

# **Cristo Rey COVID-19 Protocols for Sports Practices**

## **(based on IHSA and State of Illinois Stage 4 Public Health guidelines)**

- Any person with symptoms (fevers, chills, cough, muscle aches, headache, sore throat, runny nose, nausea, vomiting, diarrhea, or loss of taste or smell) or a positive COVID-19 test, may not participate in practice and should be referred to a physician for evaluation and only return after clearance to do so from a physician.
- Masks must be worn to and from practice. If practice is held outside, masks may be removed during practice, maintaining at least 6 feet of social distancing at all times. If practice is held indoors, masks must be worn at all times.
- Upon arrival at practice, students and coaches will sign in. This document will allow for contact tracing and notification if an attendee contracts COVID-19.
- Students and coaches will have their temperatures taken before the start of practice.
- A maximum of 50 people are allowed at a practice space. We plan to divide teams into practice groups that will have 25 or less students.
- Equipment will be disinfected before each practice. As appropriate, equipment will be rotated out for cleaning during the practice.
- Participants will wash their hands with sanitizer or soap and water before the start of practice.
- There will be no physical contact between players. Social distancing of a minimum of 6 feet must be maintained at all times. The focus for practice will be skill development. Coaches will focus on drills and physical conditioning, not scrimmaging.
- Students will not have access to the locker rooms. They should arrive appropriately dressed for their sport. They should bring a water bottle, which must not be shared with others.
- Students are encouraged to shower and wash their workout clothing immediately upon returning home.
- For the health and safety of students and coaches, practices are limited to students only. Family members are not allowed inside the school building during practices. Outdoors, family members should stay a far distance away from the team and should maintain social distancing from other parents and park visitors.