

Athletics and Activities

We are excited to see your students back on campus starting July 1st for summer workouts/camps.

Please make sure that your student brings their own personal water bottle with their name printed on it. There will be no water fountains for them to refill their bottles, so please make sure to send enough water.

If you have any questions or concerns please contact me at 636-933-6910 or dreyerj@jr7.k12.mo.us. I will communicate more information with you as it becomes available.

Going back July 1st to sports will look like this in Phase 1:

****Out of health and safety concerns for our students and coaches, it is respectfully requested that no spectators be present during the initial phases of re-opening.****

i. High-frequency of contact sports

These sports include: Baseball, Basketball, Cheerleading, Dance Team, Football, Softball, Volleyball, Wrestling.

1. Phase 1 (Approx July 1-July 14)

- i. During this phase, team workouts and practices are allowed to begin on campus or facility, however this should be done with minimal protective equipment (*i.e. helmets only for football*). Team drills can occur where players are less than 6 feet apart, but this should be minimized to brief one- on-one drills. Most of the practice should utilize social distancing.
- ii. No two teams should be in the same location at one time. If the same field or gym will be used back to back, allow ample time between sessions to clean area between teams. Half field use is permitted. Be sure that there is no interaction between teams.
- iii. Any equipment used should be disinfected between individual/team uses (*i.e. helmets, bat, etc.*).
- iv. Social distancing should apply as much as possible during these team workouts and practices.
- v. Moving to phase 2 is contingent upon meeting the gating criteria above in the region your organization resides for the previous two weeks, and no outbreak within your school or organization.

2. Phase 2 (Approx July 15 - July 28)

- i. During this phase, team practices with full equipment and contact drills are permissible. Football should be sure to acclimatize with half shells first and then full equipment during this phase, as recommended by Missouri State High School Activities Association (MSHSAA).

- ii. Intra-squad Scrimmages are permitted during this phase. (*no scrimmages/games versus other schools*)
- iii. Any equipment used should be disinfected between individual/team uses (*i.e. helmets, sleds etc.*).
- iv. Moving to phase 3 is contingent upon meeting the gating criteria above in the region your organization resides for the previous two weeks, and no outbreak of cases at your school or organization.

3. **Phase 3** (Approx July 29 - July 31)

- i. During this phase, full team practices, scrimmages, and game competitions are permitted.
 - No scrimmages/games versus other schools
- ii. Any equipment used should be disinfected between individual/team uses (*i.e. bat, helmets, shoulder pads, sleds etc.*).
- iii. This phase is recommended until the fall sports season resumes.

ii. **Low-frequency of contact sports**

These sports include: Band, Field Events (*high jump, pole vault, javelin, shot-put*), Golf, Weight lifting, Running, Track.

1. **Phase 1** (Approx July 1-July 14)

- i. During this phase, team workouts and practices are allowed to begin on campus or designated facility.
- ii. Inter-squad scrimmages are permitted during this phase. Should allow for proper acclimatization before playing opponents.
- iii. Any equipment used should be disinfected between individual/team uses (*i.e. bat, helmets, sleds etc.*).
- iv. If the same field or gym will be used back to back, allow ample time between sessions to clean area between teams. Be sure that there is no interaction between teams.
- v. Any equipment used should be disinfected between individual/team uses (*i.e. ball, bat, etc.*).
- vii. Moving to phase 2 is contingent upon meeting the gating criteria above in the region your organization resides for the previous two weeks, and no outbreak of cases at your school or organization.

2. **Phase 2** (Approx July 15 - July 31)

- i. During this phase, full team practices, scrimmages, and game competitions are permitted.
 - No scrimmages/games versus other schools
- ii. Any equipment used should be disinfected between individual/team uses (*i.e. bat, helmets, sleds etc.*).
- iii. This phase is recommended until the fall sports season resumes.

****Do not forget that physicals are good for 2 years now. All of the other paperwork in the athletic packet MUST be completed in order for the student to start fall practice (August 10th for the high school and August 24th for the middle school)****