



Student-Athlete Responsibilities

PRE-PRACTICE

1. All athletes and parents/guardians must review the material, sign the acknowledgement form, and return it to the coach prior to the first day of practice/conditioning. Student-athletes will not be permitted to practice until this acknowledgment form is on file.
2. All athletes must have the following information completed on a daily basis before being admitted to any practice venue. The following information will be dated, recorded, and stored in the athletic office:
 - a. On-site temperature check (No Touch Thermometer)
 - b. Covid-19 Screening Questionnaire
3. A Positive Screen that would warrant further investigation includes:
 - a. Positive Screen is defined as:
 - i. Temperature equal to or greater than 100.0 F
 - ii. New onset of cough or shortness of breath?
 - iii. Known exposure to a Covid-19 positive individual in the last 14 days
 - b. Actions:
 - i. Athletes with temperature equal to or greater than 100.0 F or new symptoms will be sent home after the parents/guardians have been contacted. Students must wait **24 hours** to return to district property/summer workouts or have a signed permission slip from a physician stating the individual is cleared to return.
 - ii. Any athlete with known exposure to a Positive Covid-19 individual will be required to be seen by an appropriate medical provider for evaluation and will require medical documentation to return to participation.
4. All participants shall bring their own water bottle(s) with their names on the bottle. It is recommended to have a water container greater than 32oz. Water bottles must not be shared.
5. Participants should wear appropriate workout clothing and shoes to the practice venue as well as to bring their own towels. Sharing of clothes, shoes, and towels are prohibited. Locker rooms will have limited availability.

6. Students should arrive no earlier than 15 minutes before a scheduled workout to give time to complete the screening process.

IN-PRACTICE

1. Minimum distance of 6 feet between each individual should be observed whenever possible. Appropriate social distancing will need to be maintained on sidelines and benches during practices. Participants should stand six feet apart when not participating in a drill or activity that requires closer contact.
2. In the weight room, appropriate clothing (shorts, shirts, and shoes) must be worn at all times to minimize sweat from transmitting onto equipment/surfaces. Weight equipment must be wiped down thoroughly before and after an individual's use of the equipment.
3. Maximum lifts should be limited and power racks should be used for squats and bench presses. Spotters should stand at each end of the bar.
4. Masks are to be worn at all times (inside and outside). Coaches will direct you when masks can be removed. Exceptions include swimming & diving, distant running, and other high intensity activity. In these activities cloth face coverings may be worn when not engaging in vigorous activity, such as before or after instruction, or any time spent on the "sidelines" when physical activity is not being performed.
5. It is mandatory that you take your temperature every morning.
 - a. If your temperature is equal to 100.0 F or greater, you are not permitted to attend any practices/activities that day.
 - b. If you are feeling ill without a temperature, it is recommended that you do not attend practice.
6. Handshakes, high fives, fist bumps or elbow bumps and any unnecessary contact should be avoided at practices or competitions unless the contact is for the purpose of safety.

POST-PRACTICE

1. Locker rooms are closed after practice.
2. Students are encouraged to shower immediately upon returning home.
3. Individual clothing and towels should be washed and cleaned after every workout. All non-washable items (i.e. Cleats, shin guards, sticks) should be disinfected daily.

GENERAL

1. Student-athletes are not to congregate in lobbies or outside before, during or after a session.
2. Should you test positive for Covid-19 virus at any time, you are responsible to contact the Bob Bozzuto, Athletic Director at the following: BBozzuto@northallegheny.org or call at 412-527-0208.
3. Participants are encouraged to use the following hygiene protocols:
 - a. Wash hands with soap and water for a minimum of 20 seconds or use hand sanitizer, especially after touching frequently used items or surfaces. [Proper Hand Washing.pdf](#)
 - b. Avoid touching your face
 - c. Sneeze or cough into a tissue, or the inside of your elbow
 - d. Bring and use hand sanitizer to every training session.
4. Vulnerable individuals (i.e. asthma, diabetes, cardiovascular, cancers) should consider consulting with their medical provider regarding their recommendations for participating in-group workouts/conditioning. If an athlete is not recommended to participate, they will not be able to play.
5. Students are asked to restrain from carpooling. If carpooling is necessary, all passengers should wear masks in the car.
6. Activities including chewing gum, spitting, licking fingers and eating sunflower seeds, etc. increase the risk of exposure to saliva and are prohibited.
7. The “No Touch Rule” is in effect. If it is not yours, do not touch it.

Listed below are the questions that the head coach will ask each student-athlete, and document, on a DAILY basis before every practice. It is required that the District ask these questions and keep a log of the answers. The logbook will be kept in the Athletic Office if needed by health care professionals.

1. Have you tested positive for Covid-19?

Yes

No

2. If yes, do you have a medical clearance with you now?

Yes

No

3. Have you had a new onset cough or shortness of breath?

Yes

No

4. In the last 14 days, have you had any known exposure to an individual with a Covid-19 positive diagnosis or has shown symptoms of illness?

Yes

No