

TEACH Guardians

Return to Play Guidelines

All guidelines listed below have been adopted from the Northeast TN Return to Play guidelines in accordance with TSSAA and State of TN guidelines.

- *Wipe down balls before, during, and after practice with sanitizing wipes.
- * Door to the gym court and door to bathrooms will be propped open during practice for no-touch access.
- *Sanitize bleachers and designate areas on bleachers for each athlete to place their belongings, no closer than 6ft. apart. Siblings may use the same area.
- ***No Spectators in the gym.**
- ***Athletes** need to bring hand sanitizer, water bottles, and a mask. The mask is not to wear while practicing, but to have on hand in case of an injury, inability to social distance, or the coach wants them to huddle up and there not be the ability to social distance in that circumstance.
- *Coaches will wear masks when unable to social distance from an athlete during instruction.
- *No drinking from water fountains. Water bottles must be filled and athletes should bring extra water so as to not run out during practice.
- *A designated person, or a coach, will check every athlete in for every practice. There is an official form to keep track of temperatures and the daily questions. Temperatures will be taken and specific questions will be asked before the athlete is allowed to enter practice.
- *Sanitize or wash hands before, during, and after practice.
- *Athletes may not use bathrooms to change clothes. One student, at a time, will be allowed in the bathroom.
- *Have athletes wipe down(sanitize) their spot on the bleacher before leaving practice.*

General Rules for Practice:

TN Executive Declaration 55 states contact sports may resume. However, TEACH Athletics will use caution and discretion, strongly encouraging coaches to condition and practice drills while social distancing for the month of August, as they continue to follow Return to Play Guidelines.

Observe 6ft distance as a circumference of a circle when you can.

Only share sanitized/cleaned equipment.

Encourage the athletes to cough or sneeze into their elbows

If athletes are split into different groups, try to keep them in that group for the entire practice in the month of August.

Daily Questionnaire

1. Do you have an unexplained cough?
2. Do you have shortness of breath or difficulty breathing?
3. Have you been out of the region (Counties included in region: Washington, Sullivan, Carter, Unicoi, Greene, Hawkins, Washington County, VA) in the last 14 days? **If yes**, when and where (City and State)?
4. Have you been around anyone who has had COVID-19?
5. Have you had COVID-19? Date of diagnosis? Date of Clearance?
6. Take temperature of athlete or coach:

A fever is 100.4 degrees or greater and they will need to go home and not practice or coach. Keep athlete separate from the group until they are able to leave.

Guidelines for Return to Play after Exposure to COVID-19

Student or Coach must be fever free for 3 days before returning to practices/workouts. A Return to Activity Form must be completed by parent/guardian-form includes daily temperature readings, and the daily symptom questionnaire.

Exposure Protocol:

Not attend activities for 2 weeks after last contact with an infected person.

Must be symptom free for the entirety of the 2 weeks

If they develop symptoms, then the individual will follow guidelines for someone who has been infected.

Infection with Symptoms:

If a person has tested positive, has symptoms, and is directed to self-care at home they may discontinue isolation under the following conditions:

At least 3 days(72 hours) have passed *since recovery* defined as resolution of fever with no use of medication to control fever and improvement of respiratory symptoms (cough, shortness of breath, etc.).

At least 10 days have passed *since symptoms first appeared*.

Asymptomatic Infection:

Positive for COVID-19 but no symptoms and directed to care at home: may discontinue isolation when at least 10 days have passed since the first diagnostic test, assuming they haven't developed symptoms in that time period.

Designated Return to Play Volunteer

The person responsible for cleaning and following the Return to Play Guidelines will be the one person, besides the coaches, allowed in the gym.

Responsibilities are:

1. Make sure all doors are open for non-contact entry, including doors leading to the bathrooms.
2. Ask each coach and athlete entering the gym the Daily Questions from the Return to Play Guidelines and document.
3. Check each person's temperature.
4. Close main doors to gym once everybody is in and make sure everybody has left enough space between their equipment and bags on the bleachers. Have them move their equipment if needed, not you.
5. Periodically clean free balls during practice and at end of practice. Gloves have been supplied to wear while cleaning equipment.
6. Have athletes clean the space they used on the bleachers with a wipe and throw in trash.
7. Encourage athletes to bring hand sanitizer and wash hands frequently with soap.
8. No drinking from water fountains and encourage athletes to bring extra water bottles.