

## Carson Return to Play Information

I know we are all excited to get back to athletics. While we don't have an exact start date, the following forms will be required prior to starting practice AND the procedures listed below will be adhered to without exception when athletes begin practicing. At the RSS Board of Education meeting on Monday, June 15, a start date will be determined as well as the updated school calendar. When this information is known, it will be posted on the Carson Athletics FB page, the Athletics website, and the email list. The start date could be as early as June 16 or as late as July 6 (or another date TBD).

**\*\*Inclement Weather/Rain - Because we have nowhere to "hold" athletes due to the limited numbers permitted in the gym in the event of a storm or rain, a weather decision will be made by 7:15am and communicated by 7:25 via email, Carson Athletics FB, and Coaches Remind. ALL practices will be canceled if there is a significant chance of rain. The weather decision will be made by the AD and/or principal and will apply to ALL practices that day.**

**\*\*All coaches will set up a Remind account to communicate with their teams. Any changes in practices due to weather or other issues will be communicated via Remind**

1. All athletes will need to bring the attached completed and signed 3 forms the FIRST DAY they attend practice (symptom list, PPE, and G-W Concussion form. The required RSS packet will be sent home with each athlete on the first day of practice to complete and return the following day. \*\*If you don't have access to a printer, there will be forms available on the picnic tables outside of the auditorium entrance to the building. In order to maintain social distancing, please pick up the papers and return to your car to complete them. Keep in mind that all 3 forms require a parent signature. Forms will be available from 9am-1pm on Monday, June 15, as well (same location). Athletes who do not have the completed forms will not be permitted to watch practice; they will need to leave campus. If you have already emailed me the completed PPE and Concussion form, you will not need to complete them again. However, at this time, please do not email me the forms; bring them in-person to the check-in station the first day you attend workouts.
2. All athletes will be required to check in at the check-in station which will be located at the corner of the building. Forms will be collected, a forehead temperature will be recorded (any athlete with a temperature over 100.5 will NOT be permitted to practice), and a symptom checklist will be completed by Coach Edds or Ms. Shopf (any student with COVID symptoms will NOT be permitted to participate). Athletes will be required to check in for TWO WEEKS. They may not proceed to practice without going through the check-in station.
3. Athletes must bring a FULL 20oz (minimum) water bottle in order to practice. This will be recorded at the check-in station as well. Athletes who do not have their own FULL 20oz (minimum) water bottle will not be permitted to practice nor stay on campus.
4. Upon leaving the check-in station, athletes will need to report to their designated practice site. No equipment will be issued or used during the first two weeks of practice. Additionally, locker rooms, the weight room, dugouts, and the athletic training room may not be used. The stadium bathrooms will be open for athletes to use as necessary during practice. However, athletes may not congregate in the bathrooms before or after practice. Teams utilizing the gym for workouts will need to follow the signs for entering and exiting the gym and are to use the bathrooms by the auditorium. The locker rooms nor bathrooms inside the main building may not be used. Coaches have been given the specifics for their sport in order to maintain social distancing. Each coach will go over the
5. At the conclusion of practice, athletes will need to leave the practice fields around the opposite side of the building from the check-in station (on the side by the back teacher parking lot/cafe/cafeteria/art rooms) and walk directly to their cars. Athletes who are in the gym will leave through the doors by the trophy

case leading into the parking lot. Athletes and coaches utilizing the gym are asked to follow the signs for entering and exiting the gym. In order to follow social distancing guidelines, athletes may not congregate in the parking lot nor come through the check-in station to “visit” with athletes who are in line for check-in. Per the NCHSAA guidelines, athletes are asked to leave campus promptly and return home to change clothes and shower immediately.