



Return to Athletics: Phase 1 (High School Only)

- Workouts for high school student-athletes will begin on June 22.
- *Parents and/or guardians are required to fill out the following forms before their child can participate* (available online or in school offices):
 - Pre-Participation COVID-19 Screening form signed by parent/guardian
 - Informed Consent form signed by parent/guardian
- All athletes, coaches, and athletic personnel must be screened daily for signs/symptoms of COVID-19 prior to participating, including temperature checks. Screenings will take place at a central location and athletes that have been cleared for participation will be given a wristband by the athletic trainer to wear for the remainder of the day.
 - Anyone with a temperature of 100.4 or higher, or who reports any COVID- like symptoms will not be allowed to participate, will be sent home, and directed to their primary care practitioner for evaluation and the potential need for further testing.
 - Anyone with a positive pre-workout screening will not be permitted to participate until they provide a note from their healthcare provider indicating they do not need to be tested or that their symptoms are not due to COVID-19.
 - Individuals considered part of a vulnerable population/high risk, or those concerned with contracting COVID-19 should not supervise/participate in any workouts during Phase 1.
- Face Coverings & Water Bottles
 - Face coverings are required for student-athletes, coaches, athletic trainers, and other staff except during high intensity aerobic activity (running, conditioning, etc.).
(NOTE: Student-athletes are required to bring their own face coverings.)
 - Student-athletes and coaches should bring their own labeled water bottles, and will not be permitted to share.
- Social Distancing
 - Staff and student-athletes will adhere to social distancing requirements (6 feet apart at all times).
 - Team travels are not permitted during Phase 1.
 - Athletic training rooms, weight rooms, and wrestling rooms are closed to student-athletes in Phase 1.

- No more than 10 people in gymnasiums and 25 people at the same outside facility will be permitted (including coaches, managers, trainers, etc.).
- Arrival & Departure
 - Student-athletes should arrive no earlier than 15 min. prior to their scheduled workout times.
 - Student-athletes are required to leave immediately after their workout is complete.
 - Spectators are not allowed during Phase 1. Parents/guardians must remain in their cars.
 - Locker rooms are closed during Phase 1; student-athletes must report in appropriate attire and immediately return home to shower after participation.
- In the event a student-athlete or staff member tests positive for COVID-19, local public health officials will be notified and will initiate contact tracing and issue further guidance. Clearance by a physician will be required for an individual to return to athletic participation upon recovery.

Sport-Specific Activity Descriptions
(Per June 8, 2020 NCHSAA Guidelines)

ONLY Individual Skill Development and Workouts; Maintain Physical Distancing; No Contact with Others, No Sharing of Equipment; No Grouping

Lower Infection Risk Activities	<i>Activities that can be done with physical distancing or individually with no sharing of equipment or the ability to clean the equipment between use by competitors. NCHSAA Sports & Activities: cross country (with staggered starts), golf, baseball, softball, swimming*, diving, tennis, track, and field* Notes: In swimming, relays need to maintain social distance. In track and field, any field event with an implement/mat needs to be cleaned after each use and masks could be worn by participants</i>		
Cross Country	Runners must maintain at least 6 feet of distancing between individuals, no grouping (i.e. starts and finishes).		
Golf	Maintain appropriate physical distancing of at least 6 feet.		
Baseball	Conditioning and "tee" or pitching machine work. Players must not share gloves or bats or throw a single ball that will be tossed among the team. A single-player may hit in cages, throw batting practice (with netting as a backstop, no catcher). Prior to another athlete using the same balls, they must be collected and disinfected individually. Dugouts must be closed in Phase One.		

Softball	Conditioning and “tee” or pitching machine work. Players must not share gloves or bats or throw a single ball that will be tossed among the team. A single-player may hit in cages, throw batting practice (with netting as a backstop, no catcher). Prior to another athlete using the same balls, they must be collected and disinfected individually. Dugouts must be closed in Phase One		
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Swimming & Diving	Maintain appropriate physical distancing of at least 6 feet at all times.		
Tennis	Conditioning; no sharing of balls; each player may use their own can of balls to serve. Ball machine use by individuals only. Players may do individual drills, wall volleys, and serves. Disinfect rackets and balls afterward.		
Track & Field	Runners must maintain at least 6 feet of distancing between individuals, no grouping (i.e. starts and finishes). No sharing of implements/equipment (e.g. relay baton, shot put, discus). Padded equipment/landing pits/ poles must be disinfected between use.		

Higher Infection Risk Activities	<i>Activities that involve close, sustained contact between participants, lack of significant protective barriers, and a high probability that respiratory particles will be transmitted between participants. NCHSAA Sports & Activities: football, cheerleading, lacrosse, basketball, soccer, wrestling, volleyball</i>		
Football	Wearing protective equipment is prohibited during Phase One. Conditioning and individual drills		

	only. A player must not participate in drills with a single ball that will be handed off or passed to other teammates. Contact with other players is not allowed. Tackling dummies/donuts/sleds must be disinfected after each use.		
Cheerleading	Conditioning and individual technique/choreography work. Students may not practice/perform partner or group stunts. Chants, jumps, dance, tumbling without contact are permissible with 6-foot physical distancing.		
Lacrosse	Wearing protective equipment is prohibited during Phase One. Conditioning and individual drills. Contact with other players is not allowed. There can be no sharing of equipment.		
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Basketball	Conditioning, individual basketball skill drills; no contact or sharing of balls. A player may practice shooting and must retrieve their own ball. A player must not participate in drills with a single ball that will be handed off or passed to other teammates.		
Soccer	Conditioning, individual ball skill drills, each player has own ball which is disinfected at the end of practice. Feet only (no heading/use of hands); no contact.		
Wrestling	Mat room closed in Phase One. Conditioning, mirror drills with spacing, no contact. Wrestlers may skill and drill, without touching a teammate, with six-foot distancing.		
Volleyball	Conditioning, individual ball handling drills, each player has own ball. A player must not participate in drills with a single ball that will be bumped, served, or passed to other teammates.		