



# CASCADE ATHLETICS REOPENING GUIDELINES

*Participation in our Fall "Open Practice" Season is VOLUNTARY and NOT REQUIRED for any student-athlete or program.*

## ATHLETE INFORMATION

### PAPERWORK REQUIREMENTS

- ✓ Registered on Family ID (sign up for all sports you intend to play)
- ✓ Valid and current physical on file (24 months)
- ✓ COVID-19 waiver signed (on Family ID)

\*ASB Fees will NOT be needed to register at this time.

### LIMITATIONS ON GATHERINGS

- ✓ Limit to 6 or less (5 athletes and 1 coach) for a workout pod (outside)
- ✓ Must work in consistent pods (per week)
- ✓ No locker rooms; Come in workout gear
- ✓ Social distancing of 6 feet will be required

### PHYSICAL ACTIVITY AND ATHLETIC EQUIPMENT

- ✓ Must wear mask when not actively working out (Bring your own mask)
- ✓ Do not share athletic equipment, towels, clothing, or shoes
- ✓ Clean all common equipment between uses.
- ✓ Do not lift weights that require a spotter.

### HYDRATION

- ✓ Bring your own water bottles
- ✓ Drinking fountains will be turned off

## PRE PRACTICE GUIDANCE

### PRE-WORKOUT SCREENING

- ✓ Athletes will have to be screened each day for
  - ❖ A cough
  - ❖ Shortness of breath or difficulty breathing
  - ❖ A fever of 100.4°F or higher or a sense of having a fever
  - ❖ A loss of sense of smell or taste
  - ❖ A sore throat
  - ❖ Muscle or body aches not due to workouts
  - ❖ Close contact or cared for someone with COVID-19
  - ❖ Taken any fever reducing medicine in last 4 hours
- ✓ Athletes with any of these symptoms will be sent home
- ✓ Athletes must wash hands after being checked in

**PLEASE STAY HOME IF YOU ARE FEELING SICK**

**Always Practice Social Distancing and Good Hygiene**



## SPORT "OPEN SEASON" PRACTICE PERIODS

*\*Not All Programs will hold practices.*

**\*\*Any Questions Contact Dominique Coffin (509) 548-4042**

**Spring Sports** (Baseball, Boys Soccer, Golf, Tennis, Fastpitch, Track & Field): Oct. 5th - Oct. 23rd

**Fall Sports** (Football, Cross Country, Cheer, Volleyball, Girls Soccer): Oct. 26th - Nov. 13th

**Winter Sports** (Boys Basketball, Girls Basketball, Wrestling, Cheer): Nov. 30th - Dec. 18th