



# St. Agnes Academy - St. Dominic School

## Return to Play Guidelines

### St. Agnes Academy - St. Dominic School

#### Responsibilities:

- Create and distribute protocols.
- Train and educate all staff on protocols and requirements, including state and local regulations, CDC recommendations, and other necessary information.
- Limit number of people in training spaces in accordance with gov/agency recommendations.
- Have an action plan in place, in case of a positive test.
- Screen all coaches and students for signs/symptoms of COVID-19 prior to a workout. Screening includes a temperature check.
- Access will be denied with a temperature of 100.4°F or higher OR a temperature less than 100.4° **with** 1 or more symptom(s) at the discretion of the Athletic Trainer.
- Bottle refill stations will be available; use of water fountains will be restricted.
- Use of locker rooms will be restricted until further notice.
- Adjust guidelines based on 'phases' laid out by local gov/agency recommendations

#### Coach Responsibilities:

- Follow all guidelines outlined by SAA-SDS Athletic Dept.
- Have flexibility for missing practice due to illness, flu-like symptoms, or fever.
- Keep a record of athletes in attendance for each and every training session.
- Bring and use hand sanitizer for the team at every training.
- Artificial noisemakers such as an air horn or a timer system with an alarm can be used to signal in place of a traditional whistle.
- No huddles. Group talks are allowed with social distancing respected.
- The use of pinnies or bibs is not recommended at this time.
- Balls/equipment cleaned after each workout supervised by coaches.
- Ensure players set their belongings at the properly marked areas spaced at least 6 ft apart
- Before training: arrive early to assist with the screening process.
- After training: clean up the training area and encourage continued social distancing of players.
- In cases of injury, the coach must attend to the player wearing a mask and gloves.
- Stay positive – players and parents are looking to you to stay calm, supportive, and caring during this time.

### Athlete Responsibilities:

- Bring your own water bottle that is filled.
- Bring your own towel for use.
- Bring and use hand sanitizer at every training. Use hand gel sanitizer or wash hands at the facility before and after training.
- Wash hands with hand sanitizer or wash their hands with warm water and soap for a minimum of 20 seconds before touching any surfaces or participating in workouts.
- Wear a face mask before and immediately after all training sessions. Any student who prefers to wear a cloth face covering during a contest will be allowed to do so.
- Avoid touching your face, eyes or mouth with unclean hands.
- Cover your mouth and nose with a tissue or your elbow if you cough or sneeze.
- Do not touch or share anyone else's equipment, water, snack, or bag.
- Practice social distancing, place bags and equipment at least 6 feet apart by using marked areas.
- Wash and sanitize all personal equipment before and after every training.
- No group celebrations, no high 5's, hugs, handshakes, etc.

### Parent/Guardian Responsibilities:

- Ensure your child is healthy prior to any training session.
- If staying on campus during training, please stay in the car during training sessions; no parents/guardians at the training session.
- Be sure your child has necessary sanitizer with them at every training.
- Ensure athlete's clothing is washed after every training session.
- Ensure all athlete's equipment is cleaned before and after every training.
- Notify the athletic trainer immediately if your child becomes ill for any reason (Contact info below).
- Follow "Deciding when to stay home" protocols listed on page 2.

**Individuals who disregard these guidelines will be given a warning and may be removed from participation if necessary.**

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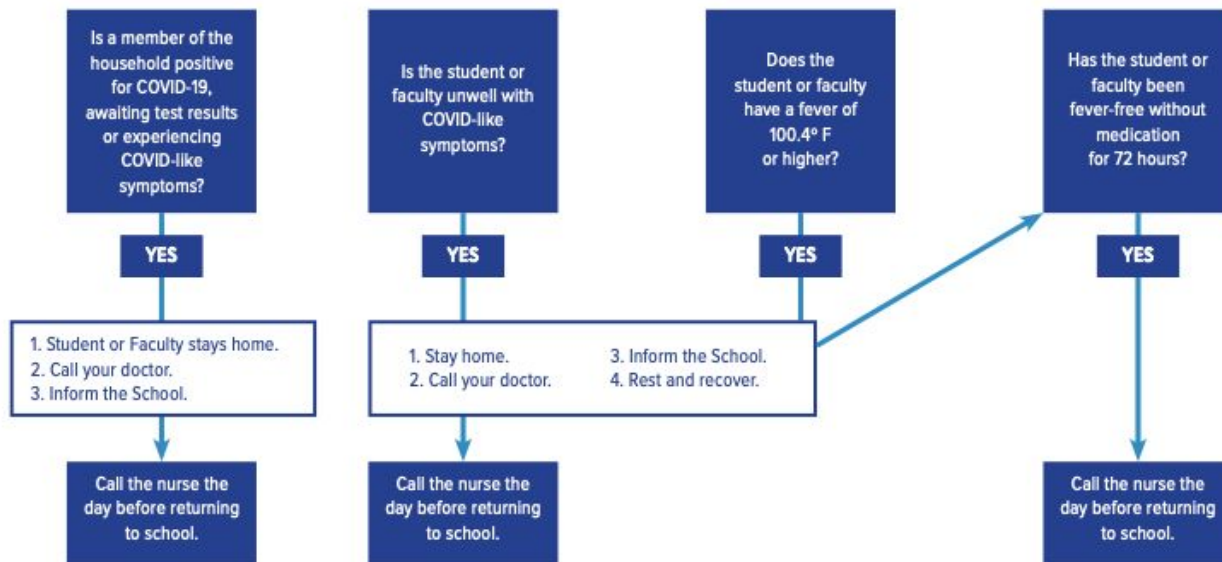


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### Health and Wellness - Deciding when to stay home

Parents agreeing and knowing when to keep children home from school is a very important part of keeping our campus healthy. To help, we have outlined key protocols to help families determine when a child should stay home.



**Important:** If at any point the student is feeling well enough, they may participate in school remotely until returning to campus.

St. Agnes Academy-St. Dominic School  
2020-21 Guide to Reopening - Keeping Our Community Connected



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