



TCA Summer Athletic Return

Proposed use for conditioning and summer workouts for TCA students. The following guidelines are in compliance with the TSSAA, local health departments, Tennessee Department of Health and the CDC.

1. All coaches choosing to hold tryouts/workouts during the summer must complete training focusing on new procedures for monitoring, recording, and sanitizing.
2. All athletes must return sign consent form into coach before attending any workouts.
3. All coaches and athletes will be screened before each practice. Results of screening **MUST** be recorded.
 - A. Everyone will be temperature checked before entering the building, any temperature above 100.4 will not be allowed to enter
 - B. If a person leaves and returns they must go back through the same protocol
 - C. list of questions will be asked of each person

1. Have you been in close contact with a known confirmed case of COVID 19?
2. Are you experiencing a cough, shortness of breath or sore throat?
3. Have you had a fever in the past 48 hours?
4. Have you had a new loss of smell or taste?
5. Have you had vomiting or diarrhea in the last 24 hours?

4. Athletes must remain in cars, or wait outside. No conjugating in common areas.

At completion of works, all athletes must exit the building. During screening, athletes must remain 6ft apart.

5. We will follow reduced numbers guidelines. Groups will be same to help monitor spread if outbreak.

6. Each person must sanitize hands before entering and exiting building.
7. The sharing of equipment will be greatly reduced if any at all, hand sanitation will take place during each break in practice.
7. Masks can be worn, however will not be provided.
8. Water fountains will be off limits and restrooms only for emergencies
9. Athletes must bring their own towels and water.
10. Coaches will sanitize all equipment in-between groups and at the end of practices.
Must have gloves.
11. Entrances- only one entrance will be used to facilities, and doors will be left open.
12. No team on team competitions during the summer.
13. Coaches will submit plans for practices to AD following guidelines set out by health organizations.
14. Coaches will discuss and educate athletes on proper protocol for before, during, and after practices.