



## **RICHLAND ONE**

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Athletics Department  
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Richland One Parents,

On July 6, 2020, Richland County School District One will resume athletic conditioning for fall sports. The South Carolina High School League task force has proposed a three-phase approach. Richland One will begin in Phase I. Phase 2 and 3 have not yet been released by the SCHSL. The health and safety of our students and employees are our top priorities. We ask for your patience and understanding as we continue to implement procedures to support our schools.

It's important that our families know that we are taking all required precautions to limit the spread of COVID-19. All athletics staff will attend the mandatory protocol training prior to Phase 1. The district has planned and put into place cleaning schedules for all facilities to mitigate the spread of germs. Students and employees will be required to follow guidelines such as frequent handwashing, wearing face coverings and practicing social distancing.

These procedures do not guarantee that the transmission of the COVID-19 will not occur. There is still a risk of transmission and contracting COVID-19 or other illnesses. Students who either have pre-existing medical conditions that place them at higher risk of infection or who do not want to risk contracting COVID-19 should refrain from participating in these activities until further notice.

A list of important guidelines follows:

- Parents will sign a waiver prepared by the district in order for their student to participate in any activity.
- All staff and athletes will be screened for signs/symptoms of COVID-19 prior to each practice.
- All athletes, coaches and staff will be required to wear a face covering.
- All athletes and staff should continue to follow current advice from the Centers for Disease Control and Prevention (CDC) related to COVID-19 prevention including staying home when sick, washing hands frequently, avoiding touching face and practicing social distancing.

- Athletes should bring a personal water bottle to each workout and not share this bottle with anyone. There can be no shared water, food, sunscreen/lotions, make-up products, etc.
- Athletes, coaches and staff should come dressed for participation. Use of locker rooms and/or offices is prohibited. Students should return home to shower immediately after the practices.
- Facilities and high-touch surfaces will be cleaned and sanitized often.
- Staff will monitor heat conditions and have Emergency Action Plans in place for all activities.
- Group size will be limited to 10 persons per facility, including coaches and staff. (“Facility” is defined as gym, practice gym, baseball field, softball field, tennis court = 5 facilities.)
- Balls and/or other sports equipment will not be used during the first two weeks or the first 14 days of practice.
- When practicing calisthenics, running or other conditioning training where vigorous exercise occurs, proper spacing from others must be maintained by working out with 6 feet minimum between each person.
- There will be no in-person organized team activities.
  - No large group in-person activities (team or large group meetings)
  - No team competitions
  - No team camps
  - No indoor weight training for initial 14 calendar days.
  - No in-person sport-specific education – Virtual meetings may be held for weight training and sport-specific education.
- ALL activities must be voluntary and **MAY NOT BE MANDATED!**

At this time, only fall high school teams will begin conditioning. We will begin conditioning for winter and spring teams at a later date. At this time, middle school teams will not be allowed to begin conditioning.

Please contact your child’s head coach or the school’s athletics director with specific questions about your child’s sports activities.