

## The Gregory School Return to Play Quick Glance Parent Info Sheet

Phase	BEFORE Activity	DURING Activity	AFTER Activity	Cleaning Procedures
Conditioning	<p>Athletes must have printed and signed waiver (required once to return to participation)</p> <p>Athletes <b>MUST bring at least 64oz of water to workouts</b></p> <p>Athletes arrive at assigned time</p> <p>No player bags/backpacks</p> <p>Athletes should be dressed and put shoes on in car before entering</p>	<p><b>Coaches and participants must wear a mask</b></p> <p>No contact, focus on individual strength, ball handling and conditioning</p> <p><b>Parents and guests are not allowed, as this will increase the total number</b></p> <p>No sharing of water or equipment</p> <p>Coaches will allow for extra rest breaks</p> <p>Maximum of 2 hours of conditioning per day for each athlete</p>	<p>Athletes leave court or field immediately</p> <p>Coaching staff cleans/sanitizes all surfaces, equipment, and balls immediately</p> <p>Athletes sanitize their hands prior to leaving TGS</p> <p>Athletes should wash their hands and take a shower immediately at home.</p>	<p>Staff will sanitize balls before putting them away.</p> <p>Staff will sanitize all surfaces touched during training.</p>

Phase	BEFORE Activity	DURING Activity	AFTER Activity	Cleaning Procedures
Skills	<p>Athletes must have printed and signed waiver (required once to return to participation)</p> <p>Athlete <b>MUST bring at least 64oz of water to workouts</b></p> <p>Athletes arrive at assigned time</p> <p>No player bags/backpacks</p> <p>Athletes should be dressed and put shoes on in car before entering</p>	<p>Coaches and participants must wear a mask</p> <p>Small group training is introduced</p> <p>Balls may be passed back and forth between athletes</p> <p>Parents and guests are not allowed as this will increase the total number</p> <p>Maximum of 2 hours of conditioning per day for each athlete</p>	<p>Athletes leave court or field immediately</p> <p>Staff cleans/sanitizes all surfaces, equipment, and balls immediately</p> <p>Athletes sanitize their hands prior to leaving TGS</p> <p>Athletes should wash their hands and take a shower immediately at home.</p>	<p>Staff will sanitize balls before putting them away.</p> <p>Staff will sanitize all surfaces touched during training.</p>

Phase	BEFORE Activity	DURING Activity	AFTER Activity	Cleaning Procedures
Practice	<p>Athletes must have printed and signed waiver (required once to return to participation).</p> <p>Athlete <b>MUST bring 64oz of water into gym</b></p> <p>Athletes arrive at assigned time</p> <p>No player bags/backpacks in the facility</p> <p>Athletes should be dressed and put shoes on in car before entering</p> <p>Athletes/coaches must wash their hands upon entering the gym</p>	<p>Introduction of controlled scrimmages/ practice games</p> <p>Physical contact to be minimized</p> <p>No limitations on participants per field or court but <b>parents will <u>drop off only</u> and not enter the gym</b></p> <p>Maximum of 2 hours of conditioning per day for each athlete</p>	<p>Athletes leave TGS Gym immediately</p> <p>Staff cleans/sanitizes all surfaces, equipment, and balls immediately</p> <p>Athletes sanitize their hands prior to leaving TGS</p> <p>Athletes should wash their hands and take a shower immediately at home.</p>	<p>Athletes will sanitize equipment before putting it away</p> <p>Staff will sanitize all surfaces touched during training</p>

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Competition	<p>Athletes must have printed and signed waiver (required once to return to participation)</p> <p>Athlete <b>MUST bring 64oz of water into gym</b></p> <p>No player bags/backpacks in the facility</p> <p>Athletes should be dressed and put shoes on in car before entering</p> <p>Athletes/coaches must wash their hands upon entering the gym</p> <p><b>Bleachers will have markings where fans are able to sit. Parents and fans will be mindful of social distancing in the stands.</b></p>	<p>Full return of play</p> <p>No restriction on training session</p> <p>Games and scrimmages to be played</p> <p>Recommend social distancing practices will be maintained by spectators</p> <p>No sharing of water</p>	<p>Staff cleans/sanitizes all surfaces, equipment, and balls immediately</p> <p>Athletes sanitize their hands prior to leaving TGS</p> <p>Athletes should wash their hands and take a shower immediately at home.</p> <p>Athletes should wash their uniform immediately after competition</p> <p>Parents and fans will be asked to leave bleachers immediately and wait outside for their athlete</p>	<p>Athletes will sanitize equipment before putting it away</p> <p>Staff will sanitize all game balls</p> <p>Staff will sanitize all surfaces touched during competition, including scoreboard and score table, bleachers and benches</p>