

## **Athletics**

Dear Coaches & Parents,

Tillamook Athletics would like to inform you of our guidelines during the COVID-19 pandemic. We have some requirements as we stay in Athletic Covid Guidelines of training with student-athletes. Below I have provided you with the procedures that are expected during your training sessions. I have also provided you with some examples of some sports. Please understand it is critical we follow this guidance provided by Tillamook Athletics. These guidelines must be followed, if you refuse to do so this could result in a reprimand with further action. As you begin preparing for your upcoming training please continue to reach out to me and communicate your plans and needs. I appreciate your efforts to return students-athletes back to normal and provide them with some distractions during this pandemic. Be safe!

Sincerely,

James Dixon

**Start Date: February 1st, 2021**

**No bussing**

**Coaches Keep an attendance log! (date, time, temperature) and sent it to me on Mondays.**

### **Pre- workout Screening:**

- All coaches and students should be temperature checked.
- **(Contact Log must be kept and sent to me at the end of each week!)**
- Any person with a temperature at or above 100.4 should not be allowed to take part in workouts and should contact his or her primary care provider or other appropriate health care professional.
- Vulnerable individuals should not oversee or participate in any workouts during the pandemic.

### **Limitations on Gatherings:**

- No gathering of more than 300 people at a time **(outside)**.
  - Main gym **( 25 people) May be used upon request**
- Locker rooms should not be utilized during workouts. Students should report to workouts in proper gear and immediately return home to shower at the end of the workout.
- There must be a minimum distance of 6 feet between each individual at all times. If this is not possible indoors, then the maximum number of individuals in the room must be decreased until proper social distancing can occur. **(Coaching staff and student-athletes must wear a facemask for indoor workouts)**

**\*\*\*Practices are closed to parents and spectators!!!!!!!\*\*\***

### **Physical Activity and Athletic Equipment:**

- Students should wear their own appropriate workout clothing (do not share clothing) individual clothing/towels should be washed and cleaned after every workout.
- All athletic equipment, including balls, should be cleaned after each use and prior to the next workout.
- Individual drills requiring the use of athletic equipment are permissible, but the equipment should be cleaned prior to use by the next individual.
- Resistance training should be emphasized as body weight, sub-maximal lifts, and use of resistance bands.
- Free weight exercises that require a spotter cannot be conducted while honoring social distancing norms. Safety measures in all forms must be strictly enforced in the weight room.

### **Hydration:**

- All students shall bring their own water bottle. Water bottles must not be shared.
- Hydration stations (water cows, water trough, water fountains, etc.) should not be utilized.
  - Bottler fillers will be available. Remind student athletes to bring their own water bottle and they must not share.