

COVID-19 Re-Entry Guidelines and Requirements For Student-Athletes

Beginning Monday July 6th Shelbyville Middle/High School student-athletes are invited back on campus to participate in voluntary workouts. We are excited to welcome our Golden Bears back and the health and safety of our student-athletes and coaches are our number one priority. As we work to create a new normal below are some requirements student-athletes and coaches must follow to begin participation on Monday July 6th.

1. ALL athletes participating in summer workouts must be signed up on Final Forms **BEFORE** July 6th. If you are a **RETURNING** athlete your login from 2019-2020 will work for 2020-2021, we will need you to sign up for the sport(s) you will be participating in for the 2020-2021 school year and update your forms. If you are a **NEW** athlete please sign up on Final Forms using this link <https://shelbyville-in.finalforms.com/>
ALL forms (parent and athlete) on Final Forms must be signed before participation on July 6th.
2. If you **DID NOT** have an IHSAA physical on file at SHS/SMS for the 2019-2020 school year, you will need to get one prior to July 6th. You may access the IHSAA Physical form here [PRE-PARTICIPATION PHYSICAL EVALUATION FORM \(PPE\)](#)
3. If you **DID** have an IHSAA physical form on file at SHS/SMS for the 2019-2020 school year and answer “**NO**” to all questions on the IHSAA History and Consent Form, that physical will be good for the 2020-2021 school year. **ALL** athletes must have an updated IHSAA History and Consent form filled out and signed to use their 2019-2020 physical for 2020-2021. You can either print and upload your filled out form to Final Forms **OR** bring it with you on July 6th. If we do not have the IHSAA History and Consent form on file you **will not** be able to participate in summer workouts. The IHSAA History and Consent form can be found here <https://s3-us-west-2.amazonaws.com/sportshub2-uploads-prod/files/sites/468/2020/06/11174321/IH-IHSAA-Health-History-Update-Questionnaire-and-Consent-Release-Certificate-3-1.pdf>

*** If you answer “**YES**” to any of the questions on the IHSAA History and Consent Form you must provide a **NEW** physical signed by a physician or nurse practitioner for 2020-2021.

4. It is recommended that student-athletes pre-screen each day **PRIOR** to being on campus. If you feel ill, have a fever, have a cough, have been exposed to someone with COVID-19 please **STAY HOME** for the safety of everyone.
5. Social distancing (minimum of 6 feet) will be required, attendance at all practices will be required and student-athletes will be assigned to small groups during Phase I (July 6-19).
6. Weight room capacity will be limited to 50% and weight equipment will be wiped down before and after each use.
7. We value the health and safety of our student-athletes and coaches and **ALL** student-athletes and coaches are required to wear a mask when entering the school. Once in the weight room/gym/pool/wrestling room masks can be removed **IF** social distancing can take place. Outside practices will not require masks.
8. Student-athletes must provide their own water bottles with their names clearly visible. There will be **NO** sharing of water bottles. There will be water coolers available to refill water bottles. No water fountains will be available.
9. During Phase I (July 6-19) Student-athletes will need to come dressed to workout, there will be no locker room access.
10. Access to facilities is limited to essential personnel and student athletes only.

If an athlete has been exposed to someone diagnosed with COVID-19 or they themselves test positive, please contact the Athletic Office as soon as possible.

Thank you for taking the time to review these guidelines. It is our priority to keep our student-athletes, coaches and trainers safe. However we know no matter how many precautions we take there is an inherent risk of picking up the virus. We are trying to minimize that risk for everyone. Your help and support is greatly appreciated and we look forward to Monday July 6th! Please contact Athletic Director Jenny DeMuth Hensley jademuth@shlebycs.org should you have any questions. Stay positive, stay flexible and stay safe! **GO GOLDEN BEARS!**