



**Charlottesville High School**  
**Black Knight Athletics**

**Return to Training & Competition**  
**Guidelines**  
**Fall 2020**

**\*A subset of the forthcoming Charlottesville City Schools Health Care Plan for the 2020-2021 school year.**



# Charlottesville High School Athletics - Fall 2020

## QUICK FACTS

This document is a guideline for workouts for rising 8th through 12th graders that will be conducted from October 26 until the VHSL Sports Season officially starts.

- *All out of season workouts are voluntary*
- **Athletes will have the opportunity to workout twice a week. (Sports Medicine staff will be on site and will be conducting / supervising check-in for out of season workouts.)**
- Any player participating in workouts **MUST HAVE A CURRENT VHSL PHYSICAL** on file with the CHS Athletics Department **before** participating in any activity. (Physical must be dated on or after May 1, 2020).
- All athletes must complete the 2020-2021 online concussion information and athlete registration in the presence of a parent or guardian. This information will be stored in the Athletic / Sports Medicine Database. (This form has been updated to include information about COVID-19).

### Drop Off & Pick Up:

- Drop off and Pick up at specified locations. Doors will be marked "ENTER" or "EXIT."
- Student arrival will be at the bottom entrance of the Curtis Elder Track and Field Complex for track related activity, the MLK-PaC Bus Loop for indoor activity, and the Melbourne Ticket booth for stadium related activity...
  - Parents/Guardians will be required to wait in their cars in the parking lot (practicing social distancing), or leave the premises, during training sessions.
- Student drivers will be required to park in the CHS parking lot or on Melbourne Road (stadium)
- For students who are being dropped off, their driver will need to stay on premises until the student has been checked in which includes health screening (see below).

### Health Screenings:

- Coaches and athletes will be screened prior to each workout. Any athlete or coach with a temperature  $\geq 100.4$  or answers "yes" to any of the screening questions will be subject to further evaluation by the Sports Medicine staff. Participants who show any symptoms may not be allowed to participate and will be asked to leave the facility.
- **If an athlete does not pass a screening, they will need a release note from a healthcare professional or to be evaluated by the Sports Medicine staff before they are able to return to participate in CHS Athletics/Activities**



### **Hygiene & Cleaning:**

- Disinfecting sprays and/or wipes will be used to clean facilities and equipment before, during and after activities/workouts.
- Athletes are encouraged to wear face masks or coverings when indoors, including in the weight room, and while outside when social distancing is not possible. Coaches must wear a mask or other face covering. Equipment will be cleaned prior to each workout and sanitized between uses by each athlete.
  - The use of team shared equipment will be limited and sanitized after each use.
- Gloves are highly encouraged to be worn to catch, shoot and/or hit any type of ball etc. or to use equipment.
- No use of locker rooms or shower facilities is allowed at this time. Athletes should report fully dressed to participate and should shower as soon as they arrive at home. Washing hands or use of hand sanitizer will be required before any conditioning or participation in any athletic activities.
- Specific designated restrooms must be used so that the cleaning and disinfecting can be focused on those particular facilities. The restrooms that will be available are the Curtis Elder Track & Field Complex restrooms, the Gym Lobby event restrooms, and the Theodosia Stadium restrooms.
- Hand sanitizer will be available in the weight room and other facilities.
- Facilities will be closed to the public prior to the beginning of a workout to ensure proper time for Athletic Department staff to clean and prepare for the workout groups of the day.
  - At least 10 minutes should be scheduled between groups to allow for disinfecting the facility.

### **Other Measures:**

- Athletes and coaches will be assigned to small groups or pods, and they will travel together throughout the workouts to limit large group exposure.
- Athletes will NOT be allowed to go to the restrooms in groups. They will go one at a time.
- When outside, personal player equipment should be spaced out at least 10 feet from other athletes and the equipment of other athletes.
- Athletes are to refrain from any physical contact. This includes handshakes, high-fives, fist bumps, chest bumps or any other celebration/greeting. Workout areas will be restricted to student athletes, coaches, and medical personnel.



**Assumption of Risk & Waiver of Liability for Charlottesville High School Athletics Relating to Coronavirus/COVID-19**

**Student-Athlete & Parent/Guardian Form**

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 Charlottesville High School Athletic Department has developed preventative measures to reduce the spread of COVID-19; however, Charlottesville High School Athletics cannot guarantee that you or your student-athlete will not become infected with COVID-19. Furthermore, using our facilities and/or attending conditioning sessions and or extracurricular events could increase your student-athlete'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 student-athlete may be exposed to or infected by COVID-19 by attending activities in Charlottesville Athletics facilities and that such exposure or infection may result in personal injury, illness, permanent disability, and/or death. I understand that the risk of becoming exposed to or infected by COVID-19 during activities as a CHS athlete or participant that may result from the actions, omissions, or negligence of myself and others, including, but not limited to coaches, student-athletes, athletic staff and others. I voluntarily agree to assume all of the foregoing risks and accept sole responsibility for any injury to my student-athlete 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 student-athlete may experience or incur in connection with my student-athlete's attendance or participation in events ("Claims") involving Charlottesville City Schools. On my behalf, and on behalf of my student-athlete, I hereby release, covenant not to sue, discharge, and hold harmless Charlottesville City Schools, 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 Charlottesville City Schools, its employees, agents, and representatives, whether a COVID-19 infection occurs before, during, or after participation in any Charlottesville Athletics event.

**Print Name of Student-Athlete** \_\_\_\_\_

**Signature of Student-Athlete** \_\_\_\_\_ **Date** \_\_\_\_\_

**Print Name of Parent/Guardian** \_\_\_\_\_

**Signature of Parent/Guardian** \_\_\_\_\_ **Date** \_\_\_\_\_

**Assumption of Risk & Waiver of Liability for Charlottesville High School Athletics Relating to Coronavirus/COVID-19**

**Coach Form**

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 Charlottesville High School Athletic Department has developed preventative measures to reduce the spread of COVID-19; however, Charlottesville High School Athletics cannot guarantee that you will not become infected with COVID-19. Furthermore, using our facilities and/or attending conditioning sessions could increase your 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 I may be exposed to or infected by COVID-19 by attending activities in Charlottesville Athletics facilities and that such exposure or infection may result in personal injury, illness, permanent disability, and/or death. I understand that the risk of becoming exposed to or infected by COVID-19 during activities at CHS that may result from the actions, omissions, or negligence of myself and others, including, but not limited to Coaches, student-athletes and others. I voluntarily agree to assume all of the foregoing risks and accept sole responsibility for any injury to myself (including, but not limited to, personal injury, disability, and death), illness, damage, loss, claim, liability, or expense, of any kind, that I may experience or incur in connection with my attendance or participation in events ("Claims") involving Charlottesville City Schools. On my behalf, I hereby release, covenant not to sue, discharge, and hold harmless the Charlottesville City Schools, 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 Charlottesville City Schools, its employees, agents, and representatives, whether a COVID-19 infection occurs before, during, or after participation in any Charlottesville Athletics event.

**Sport & Level Coached** \_\_\_\_\_

**Print Name of Coach** \_\_\_\_\_

**Signature of Coach** \_\_\_\_\_ **Date** \_\_\_\_\_

**I have successfully completed the training for temperature checks and how to properly cleanse facilities/equipment.**

**Name** \_\_\_\_\_

**Sport/Position** \_\_\_\_\_

**Initials** \_\_\_\_\_

**Date** \_\_\_\_\_