

RCDS READY

Sports Protocols Fall 2020



RCDS Sports Protocols to be Followed:

- An updated physical is required for all players. Physicals are good for one calendar year.
[Click here for the 5th-8th grade physical form.](#)
- The COVID-19 Pre-Screening Questionnaire must be filled out and returned to Anne Kerr by **Wednesday, September 23.**
[Click here for the Pre-Screening Questionnaire.](#)
- Any student-athlete who has tested positive for COVID-19 or who has a pre-existing medical condition, must have clearance from a physician in order to participate.
- Workouts can be no longer than 90 minutes, and must include a 10 minute warm up and 10 minute cool down.
- Teams can only hold one workout a day and all workouts must take place outdoors.
- For team sports like football and soccer, there can be no more than 10 athletes in a group, pre-selected by the coach.
- Physical distancing must be attempted as much as possible.
- Face masks must be worn by athletes and coaches as often as is physically possible.
- During what is regarded as high intensity activities, like running, the athlete does not need to wear a mask.
When the running is done the mask must go on.
- Masks must be worn during warm up and warm down.
- Athletes can not run in packs of more than 10.
- Each athlete and coach should be pre-screened by a designated person before each workout which will include temperature checks and the COVID-19 Pre-screening Questionnaire.
- Anyone with a temperature of 100.4 or higher or who has a heightened risk of infection will not be permitted to participate in the workout.
- Equipment cannot be shared and athletes must bring their own water bottles.
- Locker rooms are closed so the athlete must wear their gear to the workout and leave in their gear.
- Restrooms can be used one person at a time.
- Hand sanitizer must be available at all times.

Schedule and Details:

- Teams will practice on the outside fields from 3:30-5 p.m.
- The practices for the first two week will be set up by grade level for all teams
 - Mondays: 8th graders
 - Tuesdays: 7th graders
 - Wednesdays: 6th graders
 - Thursdays: 5th graders
- Boys pickup will be located in the Riker parking lot and girls in the Bellevue lot at 5 p.m.
- Student-Athletes will be able to come to school in their workout clothes or casual dress on their given days for practice.
- Student-Athletes should bring cool weather gear, water bottles, and any appropriate gear for their specific sport (mouth guard, shin guards, cleats etc).

Fall Sports Coaches:

Football: Paul Campanella, Michael LeCardi, Carson Smith

Soccer: Lauren Bowler, Brandon Horner, Don MacDonald, Michael White

Field Hockey: Alex Campanella, Nikki Johnson



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