

NDA Athletics COVID-19 Workouts Policies July 13-August 2, 2020

At NDA we are taking precautions to ensure the safety and wellbeing of all our students, coaches, and staff during COVID-19. With this in mind, and in following KHSAA guidelines, we have created these policies for our students, coaches, and staff to follow.

Prior to/During Workouts:

- Prior to the first workout, each participant must fill out the COVID-19 Screening Questionnaire on Final Forms
- Students must have an up to date physical in Final Forms prior to participation
- Students must be temperature checked and complete the COVID-19 daily health assessment questions prior to each workout
- If a student does not pass the temperature screen or they report any positive symptoms they must leave immediately and should contact their primary care provider or other health-care professional
- Social distance must be kept when on campus at all times, including both prior to, during, and after workouts (no congregating within 6 feet at the picnic tables in the circle)
- Students and Coaches should wash their hands or use hand sanitizer when they arrive at workouts
- Assigned Groups or "Pods" must remain separated from arrival to dismissal

Face Coverings:

- Coaches and students are required to have a mask on when they arrive and when they depart
- Coaches must wear masks during all sessions unless they are physically working out with the team
- Masks must be worn while being pre-screened and during any emergency situation such as inclement weather
- Masks do not need to be worn while the student is working out
- Plastic face shields will NOT be allowed

Water/Towels/Equipment:

- Students MUST bring their own water, towels, and prescribed medication (inhalers, EpiPens, etc)
- NDA will not provide towels
- NDA will not provide places for water bottles to be refilled (no water fountains, water coolers, etc.)
- Water bottles and towels cannot be shared at any time
- Students should bring their own equipment (balls, watches, etc.) when requested by a coach

Inclement Weather:

- In the event of lightning or other weather issues, group(s)/pods will put their masks on and be moved indoors while maintaining social distancing

Post Workouts:

- Coaches must wash their hands or use hand sanitizer at the end of each workout
- NDA encourages students and coaches to wash their hands or use hand sanitizer prior to departing NDA
- NDA encourages students and coaches to shower and wash their workout clothing immediately upon returning home

General:

- No physical contact of any kind
- No spectators allowed
- All involvement by students is voluntary without repercussion for failure to attend