



*As a result of the COVID-19 pandemic, the follow form was created for athletic return to play.

General Description of Activities:

Coaches may meet with athletes at a 5:1 ratio (PODS). Coaches and athletes may not rotate PODS/Groups; assignments must remain constant until further notice.

NO physical contact, **NO** sharing of any equipment, **NO** sharing of water bottles, water fountains, water cows, etc.

NO games/scrimmages and/or competitive matchups.

Limitations on gatherings: restricted to no more than 5 outdoor pods (per field). Students and coaches must maintain a distance of 6 feet apart, throughout the workout.

"Vulnerable individuals" may not participate during Phase. Those with serious underlying health conditions, including high blood pressure, chronic lung disease, diabetes, asthma, and those with compromised immune systems These conditions extend to school personnel as well as students.

Any student/athlete that travels across state lines by airplane will be required to self-quarantine for 14 days beginning the day they return. Failure to do so could jeopardize the health and wellbeing of other student/athletes or coaches.

All Athletes will be required to have a new physical on or before July 31st for the school year 2020- 21.
https://www.nmact.org/file/Physical_Form.pdf

For Summer Participation

A completed NMAA Pre-participation Waiver form is required prior to participating in summer workouts.

2019-20 physical shall be accepted to start summer participation.

Students without a physical must obtain one prior to participating in summer workouts.

Students with pre-existing conditions must obtain a new physical prior to participating in summer workouts.

Students/Athletes shall wear mask upon arrival and departure. They must also sanitize their hands before participating in workouts

All practices are considered Closed Workouts..... **NO FANS/NO SPECTATORS**

ALL students/athletes will participate in a pre-workout screening daily that include a temperature check.

If a student/athlete has a temperature of 100.3 or above or becomes ill while at a workout, they should immediately notify the appropriate supervisor, leave for home and consult a medical professional as needed.

One student at a time will be permitted in the restrooms (male/female). Social distancing shall be followed for anyone waiting in line outside of the restroom. Students must wash/sanitize their hands upon leaving the restroom.

By signing below, I acknowledge that I understand and will follow the above expectations for all students that participate in the summer return to play guidelines.

Parent or Legal Guardian Signature

Date

Student Signature

Date