

# **Mt. Ararat Middle School Athletic COVID 19 Protocols For Spring 2021**

## **SANITATION PROTOCOLS**

- \* Hand sanitizer will be available before, during and after each training session
- \*No sharing of clothing-ie scrimmage vest
- \*Each student must have their own water bottle
- \*If an athlete arrives without an individualized bottle, they will not be allowed to participate in the workout
- \*Student athletes are encouraged to shower at home after each training session
- \*Spitting is NOT allowed under any circumstances

## **DISINFECTANT KITS**

- \*All coaches will be provided with disinfecting supplies in addition to medical kits that will be on site at each workout
- \*Equipment will be cleaned and wiped down after each session based on CDC guidelines

## **MASK AND SOCIAL DISTANCING PROTOCOLS**

- \* **Mt. Ararat Middle School students and coaches must wear masks at all times throughout their practice sessions, games and meets.**  
**Team members should space at least 6 feet apart whenever**

**possible (e.g. during warm ups, skill building activities, when explaining drills or rules of the game).**

\*Student athletes must provide their own mask for every workout session

\*Disposable mask should be disposed when appropriate

\*Cloth masks should be washed daily

\*Mask should be worn properly (Cover nose and mouth, bottom of mask should be under the chin)

## **FOOD & HYDRATION**

\*No food including sunflower seeds or gum, unless necessary for medical condition

\*Student athletes must provide own water bottle for each workout session

## **SPECTATORS**

\*NO parents or spectators are allowed at any practices or workouts. Spectators will be permitted to attend Mt. Ararat Middle School HOME contest in the sports of SOFTBALL & BASEBALL. All of the TRACK meets will take place at opposing schools. We anticipate spectators will be permitted to attend the meets and games at away schools but we are awaiting more specific information from the host schools. Spectators MUST wear face coverings and maintain 6 feet of physical distance between each other and athletes.

## **DAILY SCREENING**

\*Screening should be performed prior to arrival by using the Covid-19 Pre-Screening Tool for School Attendance

\*Record of attendance will be kept on file by the coach

## **OTHER POINTS OF NOTE**

\*There will be NO CONGREGATING before or after a session. Student athletes should show up at their designated time and then leave campus at the conclusion of their workout

\*All workouts must occur after school