



RESPONSIBLE RESTART OF ATHLETICS - PARENT GUIDELINES

In order to restart Rough Rider Athletics responsibly, we need your help and cooperation to maintain everyone's safety! We expect everyone to follow the following guidelines to continue to move forward. Please insist that your student-athletes take this situation seriously so that we can continue to progress through this unusual time athletically. Our ability to continue to move forward with athletics and participate in future sport seasons depends on how well we protect each other today and everyday. *How the adults respond to these guidelines will set the tone for how the students respond.*

- **ALL SUMMER ATHLETIC WORKOUT SESSIONS ARE VOLUNTARY FOR OUR ATHLETES.**
- Parents/Guardians **MUST** make sure your Final Forms account has been updated for the 2020-21 school year. All Forms must be signed, and your student must be registered in their athletic program. Additional Forms may be added which will require you to log in to FinalForms again to complete.
- **ATTENDANCE, TEMPERATURE VERIFICATION AND A DAILY SYMPTOM ASSESSMENT** will be done for every coach and athlete by a member of our medical team or a coach before being allowed to participate in any organized athletic activity.
- Each daily system log sheet will be kept as documentation and future reference.
- Parents/Guardians will be contacted immediately if there are any medical concerns.
- Parents/Guardians may wait for athletes but must always remain in their own vehicle, in the designated parking area. **NO SPECTATORS AT ANY ATHLETIC FACILITIES (INDOOR OR OUTDOOR).**
- Restroom facilities will be available for the athletes only for emergency situations.
- Athletes should bring their own water to each workout as drinking fountains will not be in use. Athletes should **NOT** share water bottles or any other personal equipment such as towels and/or clothing.
- Any athletes that do not follow and cooperate with the guidelines for summer participation will be asked to leave the facility immediately.
- An athlete that has **ANY** symptoms, will be asked to leave the facility and the parent/guardian will be contacted immediately.
- Athletes that exhibit Covid 19 symptoms will **NOT** be permitted to return to athletic activity without a doctor's return to play documentation.
- **[Social Distancing Information and Video](#)**

- [Hand Washing Information and Video](#)
- [Hand Sanitizing Information and Video](#)
- [How To Make a No Sew Mask](#)