



CHELAN ATHLETICS REOPENING GUIDELINES

*Participation in our Fall "Open Practice" Season is **VOLUNTARY and NOT REQUIRED** for any student-athlete or program.*

ATHLETE INFORMATION

PAPERWORK REQUIREMENTS

- ✓ Registered on Family ID
- ✓ Valid and current physical on file
- ✓ COVID-19 waiver signed on Family ID

*ASB Fees will not be needed to register at this time.

LIMITATIONS ON GATHERINGS

- ✓ Limit to 6 or less for a workout pod (inside or outside)
- ✓ Must work in consistent pods
- ✓ No locker rooms; Come in workout gear
- ✓ Social distancing of 6 feet will be encouraged

PHYSICAL ACTIVITY AND ATHLETIC EQUIPMENT

- ✓ Must wear mask when not actively working out (Bring own mask)
- ✓ Do not share athletic equipment, towels, clothing, or shoes
- ✓ Clean all common equipment between uses.
- ✓ Do not lift weights that require a spotter.

HYDRATION

- ✓ Bring your own water bottles
- ✓ Drinking fountains will be turned off

PHASE 2 GUIDANCE

PRE-WORKOUT SCREENING

- ✓ Athletes will have to be screened each day for
 - ◆ A cough
 - ◆ Shortness of breath or difficulty breathing
 - ◆ A fever of 100.4°F or higher or a sense of having a fever
 - ◆ A loss of sense of smell or taste
 - ◆ A sore throat
 - ◆ Muscle or body aches not due to workouts
 - ◆ Close contact or cared for someone with COVID-19
 - ◆ Taken any fever reducing medicine in last 4 hours
- ✓ Athletes with any of these symptoms will be sent home
- ✓ Athletes must wash hands after being checked in

PLEASE STAY HOME IF YOU ARE FEELING SICK

Always Practice Social Distancing and Good Hygiene



SPORT "OPEN PRACTICE" SEASON PERIODS

**Not All Programs will hold practices.
We encourage all students to participate in multiple sport seasons.*

Spring Sports (Baseball, Boys Soccer, Golf, Tennis, Fastpitch, Track & Field): Oct. 5th - Oct. 24th

Fall Sports Group 1 (Football, Cross Country, Girls Soccer): Oct. 26th- Nov. 14th

Fall Sports Group 2 (Cheer, Volleyball): Nov. 2nd - Nov. 21st

Winter Sports (Boys Basketball, Girls Basketball, Wrestling, Cheer): Nov. 30th - Dec. 19th