintain social distancing, minimum of 6 feet, at all times during conditioning/training.
20. There can be no touching of any kind (high fives, fist bumps, etc.).
22. No food is allowed.
23. If equipment is used, it must be cleaned before another student uses it.
24. After conditioning students must go directly home.
25. Students should shower and wash clothing immediately after practice.
26. If a student becomes ill during conditioning and practice, the parent will be called immediately.
27. If a student contracts the virus or is exposed to someone with the virus, notify the school athletic director Immediately.
28. Any violations of these expectations will result in an athlete being removed from future practices/conditioning.
29. If CA and/or Contra Costa County fall back into previous stricter guidelines, practices will cease.



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Parent and Player Acknowledgement:

We have read, understand and agree to the information in the Making Waves Covid-19 Athletic Protocols.

Parent/Guardian signature: _____ Date: _____

Phone # _____ Email _____

Player signature: _____ Date: _____

Phone # _____ E-mail _____

*This must be returned to School Coach or Athletic Director after signing and prior to conditioning/training on Campus.