

Procedures for the reopening of extracurricular activities for JMCSS  
Phase 1  
Target Date June 1 2020

**Procedures that must be followed for every activity**

- 1.) Temperature taken by a touchless thermometer and not to exceed 99.9 degrees. If a student's temperature exceeds 99.9, isolate the students from others, contact parents and the student should stay home until they are 72 hours fever free. for all participants including Coaches and Sponsors
- 2.) Questions to be asked of all adults and students prior to and on arrival to campus:
  - A.) Have you had a fever of 100.0 degrees in the last 72 hours
  - B.) Have you had an unusual cough or shortness of breath?
  - C.) Have you had a loss of taste or smell?
  - D.) Have you been in close contact with anyone that has tested positive for Covid 19
  - E.) Have you been in close contact with anyone that has been tested and waiting on results for Covid 19
  - F.) Have you had vomiting or diarrhea in the last 24 hours?
  - G.) Parents are encouraged to preform the same checks before students arrive on Campus
- 3.) All participants must wear a mask at any time they are within six feet of anyone
- 4.) All locker rooms and showers will be closed. Participants will come dressed for the activity
- 5.) There must not be any use of shared water distribution. Water can be brought by participants that only they touch or distributed by Coaches in water bottles that must be discarded after use.
- 6.) Suggested use of markings that would keep participants at a minimum of six feet apart

**Small Group Indoor activities**

- 1.) Limit of ten participants
- 2.) 1 participant at a work station unless a spotter is need. If a spotter is needed, the spotter must wear a mask
- 3.) Make every effort to design your activity where spotters are not needed. Example using dumbbells or kettlebells instead of a barbell
- 4.) Any passing or sharing of equipment must be supervised by a Coach. All equipment that is passed or shared must be cleaned and sanitized before others may use the equipment. If a player touches their face and then touches equipment, they must sanitize their hand and the equipment must be cleaned and sanitized. If a player can't refrain from touching their face, they must be excused from the activities.
- 5.) All equipment must be cleaned and sanitized after use and between participants use
- 6.) All equipment must be cleaned and sanitized before the next groups enters for activity
- 7.) Follow all Activity Procedures

### **Larger Group outdoor activities**

- 1.) The large group must be broken down into smaller groups of no more than 10 participants each. Example 40 participants divided into groups of 10 spread out on the four corners of a football field
- 2.) Each group of ten must have a coach assigned to it to ensure that procedures are followed
- 3.) Any passing or sharing of equipment must be supervised by a Coach. All equipment that is passed or shared must be cleaned and sanitized before others may use the equipment. If a player touches their face and then touches equipment, they must sanitize their hand and the equipment must be cleaned and sanitized. If a player can't refrain from touching their face, they must be excused from the activities.
- 4.) Suggested use of markings that would keep participants at a minimum of six feet apart
- 5.) Follow All Activity Procedures

All participants need to check in at the location of your choice for screening. Please document your screenings. Please try to keep the groups the same in case that someone gets covid-19 you will limit exposure. All coaches must turn in their individual plans to their Athletic Directors. Athletic Directors will be in charge of making a facilities schedule for all sports that request use of facilities. Do not allow groups to use your facilities that are not going to follow the same rules that we will be following. TSSAA calendar is to be followed. TSSAA is to be contacted to request a physical waiver for athletes that can't get a physical, individual schools must request this form. Waivers will only be granted if an athlete has a physical on file from the previous year. Remind Coaches to ease students back into activities. DO not wear mask while conditioning or during endurance activities, this is very dangerous for the lungs. Encourage every student to bring their own hand sanitizer.