

Grace Christian School



Return to Play COVID-19 Protocols

Symptom and Temperature Check

Each athlete and coach will be temperature checked before participating in any practice or competition. Students must have a temperature below 100.4 F per the CDC guidelines.

Athletes and coaches will also need to be free from exhibiting any of the signs or symptoms of the coronavirus in order to participate.

Signs and Symptoms:

1. Fever or fever-like symptoms
Temperature of 100.4 F or greater with or without the presentation of fatigue/body aches/chills/rigors.
2. Respiratory Symptoms
Cough, congestion, runny nose, sore throat, shortness of breath.
3. Gastrointestinal symptoms
Diarrhea, vomiting, or severe nausea.
4. New unexplained loss of taste or smell
5. Headache, sore throat
6. Student reported or has been notified that they have been in close contact with a positive COVID-19 case

If an athlete has a temperature higher than 100.4 F or any of the other listed symptoms, they will be moved to an isolation area and parents will immediately be contacted to come and pick up their child. Parents will be expected to come within 30 minutes to pick up their child.

Families will need to contact the school nurse to discuss their specific return to school protocol.

Masks

Athletes will need to wear a mask before and after practice/competition, but may remove the mask while actively participating.

Coaches will need to wear a mask before and after practice/competition and may remove it in order to give instruction and be heard by athletes.

Athletes and coaches are always welcome to leave their mask on during practice/competition if they prefer.

Hand Washing/Sanitizing

Athletes and Coaches need to wash their hands and/or hand sanitize before starting practice.

Athletes and Coaches should also wash/sanitize before leaving the building and anytime during practice when using the restroom.

All balls/equipment will be sprayed with sanitizer after each practice session.

Social Distancing

Athletes and Coaches will be social distancing before and after competition. There will not be team huddles, high fives, hand-shakes, etc.

Coaches will also avoid drills and skills that require close contact between athletes for an extended period of time.

The nature of sports will have athletes in close proximity for short periods of time during competition.

Parents

Parents will not be permitted to be in the school building or on the field before, during or after practices. When a parent is dropping off or picking up their athlete, the parent should stay in the vehicle.

Students will be released to go to their parents' vehicle at the end of the practice.

Parents will be given a contact number for the coaches if they need to reach them for any reason.