



## Squalicum Specific Guidelines for Outdoor Practice/Training



**Date: October 26<sup>th</sup> through December 19<sup>th</sup>**

### **Attendance Taking and Attestation**

Coaches will take daily attendance and attestation using FinalForms App.

School AAC will train all head coaches on use of FinalForms App for attendance, attestation, and review for Medical Information, eligibility, etc.

When FinalForms is accessed, coaches will put in roster mode, check on attendance, and click on green check mark twice which will give the attestation form.

If student replies yes to any of the questions, coach is to send the athlete home immediately and report the issue to the AAC.

AAC will review and report any issues with Risk Management.

**Schedule: Cheer will be considered Winter Athletes for the purpose of this schedule.**

**Each season will have 2 practice slots per week (practice times for these days will be coordinated by the head coaches and AD):**

Traditional Fall Sports will go on every Monday

Traditional Winter Sports will go on every Tuesday

Traditional Spring Sports will go on every Wednesday

**We will rotate the Thursday/Friday/Saturday practice days to give every season equal and fair access to Saturdays. Based on when we return to play it will look like the following: (week 1 is 1<sup>st</sup> week of face to face practices)**

Week 1: Fall Thursday; Winter Friday; Spring Saturday

Week 2: Spring Thursday; Fall Friday; Winter Saturday

Week 3: Winter Thursday; Spring Friday; Fall Saturday

Week 4: Fall Thursday; Winter Friday; Spring Saturday

Week 5: Spring Thursday; Fall Friday; Winter Saturday

Week 6: Winter Thursday; Spring Friday; Fall Saturday

Week 7: Fall Thursday; Winter Friday; Spring Saturday

Week 8: Spring Thursday; Fall Friday; Winter Saturday

### **Parking and Gathering**

- Masks must always be worn appropriately and must be on as soon as student athlete exits vehicle.
- All student-athletes will come to the facilities appropriately dressed for practice with a water bottle, wearing a mask and staying 6 feet away from all other student athletes and coaches.
- Baseball, Bowling, Cross Country/Track, Football, and Softball players will use the lower lot and park at least one stall from another car.
- Soccer and Lacrosse players will use the upper parking lot and park at least one stall from another car. They will access the upper field by going around the building on the east side.
- Tennis and Cheer will use the upper parking lot and park at least one stall from another car.

- When approved, indoor athletes doing conditioning or other drills will use the upper parking lot and park at least one stall from another car. Athletes will enter the building using the exterior entrance to the gym, weight room, and mat room. Athletes are not allowed to use entrances that lead to the school halls. Once in the facility, athletes and coaches will remain in that facility for the duration of the workout. Bathrooms and locker rooms are not available in the building and water fountains are off limits. Athletes must bring their own water and will not be permitted to refill containers at school fountains.

## **Field/Practice Access**

- Volleyball will use the baseball field for conditioning/skills
- B&G Wrestling and Boys Basketball will use the upper field
- Swimming will use lower field
- Girls Basketball will use lower field
- XC and Track will use the track and trails
- Soccer and Lacrosse will use the upper field
- Football will use the lower field
- Fastpitch and Slowpitch softball will use softball field
- Baseball will use the baseball field
- Bowling will use the softball field
- Tennis will use the tennis courts

## **Conclusion of Practice and Exit:**

At the conclusion of practice, athletes must wear masks for any warm down activities and keep masks on as students exit the practice areas through re-entry of vehicles.

## **Bathrooms and Locker rooms**

- Locker rooms are **not** available—students must come to practice in practice gear.
- Access to inside of school **not** available.
- Portable outdoor bathrooms are available.
  - Those waiting for bathrooms will maintain 6-foot distance with masks on.
  - Athletes are required to wash hands at supplied washing stations and/or use supplied hand sanitizer.