



## MEADOWBROOK CHRISTIAN SCHOOL ATHLETIC PRACTICE PHASE Health & Safety Plan

- Meadowbrook Coaches have reviewed and considered the CDC guidance on consideration for youth sports to modify practices to mitigate the risk of spreading the virus. This includes focusing on individual skill building versus competition and limiting contact in close contact sports.
- MCS has designated the MCS Athletic Director as athletic primary point of contact for all questions related to COVID-19. All parents, athletes, officials, and coaches have been provided the person's contact information.
- MCS Athletics has a plan of action in the event an athlete or coach falls ill at practice. The individual will be immediately separated from those present except one adult wearing a mask. Parent of athlete will be contacted immediately to take athlete home. All equipment used that day will be separated, properly cleansed and sanitized. Parents and athletes will be notified of the illness.
- MCS will educate all athletes, staff and families about the symptoms of COVID-19 and when to stay home through email and in person at practice. Athletes will be educated on proper hand washing and sanitizing.
- MCS Coaching staff and other adult personnel are encouraged to wear face coverings (masks or face shields), unless doing so jeopardizes their health.
- MCS coaches and athletes must maintain appropriate social distancing at all times possible, including in the field of play, locker rooms, sidelines, dugouts, benches, and workout areas. During down time, athletes and coaches should not congregate.
- MCS coaches and athletic staff must screen and monitor athletes for symptoms prior to practices. If individuals participating in sporting activities show symptoms, have a temperature of 100.4 degrees or higher, or are sick, they must be sent home.
- All MCS athletes, coaches, and officials must bring their own water and drinks to team activities. Team water coolers for sharing through disposable cups are not allowed.
- Activities that increase the risk of exposure to saliva will not be allowed including chewing gum, spitting, licking fingers, and eating sunflower seeds.

- Avoid shaking hands, fist bumps, or high fives before, during or after games and practices. Limit unnecessary physical contact with teammates and coaches.
- Whenever possible, equipment and other personal items will be separated and not shared. If equipment must be shared, all equipment should be properly disinfected between users.

June 18, 2020

