

## COVID POLICY AND PROCEDURES TO BE FOLLOWED:

Please arrive at least 10 minutes early for sign in. Participants will need to do the health screen verbally, have your temperature taken and fill out contact tracing. Once sign-in is complete please **wait outside of the school until the previous group has left and you are welcomed in**. Do not stand near the doors or block the entrance.

Please read the instructions below:

- **No spectators** are allowed in the school.
- All non-participants (Coaches/parents etc) must wear a mask indoors at ALL TIMES.
- Athletes **MUST** wear a mask to and from training and will not take the mask off until inside the gym.
- ALL Athletes **MUST sanitize their hands PRIOR to entering the gym**.
- It is **RECOMMENDED** to wear a non-medical mask during low to moderate activity (Warm-up, cool-down and drills focusing on technical skill work.)
- Social distancing will be kept at all times off the court (during breaks, team talks, huddles etc.)
- No deliberate physical contact of any kind (Hand shakes, high 5's, hugs etc...)
- Athletes should come dressed to play and may bring their backpacks to the gym, however they must also bring a plastic bag for personal items, toiletries etc and use this for safe disposal of all hygienic materials off school property.
- Bags should be spaced at least 6 feet apart either against the wall or on tables if provided.
- **Athletes must bring their own FULL water bottle**. If water is required, fountains are to be used as **fill stations only**.
- All surfaces that are touched must be sanitized at the end of each session...this includes door handles, equipment, faucets, toilets etc...
- Athletes who have to use the washroom will add the stall and sink they used to the tracking sheet and wipe down the area after use.
- Training will be stopped at least every 30 minutes for hand sanitization.
- ALL Athletes **MUST sanitize their hands PRIOR to leaving the gym**.