

Parent/Athlete Information

Pre-Workout/Conditioning

- ❑ **Practice and reinforce good prevention habits with your family.**
 - ❑ Avoid close contact with people who are sick.
 - ❑ Cover your cough or sneeze with a tissue, then throw the tissue in the trash.
 - ❑ Wash hands often with soap and water for at least 20 seconds, especially after going to the bathroom; before eating; and after blowing your nose, coughing, or sneezing. If soap and water are not readily available, use a hand sanitizer that contains at least 60% alcohol.
- ❑ **Keep your child at home if sick with any illness.**
 - ❑ Check your child's temperature. If at 100.3 degrees or higher, abstain from sending athletes to activities.
 - ❑ If your child is sick, keep them at home and contact your healthcare provider.
 - ❑ If your child has been sick in the past 24 hours, please abstain from sending your child to the school.
 - ❑ Talk with coaches and Athletic Administration about follow up steps.
- ❑ **Send your child to conditioning with their own LABELED water/hydration**
 - ❑ DO NOT share water/hydration with other athletes
- ❑ **The Athlete should come prepared and dressed**
 - ❑ Locker rooms and changing areas will not be available onsite
 - ❑ Restroom usage is limited to one athlete at a time
- ❑ **A face covering/mask must be worn at all times while inside of the building**
 - ❑ Athlete must wear face-covering/mask while lifting
 - ❑ Athlete may remove face-covering/mask for cardiovascular conditioning
- ❑ **Maintain Social Distancing guidelines whenever possible**
 - ❑ Whenever possible, adhere to social distancing (6ft), please adhere to guidelines set by the CDC