

Return to Play Guidelines and Information

High School teams will be allowed to begin workouts on July 6, 2020 with guidelines and restrictions. Coaches, trainers, and administrators will do everything possible to follow these guidelines as closely as possible.

Requirements for Athletes:

1. Any student athlete that is exhibiting symptoms of Covid-19 (cough, fever, chills, muscle pain, shortness of breath, sore throat and new loss of smell) is not allowed to attend workouts.
2. IHSAA Physical
 1. The IHSAA is allowing physicals from the 2019-2020 school year to be valid for the 2020-2021 school year as long as the Health History Report is also completed with no major changes in health since the 2019-2020 physical. Physicals must be on the IHSAA physical form. 8th Graders that had a **valid** physical at Tecumseh Middle School will be good at Tecumseh High School. Contact the Tecumseh Athletic Department with any questions.
3. Water
 1. We will NOT provide water or ice for consumption during workouts.
 2. Each student will have to bring their own. **NO SHARING WATER BOTTLES!**
4. Patience and Accountability
 1. There are new procedures for coaches and students to work through
 2. Please be patient
 3. Attention to detail is vital to limit exposure. Please be accountable

Expectations for Athletes:

1. Temperature Checks
 1. Each Student Athlete will have their temperature taken when they enter the facility for a workout.
 1. ***If a student has 100.4 degree temperature or above they will be sent home.***
 2. Students will have to be fever free for **72 hours** prior to returning to workouts.
 3. All teams will have specific instructions on where each athlete needs to enter. Coaches will be sending out information about the workouts.
2. Symptoms
 1. Each Student Athlete will be required to answer Health Questions regarding symptoms.
3. Sanitation
 1. Each Group will have access to hand sanitizer and wipes.
 2. They will disinfect each piece of equipment when they are done with it.
4. Restrooms
 1. Restrooms will not be unlocked
 2. If there is an emergency, coaches will have the latitude to unlock restrooms
 1. Restroom will be sanitized
5. Social Distancing
 1. Each Student athlete should practice social distancing with in their group
 2. Physical contact/ spotting will not be allowed during Phase 1.
6. Face Masks
 1. Coaches and Student Athletes are strongly recommended to have face masks when in close proximity of each other
 2. Most workouts will be outside where social distancing is easy and mask will not be needed during workouts.

7. Post Workouts

1. Student Athletes should go home immediately to shower and wash their workout clothes.

To all student-athletes:

As much as we want you to be at workouts, PLEASE be honest and do what's best for your team. If you are showing any symptoms at all, please let your coaches know and STAY HOME. Do not put your teammates, coaches, and the entire program at risk by coming to workouts while showing symptoms.

Thanks,

Rance Brown
Athletic Director