

SKY HIGH "COVID 19" Protocol

The protocol listed below was developed based on the requirements noted in the "Youth and Recreational Sports Guidelines" set forth by Gov. Pritzker's Restore Illinois document and recommendations by the CDC and the local health department.

1. Participants shall arrive 15 minutes prior to scheduled practice time. Please be on time. Doors will close ten minutes after each session begins however, once teams are formed we need each team to enter together.
2. **If the athlete feels ill, sick or has a fever, etc. Please stay home. If an athlete or anyone in your family tests POSITIVE for Covid 19 please inform our Site Director/Executive Director immediately. See self-assessment protocol.**
3. Each participant will line-up near the front entrance with your face covering on, water container (no plastic disposable bottles) and back pack. In addition to your shoes, etc; be sure to have hand sanitizer, wipes and small first aid kit (band aids, athletic tape, etc). Continue to social distance. **Be sure all items are stored in your back pack during practices or tournaments. No item should be loose on the bleachers or floor.**
4. Parents will not be allowed into the facility until restrictions are lifted by our state. Once parents are allowed in they must stay in the designated areas of each building.
5. Your temperature will be taken outside the main entrance. If your temp is higher than 100.3 you will not be admitted.
6. Athlete should enter facility dressed ready to participate including, gym shoes, knee pads, etc. **This will change in the colder months.**
7. Participants will proceed to assigned courts with masks on. Place belongings on shelving unit approximately 6' apart. **Coaches and players will have face coverings on at all times.**
8. Water fountains will not be operating. Have plenty of water with you.
9. No **DISPOSABLE** plastic bottles or food allowed in the facilities.
10. No high fives, handshakes, hugs, etc.
11. **Per Gov. Pritzker's Restore Illinois "All Sports Policy", everyone entering or training in our facilities (Crystal Lake, Lake Barrington or Libertyville) is mandated to wear a face covering. FYI, if you can blow a candle out through your face covering it does not allow for much protection.**

COVID-19 SELF ASSESSMENT WELLNESS SCREEN

Keeping our customers and staff safe during the pandemic is our top priority. Customers and staff will be required to utilize this self-assessment each time prior to entering any of our facilities for any activity. If the answer is “yes” to any of the questions below, please avoid entering any of our facilities to help prevent the potential spread of any illness. In addition, anyone answering “yes” to any question should contact Debbie Labaz, Office Manager or Scott Harris, Executive Director to inform them of the reason for your absence.

The symptoms listed below are those provided by the Center for Disease Control (CDC) associated with COVID-19.

- **Do you have a fever of 100.4 degrees or higher?**
- **Do you have a sore throat?**
- **Do you have a cough?**
- **Do you have muscle aches?**
- **Do you have or had any unusual headache?**
- **Have you been experiencing shortness of breath or difficulty breathing?**
- **Have you noticed a loss of taste or smell?**
- **Have you experienced any chills or rigors? (i.e. sudden feeling of cold along with shivering accompanied by a rise in temperature)**
- **Are you experiencing any gastrointestinal problems? (i.e. abdominal pain, diarrhea or vomiting)**
- **Is anyone in your household displaying symptoms of COVID-19?**
- **Have you tested positive for COVID-19 in the last 14 days?**
- **To the best of your knowledge, in the last 14 days, have you come in close contact (less than 6’ for more than 15 minutes) with anyone who has tested positive or been diagnosed with COVID-19?**

Before entering any Sky High facility, you acknowledge you have conducted this self-assessment for yourself and/or any children in your immediate care. You also acknowledge your answers to the questions above are true and accurate to the best of your knowledge.

If you have any questions, please do not hesitate to contact our staff at 815-356-0006