

# Phase 3 – Athletic Restart Guidelines

The Marion City School District has collaborated to develop a plan using guidance from the [Ohio Department of Health](#), the [Ohio High School Athletic Association](#), the [National Federation of High School Sports](#), and the [Centers for Disease Control](#). While we are all excited to bring our athletes and coaches back together, we want to do so in the safest manner possible to ensure their wellbeing.

- **Phase 3: Monday, June 29 – indefinite**
  - Individual Sports will Share Schedules
- **High School Sports and Marching Band**
- Everything is voluntary
- Gatherings sizes of up to 50 individuals, indoors or outdoors, resume.
- When not directly participating in practices or workouts, care should be taken to maintain a minimum distance of 3 to 6 feet between each individual. Consider using tape or field paint as a guide for students and coaches.

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## General Expectations

- Athletes must **complete the liability waiver** prior to participation in any activities. These waivers can be found in Final Forms and on the athletic department web pages. You must submit the waiver through Final Forms prior to participating with your pod, or you can bring a hard-copy printed off to your coach that is available on the Athletic Website.
- Screening questions and temperatures (temperatures can be checked at home and recorded at the facility) will be taken prior to entrances into the facility. If Athletes or Coaches answer yes to any questions, or have a temperature higher than 100.3, they will be immediately sent home and should contact their medical provider.
- Confirmed cases of COVID-19 will result in that pod of athletes/coaches being shut down from all activity for fourteen days.
- Gatherings sizes of up to 50 individuals, indoors or outdoors, resume.
- When not directly participating in practices or workouts, care should be taken to maintain a minimum distance of 3 to 6 feet between each individual. Consider using tape or field paint as a guide for students and coaches.
- All athletic equipment, including balls, should be cleaned intermittently during practices and between practices/sessions. Other equipment, such as wrestling ear guards, football helmets, etc. should be worn by only one individual and not shared.
- Hand sanitizer should be readily available.
- Maximum lifts should be limited, and power cages should be used for squats and bench presses. Spotters should stand at each end of the bar.

- Coaches and Athletic Directors will clearly communicate where athletes should enter and exit for their practice time.
- Time should be allotted between sessions to allow teams to exit before new teams arrive. No congregation before or after the training or practice session.

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## **Athlete Expectations**

- Athletes must complete the liability waiver prior to participation in any activities. These waivers can be found in Final Forms. You must submit the waiver through Final Forms prior to participating with your pod, or you can bring a hard-copy printed off the athletic web page.
- Athletes must be screened by the coach prior to participation in a workout.
- All athletes must bring their own water bottles, and water bottles should not be shared. No team water coolers or shared drinking stations will be made available. Athletes that arrive without water or not in appropriate attire will be sent home.
- All athletes should report to workouts in proper gear and immediately return home at the end of the workout. Individual clothing/towels should be washed and cleaned after every workout.
- Athletes are recommended to wear cloth face masks when not specifically in a drill/strenuous activity.
- Students should bring phones, keys, etc. in ziplock bags. No personal gym bags or backpacks will be allowed.

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## **Coaching Expectations.**

- Coaches must be screened prior to conducting the workout.
- You are recommended to wear cloth face masks.
- No whistles will be used.
- Violation of these guidelines will result in the suspension of your team's practice during phase 3.

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## **District Monitoring Procedures**

- Each coach has a sign-in sheet that will be filled in for each practice.
- Each coach will take the temperature of their pod prior to entering the facility.
- Each coach will ask the questions on the sheet and note answers.
- Each coach will turn in their sheet to the head coach daily.

- Each head coach will turn in their sheets to AD weekly

If you have any questions, please contact Marion City Schools Athletic Director, Sean Kearns at [skearns@mcspresidents.org](mailto:skearns@mcspresidents.org).