

## John Stark Return to Play Guidelines Phase 1

Student-Athletes will need to preregister to attend any workout. Google Sheets will be created by the Athletic Department. Students can sign up directly on the form or contact their coach who can add them to the form.

Parents must sign the Return to Play participation waiver before an athlete can participate in any workouts.

- Athletes must have a mask in their possession before starting workouts. The school will have disposable masks available to athletes.
- Before beginning workouts, athletes must use the hand sanitizer provided by the school. Hand sanitizer will be required after the use of any shared training equipment such as balls.
- Workouts will be limited to 1 hour in length. After the conclusion of the workout, athletes must leave immediately.
- Workouts must be non-contact with focus on fitness and skills and drills that can be designed to maintain social distance.
- Group sizes are to be limited to 10 total people. Multiple groups are allowed to participate in one large area as long as groups do not mix or interact in any way. Coaches may not work with multiple groups in one session and athletes may not leave the group they are initially assigned to that day.
- Every attempt should be made to keep the athletes in the same groups for the entire summer.
- Activities must be planned and implemented to maintain a minimum of 6 feet distance between all athletes and coaches. In situations where closer contact for brief periods of time is necessary, athletes must wear face coverings.
- Athletes must bring their own equipment and no sharing of personal equipment is allowed.
- Shared training equipment such as balls must be cleaned and disinfected frequently during workouts and at the end of each session.
- Equipment bags/backpacks must be placed 6 feet apart
- Athletes must bring their own water bottles. No sharing of water bottles is allowed.
- Athletes are not to use benches or dugouts for the storage of personal equipment.
- All mouth-based activities often encountered with sporting events shall not be allowed. This includes but is not limited to: spitting, chewing gum, licking fingers, and chewing/spitting sunflower seeds.

### **Precheck Procedures:**

- All coaches and athletes must be screened for signs and symptoms of COVID-19 prior to each workout.
- Screening includes a self-check discourse and no-contact temperature check.

- Coaches must record all responses to the screening question and temperature of everyone on the Return to Play screening form. That form as well as any participation waivers must be left in the Return to Play storage container which will be left in the storage building over by the football field.
- Anyone with a temperature exceeding 100.1 degrees must be sent home immediately.
- Any person with positive symptoms reported should not be allowed to take part in workouts, leave immediately and should contact his or her primary care provider or other appropriate health-care professional.

If any member of a workout group becomes contracted with COVID-19, all members will adhere to a 14-day quarantine and not be allowed back on campus until they have been cleared.

**Transportation:**

- All students shall be dropped off by their family members or drive themselves.
- Students who drive must park with a minimum of 1 spot between vehicles.
- No carpooling is allowed. If students arrive with other students that are not family members they must be sent home and will not be allowed back to workouts until they quarantine for 14 days.

**Coaching Responsibilities:**

- Coaches will need to review NH Stay at Home 1.0 Amateur and Youth Sports document
- Prior to starting workouts coaches must attend a training with the Athletic Director over the safety guidelines.
- A written plan by coaches shall be on file with the Athletic Director outlining training session activities.
- Coaches must wear a mask before workouts and anytime 6 feet of distance is not possible. In circumstances where closer contact for brief periods of time is necessary, staff and athletes must wear cloth face covering.
- Coaches must have frequent breaks to allow for hand sanitizing and equipment disinfecting.
- If a coach schedules more than one session for a day, then there must be a 30-minute break between sessions to allow for groups to disperse and equipment to be disinfected.
- Coaches should bring trash bags to each session and remove all garbage each session.

**Assumption of the Risk and Waiver of Liability Relating to  
Coronavirus/COVID-19**

The novel coronavirus, COVID-19, has been declared a worldwide pandemic by the World Health Organization. COVID-19 is extremely contagious and is believed to spread mainly from person-to-person contact. As a result, federal, state, and local governments and federal and state health agencies recommend social distancing and have, in many locations, prohibited the congregation of groups of people. The John Stark School District has put in place preventative measures to reduce the spread of COVID-19; however, the John Stark School District cannot guarantee that you or your child(ren) will not become infected with COVID-19. Further, attending the John Stark School District facilities and functions could increase your risk and your child(ren)'s risk of contracting COVID-19.

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By signing this agreement, I acknowledge the contagious nature of COVID-19 and voluntarily assume the risk that my child(ren) and I may be exposed to or infected by COVID-19 by attending John Stark School District facilities and functions and that such exposure or infection may result in personal injury, illness, permanent disability, and death. I understand that the risk of becoming exposed to or infected by COVID-19 may result from the actions, omissions, or negligence of myself and others, including, but not limited to, John Stark School District employees, volunteers, and program participants and their families.

I voluntarily agree to assume all of the foregoing risks and accept sole responsibility for any injury to my child(ren) or myself (including, but not limited to, personal injury, disability, and death), illness, damage, loss, claim, liability, or expense, of any kind, that I or my child(ren) may experience or incur in connection with my child(ren)'s attendance at John Stark School District facilities or participation in John Stark School District programming ("Claims"). On my behalf, and on behalf of my children, I hereby release, covenant not to sue, discharge, and hold harmless the John Stark School District, its employees, agents, and representatives, of and from the Claims, including all liabilities, claims, actions, damages, costs or expenses of any kind arising out of or relating thereto. I understand and agree that this release includes any Claims based on the actions, omissions, or negligence of the John Stark School District, its employees, agents, and representatives, whether a COVID-19 infection occurs before, during, or after participation in any John Stark School District facilities and programs.

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Signature of Parent/Guardian

Emergency Phone Number

Date

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Print Name of Parent/Guardian

Name of Participant (STUDENT/CHILD)