



# SEMINOLE ATHLETIC CONFERENCE RETURN TO PRACTICE PLAN



- All Participating student athletes MUST have a current physical and required paperwork on file via Athletic Clearance.
- Attendance MUST be recorded for each practice.
- Temperature Check- Temperature must read less than 100° F in order to participate in the event. If a student athlete has a temperature greater than or equal to 100° F the coach must immediately notify the student's parent and athlete must leave campus/off campus location. Athlete may not return to workouts for 72 hours. **You DO NOT need to record the temperature.**
- Wellness questionnaire must be discussed amongst team and self-monitored by the coach for each practice or event. Explain the importance of the symptoms of COVID-19 and the importance of reporting these symptoms to your coach.
- Players are required to wear mask according to the SCPS mask mandate. This includes times in locker rooms, arriving and leaving practice, during team meetings and when not engaging in athletic activity.
  - Athletes need to dress out in waves before and after practices if using locker rooms. Example- Seniors, Juniors, Sophomores etc...
- Coaches MUST wear a mask according to district protocol.
- Coaches and Players must remain 6 feet apart while grouping together for instruction or team meetings.
- Make sure to communicate with necessary staff have practice areas disinfected after each team use.
- Scrimmages and group activities where social distancing is not possible must be limited to 7 minutes in length.