

# Covid 19 Guidelines

## For Workouts Starting July 6

Workouts are limited in numbers. Outside = 25 Inside = 10 These numbers include coaches. Therefore, each athlete **MUST** speak to his/her coach prior to attending workouts on July 6 to schedule a workout time.

- All athletes must register in Family ID prior to workouts. Go to <https://www.ucpsathletics.com/page/show/4271753-high-school-athletic-forms-and-documents> to register. If you are a returning athlete, just update your registration from last year. Do not create a new one.
- Any physicals obtained between March 1, 2019 and May 1, 2020 are granted a 1-year extension.
- Ms. Miles, trainer, will be in charge of drive through screening each day. Ms. Miles will take each athlete's temperature and ask a series of questions. .
- Screening will begin at 7am and continue through 9am or until everyone has been screened. Athletes should enter the school off Love Mill Road and drive around to the screening site. They will then report to their designated parking areas. See map below. Athletes should not congregate in parking lots.
- Athletes must provide their own water. If an athlete does not bring water, he/she cannot participate.
- Workouts are conducted in "Pods" with the same 5-10 students working together at all times to limit exposure.
- There must always be a minimum of 6ft between each person
- Locker rooms will be off limits except for restroom purposes.
- The training room is off limits unless there is an emergency.

### Guidelines for Individual Sports:

**Cross Country** – Required to have workouts on campus. Athletes must stay 6ft apart.

**Golf** – Stay 6 ft apart

**Tennis**- No sharing balls – Individual drills – Wall volleys and serves

**Football** – Wearing of protective equipment is prohibited – No sharing balls – Sanitize tackling dummies/donuts/sleds after each use

**Cheer** – No partner or group stunts – 6ft apart

**Soccer** – Individual ball drills – balls should be disinfected after each practice - no contact

**Volleyball** – *Enter through Exterior Doors closest to team bench side – Exit doors closest to fan side*

Conditioning – individual ball handling drills – No sharing balls

**Coach Emails:** Again, please make sure you contact the coach to schedule a workout time.

**Volleyball:** 'Eric Laskowski' [eric.laskowski@i-3volleyball.com](mailto:eric.laskowski@i-3volleyball.com) You were sent an email regarding signing up for the Max Preps App. Also, please fill out the interest form at <https://forms.gle/zrGrViTZECHXy7EY6> if you have not already done so.

**Football:** 'Phil Mauro' [pgmauro24@gmail.com](mailto:pgmauro24@gmail.com)

**Cross Country:** 'Garrett Griffin' [garrett.griffin@ucps.k12.nc.us](mailto:garrett.griffin@ucps.k12.nc.us)

**Girls' Tennis:** 'Mandy Smith' [mandy.smith@ucps.k12.nc.us](mailto:mandy.smith@ucps.k12.nc.us)

**Cheer:** 'Mika Bruce' [mika.bruce@ucps.k12.nc.us](mailto:mika.bruce@ucps.k12.nc.us) You need to re-register in Family ID since virtual tryouts

**Boys' Soccer:** 'Phil Apple' [philip.apple@ucps.k12.nc.us](mailto:philip.apple@ucps.k12.nc.us)

**Girls' Golf:** 'Tim Yelton' [tim.yelton@ucps.k12.nc.us](mailto:tim.yelton@ucps.k12.nc.us)