

Twin Cities Academy / Great River School
Return to Participation Policy

All sports will be open to participation as of Monday, July 1st, off July 3rd/4th/5th, pending you comply with the following restrictions and process of order that we have followed per the Minnesota Department of Health and the CDC.

Indoor Sports (Basketball, Volleyball, Badminton, Track, Cheer, Hockey- will follow SPA restrictions):

- No more than twenty-five (25) athletes and three (3) coaches in the gym at one time
- Same twenty-five (25) athletes go together each time
- All athletes and coaches must wear masks upon entry, but have the option to remove during play
- All athletes are asked to bring their own ball but will be assigned if they don't have one
- All balls, birdies, and racquets will be disinfected regularly (every 30 minutes)
- All athletes must bring their own bottle for hydration, water fountains will be closed
- All athletes must come dressed and will not be allowed into locker rooms to change
- Coaches will always maintain the six (6) feet social distancing rule with all athletes
- Any spectator or parent will not be allowed in the building
- Coaches and staff will keep precise and strict records of all athletes and in which groups they are participating in

Process of entering for indoor sports:

1. All athletes will enter through the main TCA building doors and will exit through the gym doors.
 2. Before entering, each athlete will be asked three health questions:
 - a. Have you been asked to self-isolate?
 - b. Have you been in contact with anyone that has been confirmed with Covid-19?
 - c. Have you been in contact with anyone that has had to self-isolate due to Covid-19?
 - i. Anyone that has answered yes to any of these will be immediately removed from the facility for the recommended two weeks.
 3. Athletes will have their temperature taken and recorded via our infrared thermometer.
 - a. Anyone with a high temperature (100.4) will be asked to leave for that day.
 4. Athletes will be reminded not to touch your face, and to keep washing your hands with soap.
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- **After each indoor sports session, janitorial staff will sanitize the floor and all door handles.**
 - **After each indoor sports session, coaching staff will disinfect any and all team balls and equipment used in that day's session.**
 - **If athletes need to use the bathroom, they can only use the one stall closest to the gym across from the media center, after use, athlete must wipe down and sanitize handles and faucets.**

Outdoor Sports (Soccer, Softball, Baseball-will follow Nova's restrictions, Track, Football- will follow SCPA restrictions, Cross Country):

- No more than twenty-five (25) athletes and three (3) coaches on the field at one time
- Same twenty-five (25) athletes go together each time
- All athletes and coaches must wear masks upon entry, but have the option to remove during play
- All athletes are asked to bring their own ball but will be assigned if they don't have one
- All equipment will be disinfected regularly (every 30 minutes)
- All athletes must bring their own bottle for hydration, water fountains will be closed
- All athletes must come dressed and will not be allowed into locker rooms to change
- Coaches will always maintain the six (6) feet social distancing rule with all athletes
- Any spectator or parent will not be allowed to watch, must stay in car or drop off only
- Coaches and staff will keep precise and strict records of all athletes and in which groups they are participating in

Process of entering for outdoor sports:

1. All athletes will enter and exit using the paved path leading to the soccer and softball fields.
 2. Before entering field of play, each athlete will be asked three health questions:
 - a. Have you been asked to self-isolate?
 - b. Have you been in contact with anyone that has been confirmed with Covid-19?
 - c. Have you been in contact with anyone that has had to self-isolate due to Covid-19?
 - i. Anyone that has answered yes to any of these will be immediately removed from the facility for the recommended two weeks.
 3. Athletes will have their temperature taken and recorded via our infrared thermometer.
 - a. Anyone with a high temperature (100.4) will be asked to leave for that day.
 4. Athletes will be reminded not to touch your face, and to keep washing your hands with soap.
- **After each outdoor sports session, coaching staff will disinfect any and all team balls and equipment used in that day's session.**
 - **If athletes need to use the bathroom, a porta-potty will be available, after use, student will wipe down and sanitize handle.**

Weight room will remain closed.

See next page for sport specific can and can not.

Sport Specific Can and Can Nots

Basketball:

Can

- Participate at full capacity
- Fitness (body weight only)
- Maintain social distancing when not competing

Cannot

- No high fives or daps

Volleyball:

Can

- Participate at full capacity
- Fitness (body weight only)
- Maintain social distancing when not competing

Cannot

- No high fives or daps

Badminton:

Can

- Participate at full capacity
- Fitness (body weight only)
- Maintain social distancing when not competing

Cannot

- No high fives or daps

Hockey:

Follow St Paul Academy's policy

Cheer:Can

- Participate at full capacity
- Fitness (body weight only)
- Maintain social distancing when not competing

Cannot

- No high fives or daps

Track & Cross CountryCan

- Participate at full capacity
- Fitness (body weight only)
- Maintain social distancing when not competing

Cannot

- No high fives or daps

Soccer:Can

- Participate at full capacity
- Fitness (body weight only)
- Maintain social distancing when not competing

Cannot

- No high fives or daps

Softball:Can

- Participate at full capacity
- Fitness (body weight only)
- Maintain social distancing when not competing
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Cannot

- No spitting
- No high fives or daps
- Share or exchange helmets

Baseball:

Follow Nova Classical Academy's policy

Football:

Follow St Croix Prep Academy's policy