



## SPORTS for Exceptional Athletes

### Sports Practices Rules & Guidelines during Coronavirus Pandemic

#### Items to Remember

Cover coughs and sneezes

Avoid touching your eyes, nose, or mouth with unwashed hands or after touching surfaces

No spitting or eating sunflower/pumpkin seeds, gum, or other similar products

**Avoid giving handshakes, high fives, and hugs**

Avoid meetings/huddles unless maintain social distancing of at least 6'

Do not touch other people

Only touch your own equipment

Volunteer disinfect equipment which is being used by multiple people

#### Before coming to Sports Practices, S4EA Athletes & Volunteers should do the following

Check temperature (if above normal, do not come to practice) [Fever is 100.4° or higher]

Bring a facemask

Bring gloves (recommended, but not required)

Bring your own filled water bottle (recommended)

Bring your own sports equipment (highly recommended)

Bring your own chair (recommended)

#### S4EA Coach should do the following

Clean down surfaces ahead of time with disinfectant

Bring hand sanitizer

Bring thermometer (preferably thermal thermometer)

Bring facemasks for anyone that did not bring one

Limit number of athletes at practice if space constraints

#### Registration for S4EA Athletes & Volunteers

Post guidance flyers

Wear a facemask

Get their temperature checked. If above normal (100.4°), leave practice facility

Wash hands or use hand sanitizer when entering practice facility

Maintain social distancing of at least 6'

Maintain attendance list

Register online if possible/otherwise bring large Ziplock which athletes drop form into

#### Warm-ups/Stretching

Wear a facemask

Maintain social distancing of at least 6'

#### Practice

Wear a facemask when practicable

Maintain social distancing of at least 6' during drills

Recommend rotating stations in small groups with each group maintaining social distancing of at least 6'

Keep small group & their coach together but away from other groups to limit number people in contact with

#### Scrimmage or Game (may need to limit number of people)

Wear a facemask when practicable

Maintain social distancing of at least 6' when possible

If a lot of close contact, limit amount of time to scrimmage or play game



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Before opening any S4EA practices in a specific sport, S4EA should follow rules & guidance for opening from:

- Federal (CDC)
- State (California)
- Local (San Diego County Department of Health)
- Specific sport with another organization
- S4EA
- Practice site location is open in that specific sport
- Head Coach

S4EA may limit a sport opening to a soft opening. Practices may need to limit the number of athletes so that athletes & coaches can maintain social distancing.

Items that S4EA is ordering/stockpiling to be given to head coaches include the following:

- Thermal thermometers
- Regular thermometers
- Hand sanitizer
- Disinfectant for cleaning surfaces such as registration table, chairs, pens, pencils & sports equipment
- Spray bottle for disinfectant
- Facemasks
- Gloves
- XL Ziplock bags for turned in registration forms
- Paperwork (Practice Rules/Guidance during COVID-19, COVID-19 Health-Fitness Flyers, Athlete Registration Form & COVID-19 Waiver of Liability)