New Knoxville Athletic Return to Play Guidelines

**All Sport Guidelines**

All athletes and coaches must be respectful of those around them. We must take everything seriously and follow the guidelines for the safety of everyone involved as well as their family members. While participating in these workouts/practices is highly encouraged, they will not be mandatory.

* All athletes and coaches must sign-in and either wash or sanitize hands upon entrance. Each coach will be given their own binder to use for signing in and maintaining documentation.
* All athletes and coaches must complete a health check at home prior to coming to a workout/practice.
  + This includes temperature and symptom checks. This will be documented on the sign-in sheet. If you have any symptoms such as a fever, cough, body aches, sore throat, chills please stay home and contact your medical provider. Athletes will also need to communicate their symptoms to their coach.
* Athletes cannot arrive more than 10 minutes before and must leave immediately after all sanitizing is completed. Athletes should go directly home to shower.
* Locker Rooms are not to be used. Athletes must place their belongings 6 feet away from other athletes and should not gather to socialize at any time.
* All coaches and athletes must bring their own water bottle and it must be labeled. Only water bottle fillers such as the one by the gym will be allowed.
* The training room is off limits including the ice machine. All coaches will have access to a med kit with all supplies.
* No food of any kind is allowed unless it is for medical reasons such as someone who is diabetic.
* Groups should be divided up so that you can maintain the 6ft distancing with the drills you have planned. I will leave this up to each coach on how to handle. Please utilize the small gym as much as possible in order to space athletes apart.
* Only NK athletes and coaches will be permitted on school grounds. No spectators will be permitted.
* Masks are optional. However, if an athlete would like a coach who is working directly with him/her to wear a mask he/she must do so. Athletes may also choose to wear a mask on their own.
* All drills/exercises must adhere to the 6ft. distancing rule. Be creative and utilize both gyms and space outside if needed. Siblings, close friends, workout pods should be part of the same group to eliminate “new” exposure.
* Athletes and coaches must refrain from gathering in huddles as well as high five’s, fist bumps, handshakes, hugs, ect.
* There should be no shared equipment (clothing, towels, water bottles, equipment) except for athletic balls.
* All balls and equipment must be wiped down using the sanitizing products provided after each work out/practice.
* Stationary workouts must be spaced out 6 feet apart and the workout should not require the participants to “congregate” in a group or a partner.
* Participants should wash/sanitize their hands before, during, and after the event. They cannot wash their hands too much.
* Scheduling will allow for teams to exit prior to another team entering. Athletes cannot gather in the hallway or outside a door while waiting on another team to finish.
* All entrances/light switches/rest rooms to the weight room and gymnasium will be cleaned at 7am and 2pm each day by the custodians.

**Sport Specific guidelines**

**Volleyball/Basketball in the gym**

* There is no live scrimmaging allowed (for example no 3-3 basketball). There should be no drills that require physical contact between participants.

**Baseball**

* No gum, seeds, or any food is allowed at the facility
* We should use our baseball when we are on defense, and the opposing team should use their own baseball when they are on defense.
* Participants should bring their own helmet and bat if possible.
* Do not share personal equipment such as gloves, batting gloves, etc.
* The number of players in the dugout should be limited; you may have to put players along the fence outside of the dugout depending on how many you have in attendance.
* No managers—coaches and players only
* The number of participants and coaches should be limited. 11 or 12 players and 2-3 coaches is enough to play a game. Please set up a rotation if there are more players on the team.
* It is the coaches’ responsibility to make sure the guidelines are followed.

**Weight Room/Track**

* Stationary workouts must be spaced out 6 feet apart and the workout should not require the participants to “congregate” in a group or a partner.
* There should be no more than 8 athletes and 1 coach/trainer in the weight room at one time.
* Do your best to keep a group of individuals consistent from day to day and week to week (keep the same group together during every workout)
* Siblings should be placed in the same group.
* Do your best to put friends in the same group (they are probably seeing each other outside of workouts anyway, this will help eliminate “new” exposure”)
* There should be no use of the water fountain. Each participant should bring their own labeled water bottle.
* Equipment should be sanitized before, during, and after workouts.

**Strength Training Specifics**

\*\*\*We will be starting with high school athletes only and see how things go before we open it up to junior high athletes.

\*\*\*Each session will have a max of 24 athletes broken into 3 groups of 8.

**Monday: Led by Richard Gallaspie and 2 coaches**

**9:00 – 10:15 HS Girls**

**10:30 – 11:45 HS Boys**

**Wednesday: Led by Richard Gallaspie and 2 coaches**

**9:00 – 10:15 HS Girls**

**10:30 – 11:45 HS Boys**

**Friday: Led by 3 Coaches with exercises given by Richard**

**7:00 – 8:15 HS Girls**

**8:30 – 9:45 HS Boys**