

RIDGEFIELD ATHLETICS REOPENING GUIDELINES

*Participation in our Fall "Open Practice" Season is **VOLUNTARY** and **NOT REQUIRED** for any student-athlete or program.*

ATHLETE INFORMATION

STAGE 1-3 GUIDANCE

PAPERWORK REQUIREMENTS

- ✓ Completed Registration form
- ✓ COVID-19 waiver signed

*ASB Fees are not required to register at this time.

LIMITATIONS ON GATHERINGS

- ✓ Limit pods to 6 or less (6 athletes, coaches can float) inside or outside
- ✓ Must work and stay in consistent pods
- ✓ No locker rooms; Come in workout gear
- ✓ Social distancing of 6 feet will be required, 30 feet of distance between pods

PHYSICAL ACTIVITY AND ATHLETIC EQUIPMENT

- ✓ Bring your own mask
- ✓ When outdoors, masks must be worn when not actively working out
- ✓ When indoors, masks must be worn at all times
- ✓ Do not share towels, clothing, or shoes
- ✓ Equipment may be shared within pods, provided proper sanitization takes place between uses (see sport-specific guidelines)
- ✓ Clean all common equipment and areas between uses
- ✓ Do not lift weights that require a spotter

HYDRATION

- ✓ Bring your own water bottles. Hands free re-fill stations may be used

PRE-WORKOUT SCREENING

- ✓ Athletes will have to be screened each day for
 - ❖ A cough
 - ❖ Shortness of breath or difficulty breathing
 - ❖ A fever of 100.4°F or higher or a sense of having a fever
 - ❖ A loss of sense of smell or taste
 - ❖ A sore throat
 - ❖ Muscle or body aches not due to workouts
 - ❖ Close contact or cared for someone with COVID-19
 - ❖ Taken any fever reducing medicine in last 4 hours
- ✓ *Athletes with any of these symptoms will be sent home*
- ✓ Athletes must wash hands after being checked in

PLEASE STAY HOME IF YOU ARE FEELING SICK

Always Practice Social Distancing and Good Hygiene



SPORT "OPEN PRACTICE" SESSIONS 11/2-12/19

**Not all programs will hold practices/open gym sessions.*

***We encourage all students to participate in multiple sports. Some sport practices may overlap or conflict, so you may have to choose, which cannot be held against you.*

The WIAA and Washington State Health Department guidelines determine sport specific practice protocols. [View the WIAA guidelines here.](#)

GO SPUDDERS!