

# La Cima Return-to-Play Plans

## Buses:

1. No food or drinks are allowed on the bus. If the athlete has either it is to remain in their bags until they are off the bus.
2. Face masks must be worn by all coaches and athletes on the bus at all times. If an athlete does not have a face mask, they will not be permitted to get on the bus.
3. No more than two people will be allowed to sit in a single seat.
4. Athletes will start sitting at the front of the bus and work their way back from there. If it is possible athletes will be seated in a zig-zag pattern. If it permits do not sit anyone directly behind another full seat.

## Pre-Practice/Competition:

1. Athletes need to get a physical turned in before participating in any form of practice. **COVID WAIVER MUST BE SIGNED AND ON FILE BEFORE PARTICIPATION.**
2. Masks will be worn by all athletic staff at all times.
3. Athletes will wear masks at all times, with the exception of in game play. (Athletes will wear masks and be socially distanced while on the sidelines and benches during competition)
4. When students come to MPR for practice they will stand on an individual number marker, starting at #1 and working to #70. This will socially distance the athlete's and allow athletic staff to monitor the amount of athletes going into the locker room to change for practice or games. (We will let no more than 7 athletes in the locker room at a time)
5. After athletes change for their sport they will use the locker room sinks to wash their hands before leaving the locker room.
6. When athletes are done preparing for their sport they will meet their coaches in the MPR on one of the 70 spots available to sit. Once all athletes are ready, the coach will take their team to the courtyard to complete their daily symptom and temperature check.
7. In this area coaches will complete their daily symptom and temperature check. (Game days coaches will complete the daily check and have a roster to give to the opposing team to show that we did check before the competition. If a student does not attend due to any reason we will cross off their name, so the opposing team knows they are not present.)
8. If a student has any symptom or a temperature above 100.3 Degrees Fahrenheit will be isolated in the health office and be sent home. All required notifications will be given by the Athletic Director or Administrator on campus. We need to reiterate that athletes should be doing these checks before school or before coming to practice to ensure the safety of their coaches and teammates. If an athlete feels like they have a symptom or does not feel well, **STAY HOME!**

## During Practice/Competition:

1. We will be hosting practices with no spectators as we normally do.
2. Amphitheater Middle Schools will be hosting games with 2 spectators per home athlete for inside events, and 2 spectators per home and away athlete for outside events.
3. No handshakes, fist bumps, or unnecessary contact between any two people.
4. During practice or competition we need to use proper social distancing measures when possible. During pregame warm-ups athletes should be socially distanced as much as possible.
5. During practice or competition any down time or stoppage in play needs to be a time to sanitize the equipment being used. (Try and have multiple game balls ready, to cut down in time wasted. Gloves are suggested when sanitizing the equipment to be put back into play. I know we get caught up in our games, but we have to be diligent about this protocol.)
6. Athletes should be using their own water bottles. We will not be giving water bottles to use this year. Athletes **NEED** to purchase their own water bottles. (If athletes cannot purchase their own water bottles, we will help)

7. If there is a medical issue during practice or games, coaches should continue to wear their mask and utilize gloves when tending to their injured athlete. With being in close contact with athletes due to injuries we need to make sure we are being smart and staying safe about it.

**After Practice/Gameplay**

1. At the end of practice or competition, we need to sanitize all equipment used. Athletes should not be sharing and equipment, nor should they be sharing any uniforms. (This is huge! We need to stay on top of this)
2. No large group meetings after practice or games. If you want to meet with your teams you need to make sure everyone is socially distanced.
3. No after game handshakes between teams and officials.
4. As soon as the game is done. Pack up and get on the bus as soon as possible to not allow for any socializing. Athletes will need to call home upon getting on the bus to make sure their ride is at school waiting for them.