



**RETURN TO ATHLETIC ACTIVITIES
COVID-19**

ATHLETE CHECKLIST FOR OFF-SEASON PRACTICES/WORKOUTS

First Day Required Task

- Prior to attending the first workout, student athletes must have completed the [Green Hope Athletic registration](#) process online and have all applicable medical paperwork on file. Including a current physical on file with the Athletic Trainer, the [WCPSS COVID-19 Initial Screening Form](#) and an updated medical history form.(All a part of online registration)

Required Items to Bring

COME PREPARED AND ON TIME OR YOU WILL NOT BE PERMITTED TO STAY FOR PRACTICES/WORKOUTS:

***** Student Athletes must arrive at designated workout times and MUST leave or be picked up by a parent/guardian IMMEDIATELY after workouts end.

- Personal face covering – must be worn at all times except during physical activity. Bring full water jug clearly labeled w/ full name – water bottles will not be provided.
- One small bag to keep personal items in during workouts (i.e. bandaids, inhalers, change of shoes, etc.)
- Come fully dressed for activities w/ proper athletic footwear (locker room use is not permitted)
- Also recommended – Small squeeze bottle of hand sanitizer (additional hand sanitizer will be provided)
- Personal foam rollers, tape, etc. **should be used at home**. We need to restrict the amount of equipment on campus to reduce the possibility of multiple students using these items.
- The Athletic Training Room will only be available in emergency situations -
 - There will be no rehab/preventative taping/ongoing treatments in the current phase.
 - ATCs are on campus for screening and emergency situations only

If experiencing any of the following COVID-19 symptoms, DO NOT attempt to attend any practices/workouts until you have written medical clearance from a doctor.

- Fever w/ temperature 100.4 F or higher
- Shaking chills Cough, shortness of breath or difficulty breathing
- Racing heart, heart skipping beats or fluttering heart
- Unusual dizziness, especially with exercise
- Fatigue or difficulty with exercise
- Sore throat (different than associated with seasonal allergies)
- New loss of taste or smell
- Nausea, vomiting or diarrhea
- Have anyone in your household who has been diagnosed with COVID-19 in the past 14 days and/or have been in contact with anyone infected with COVID-19 in the past 14 days

AS A FINAL REMINDER, ATHLETES WILL BE SENT HOME AND WILL NOT BE ALLOWED TO PARTICIPATE IN PRACTICES/WORKOUTS IF THEY ARE MISSING ANY OF THE ABOVE REQUIRED ITEMS OR IF FAILING TO PASS ANY PART OF THE DAILY SCREENING PROCESS. THESE POLICIES AND PROCEDURES WILL BE STRICTLY FOLLOWED AT ALL TIMES TO ENSURE THE HEALTH AND SAFETY OF ALL OUR STUDENT-ATHLETES AND ATHLETIC STAFF. THANK YOU FOR YOUR COOPERATION!

Return to Athletic Activities

COVID-19 Daily Monitoring Check-in/Screening Procedures

This document will serve as a detailed and uniform plan to be used by Green Hope and all WCPSS athletic teams for checking in and screening all athletes and staff members on a daily basis when returning to athletic activities. This document will be updated as needed when additional sports return to campus and resume athletic activities. Please note proper entry and exit areas below.

Check-in/Screening Station Locations:

- There will be 2 properly spaced and socially distanced check-in/screening stations on campus. One located at the stadium loop entrance (XC) and one located at Student CarPool drop-off (VB).
- Athletes that drive may park in the main student parking lot and report to their check-in/screening station.
- Parents/guardians bringing an athlete may also park in the bus lot, but ONLY the athlete is permitted to get out of the vehicle to report to their check-in/screening station
- . **DO NOT LEAVE UNTIL YOUR ATHLETE HAS BEEN CLEARED TO PARTICIPATE THAT DAY** (in the event an athlete does not pass any part of the screening process, they must return to the vehicle and leave campus).

Screening Process

- Proper social distancing of 6 feet must be used at all times during the screening process and throughout practice/workout activities.
- Athletes must wear personal face covering at all times during screening and transitions (may only remove during physical activity)
- Pods (athlete training groups) will be assigned to check-in/screening locations by sport. Members of the coaching staff will direct athletes upon arrival. Athletes must check-in with their Pod at the assigned check-in/screening station. No late check-ins or screenings will be allowed. Please plan to arrive on time.
- Using the WCPSS COVID-19 Daily Monitoring Form, each athlete and athletic staff member will be asked a series of questions and have a temperature reading done with an Infrared, no-contact thermometer. If an athlete does not pass any step of the screening process, including a recorded temperature of 100.4 F or higher, they will not be permitted to participate and will be deferred to a doctor. Written clearance from a doctor must be submitted before an athlete will be permitted back on campus for athletic activities.
- **Once an athlete has cleared this daily screening process, they will be directed to immediately report to their assigned practice/workout location.**



Green Hope Cross Country Preseason Workouts

All students interested in coming out for the cross country team will have the opportunity to sign up for 1 of 3 “pods” from Tuesday September 29th through Saturday October 3rd. Coaches will be sharing a Signup Genius link through email and Google Classroom. If any students are not on the current email list and would like to run cross country email Coach Miragliuolo at mmiragliuolo@wcpss.net.

The dates for preseason workouts are: October 6th, October 13th, October 15th, October 20th, October 22nd, October 27th, October 29th, and November 3rd.

All athletes will enter the stadium through the double gates on the scoreboard end of the football field. Parents can drive down towards the tennis center and should not leave until your student-athlete passes the health screening.

Pod 1 each day: Check-in 3:10-3:30. At 3:30 your coach will bring you out the other exit of the stadium to your “staging area” near the pull-up bars behind the school. Workouts will take place 3:30-4:45. At 4:45 pick-up/departure will take place in the student parking lot.

Pod 2 each day: Check-in 3:35-3:55. If athletes arrive on campus early they should wait in the student lot until 3:30 when they can then make their way to the stadium entrance. At 3:55 your coach will bring you out the other exit of the stadium to your “staging area” at the outdoor basketball courts. Workouts will take place 3:55-5:10. At 5:10 pick-up/departure will take place by the basketball courts/bus lot.

Pod 3 each day: Check in 4:00-4:20. If athletes arrive on campus early they should wait in the student lot until 3:55 when they can then make their way to the stadium entrance. At 4:20 your coach will bring you out the other exit of the stadium to your “staging area” at the practice field. Workouts will take place 4:20-5:35. At 5:35 pick-up/departure will take place at the carpool area (by the rock).

***All athletes must bring their own full water bottle each day and must wear a mask at all times except on their workout runs.

***Coach Moakley, Coach Ross, and Coach Gardiner will each coach 1 of the 3 groups. The coach of each group will work with Coach Miragliuolo to do the health screening and then leave with her group so there will be 2 coaches doing check in for each group.



GREEN HOPE VOLLEYBALL PRE-SEASON WORKOUTS

Schedule:

Volleyball will participate in open gyms once a week for October. Varsity will come in at 3:15 and be practicing till 4:30. JV will come in at 3:45 and use the aux gym for 30-45 minutes and then practice in the main gym from 4:30-5:00. Once we have tryouts, we will use both the aux gym and main gym from 3:30-6:00.

Communication:

Green Hope is excited to provide an opportunity for Volleyball open gyms! We will have 4 opportunities throughout the month of October. The dates are:

10/06/2020

10/13/2020

10/20/2020

10/27/2020

Due to restrictions on the number of participants, we have split this time into Varsity Open Gyms and JV Open Gyms. Please do your best to assess your skills and sign up for the appropriate link. The coaches reserve the right to move players from each group if the numbers are too large, or there is a significant skill disparity. Please be aware of the times for open gym; there will be no late acceptance or loitering after. Players will have to be screened and wear masks when not playing on the court.

[GH Varsity Open Gyms](#)

[GH JV Open Gyms](#)

Tryouts are updated to November 4th- Varsity Tryouts will be 3:30-4:45 and JV Tryouts will be 4:45-6:00.

Each player will have a discussion with a coach before leaving, letting them know if they have made the team.

We are looking forward to seeing you guys playing volleyball and representing Green Hope!

GH Volleyball Coaches

If you have questions please contact Karl Redelfs at kredelfs@wcpss.net

