**General Guiding Principles:**

* All student-athletes and coaches must complete daily screenings and monitoring logs. If a student- athlete or a coaching staff member fails the screening they should not participate.
* Masks should be worn by student-athletes when not participating and may be considered while actively participating in their sport. Coaches and team personnel should wear masks at all times
* Adequate cleaning schedules should be created and implemented for all athletic common areas to mitigate any potential exposures.
* Prior to anyone entering a facility area, hard surfaces and frequently touched areas should be wiped down and sanitized.
* Hand sanitizer should be plentiful and available to individuals in all locations.
* Use signage, floor markings, seating markings or other cues to inform participants and direct flow.
* Improve ventilation for confined, indoor spaces. Circulate outdoor air where possible and as permitted by SCS building regulations.
* Manage the number of people in an area. There must be a minimum distance of 6 feet between each individual at all times. If this is not possible indoors, then the maximum number of individuals in the room must be decreased until proper social distancing can occur.
* Consider staggered scheduling of school teams to avoid crossing groups
* Increase hygiene practices, encourage practicing good respiratory etiquette when coughing or sneezing and avoiding touching one’s face.
* Clear facility areas immediately following the conclusion of participation; do not allow people to congregate.
* Areas should be limited to essential personnel only.
* Precautions should be taken to identify any high-risk individuals.

**Weight Room Guidelines**

* Workouts should be conducted in “pods” of students with the same 5-10 students always working out together. Smaller pods can be utilized for weight training. This ensures more limited exposure if someone develops an infection.
* Individuals should wash their hands for a minimum of 20 seconds with warm water and soap or hand sanitize before touching any surfaces or participating in workouts.
* Weight equipment should be wiped down thoroughly before and after an individual’s use of equipment.  Minimize sharing equipment whenever possible.
* Appropriate clothing/shoes should be worn at all times in the weight room to minimize sweat from transmitting onto equipment/surfaces.
* Students should wear their own appropriate workout clothing (do not share clothing), and individual clothing/towels should be washed and cleaned after every workout.  There should be no shared athletic towels, clothing or shoes between students.
* Any equipment such as weight benches, athletic pads, etc. having holes with exposed foam should be covered.
* Spotters should wear masks.
* All students should bring their own water bottle. Water bottles must not be shared.
* May consider taking weights outside if possible.

**Gym Guidelines**

* Limit capacity based on district guidelines (1/3 capacity with a minimum of 6 feet between individuals)
* Create one-way traffic lanes if possible in bleachers and entry/exit points
* Discourage the use of bleachers when not needed, mark areas to allow for appropriate spacing
* Eliminate other items not needed i.e. excess chairs and tables
* Individual drills requiring the use of athletic equipment are permissible, but the equipment should be cleaned prior to use by the next individual
* Facilities should be cleaned regularly each time they are used with special attention given to:
* Frequently touched surfaces such as door knobs, hand rails etc.
* Trash disposed of properly
* Floors should be mopped
* Facility equipment (i.e. mics, scorers table, etc.) should be sanitized before and after each use

**Locker Room Guidelines**

* Consider limiting locker room usage to small groups at a time (i.e. 4 to 5 at a time)
* There should be no shared athletic equipment (towels, clothing, shoes, etc.) between students
* Locker rooms are to be used strictly to change uniforms and store items
* Individual lockers should be sanitized and disinfected after each use
* Students should be encouraged to shower and wash dirty clothing immediately upon returning home

**Resources:**

* Sports <https://www.tn.gov/governor/covid-19/economic-recovery/sports.html>
* Recommendation for a Safe Return to Sport and Physical Activity:<https://www.childrensmercy.org/health-and-safety-resources/information-about-covid-19-novel-coronavirus/returning-to-community-activities/recommendations-for-a-safe-return-to-sport-and-physical-activity-after-covid-19/>
* NFHS Guidance for Opening up High School Athletics<https://www.nfhs.org/media/3812287/2020-nfhs-guidance-for-opening-up-high-school-athletics-and-activities-nfhs-smac-may-15_2020-final.pdf>
* SCS Communications is working with Student Support/Athletics to complete visuals to help support schools as needed in the next few weeks along with a toolkit
* For Grounds and Facilities issues, please have this information entered in School Dude with your Plant Manager.