



Suniland Sundevils POSTED Conditioning Protocol Covid-19

1- Athletes arrival & Drop off procedures

Stager drop offs. Parents drop off their children with a program staff member at the main entrance of the park. All parents must Drop off their child and wait in their vehicle until practice is over.

2- Temperature will be taken Prior to practice

Temperature must be less than 99.9 to participation of practice.

3-COVID-19 Screening:

- All staff before the start of practice
- All Athletes

Ask these questions to everyone:

Since your last practice, or last time here, have you had any of these symptoms that is not attributable to another condition?

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Cough

Shortness of breath or difficulty breathing Or at least two of these symptoms

- Fever
- Chills
- Repeated shaking with chills
- Muscle pain
- Headache
- Sore throat
- New loss of taste or smell

If the answer is YES to any of these questions, use the COVID-19 emergency plan right away.

The person who screens may want to:

- Review the results
- Not let the staff or athlete enter
- Share where to get medical help

4-Social Distancing Guidelines

All athletes, Parents, coaches and staff members will wear masks and maintain a 6 foot distance at all times

5-Practice Protocol

All athletes will be in groups of no more than 10 (an adult and 9 athletes)

6-Masks will be worn at all times While 6 feet apart. If athletes are 10 feet apart athletes can remove their masks.

7-All athletes must provide their own Water Bottle labeled with their name, hand sanitizer and a baggie for their mask if they are not wearing it while 10 ft apart

8-The program will also have hand sanitizer stations available for additional sanitation.

9-Implementation of family check list that will advise us if anyone in the family has been ill or diagnosed with Covid-19

10- Stagger pick up 1 child at a time

11- Constant sanitation of equipment and room after use

12- Signed Waiver from all Athletes

