

Guidelines for practicing:

- Do not arrive to practice earlier than 10 minutes.
- If you have felt sick within 24 hours of the scheduled practice session, you must stay home.
- Wash hands prior to arriving at practice. You will be asked to use hand sanitizer frequently during practice.
- Do NOT come in groups. All vehicles should include family members only.
- Bring your own water bottle and label it. No access to water fountains.
- You may use the locker room to change but must take bags to your practice location and not leave in the locker room.
- You will be asked to maintain 6 feet of social distancing at all times. No congregating before the workouts and after.
- You must exit school grounds immediately following the workout.
- Groups are closed on Monday, September 14. No new athletes can register to participate after that.
- You must wear a mask.

In addition, please be honest and open about illnesses in your family. Here are some other important guidelines relating to athletes and families who have illnesses.

- If an athlete has a fever, they must go 72 hours with no fever reducing medication before they can return.
- If an athlete has any COVID-19 symptoms, they are out of participating for 10 days from the start of the illness.
- If a parent or immediate family member of an athlete tests positive for COVID-19 that player is self-quarantined for 2 weeks.
- If an athlete tests positive for COVID-19, the entire team is self-quarantined for two weeks. This includes coaches.