

Lady Bulldog Basketball RTP Guidelines

August 17th-Sept 2nd

Check-in will be at the main entrance of the gym. Each athlete will be required to check-in with a QR code and get their temperature checked. All athletes are to arrive dressed and bring their own water bottles. We will maintain social distancing throughout the practice. They will be required to wear a mask/face covering to and from practice as well as during transitions.

Practices will be from 5 pm to 6:00 pm Monday-Friday of each week.

September 3rd-EOS

Athletes will enter the athletic hallway and maintain social distancing as they proceed to get their temperatures checked 6th and 7th periods each day. Each athlete will still be required to check-in with the QR code. Attendance is mandatory for all virtual learners. All athletes will still bring their own water bottles. We will maintain social distancing throughout the practice. They will be required to wear a mask/face covering to and from practice as well as during transitions.

6th Period:

12:50 pm-12:55 pm Freshman will dress out (Virtual students will arrive dressed by 1:55)

7th Period:

1:45 pm-1:50 pm Varsity will dress out (Virtual students will arrive dressed by 1:55)

1:50 pm-1:55 pm JV will dress out (Virtual students will arrive by 1:55)

Varsity will enter into the locker room through the doors closest to the basketball coaches' office and use that route to enter their locker room. They will exit through the doors closest to the volleyball coaches' office to head into the gym.

JV will enter into the locker room through the doors closest to the basketball coaches' office and use that route to enter their locker room to dress out while Varsity exits to go to the gym. They will exit through the doors closest to the volleyball coaches' office.

Once an athlete has left the locker room they will bring all their belongings with them and NOT return to the locker room.

*****Once Official practice begins on Oct 21st, times will adjust but the procedures will be the same**

Girls Basketball Locker Room Rules

- Locker Rooms will not be available prior to school in the morning. Locker rooms will be utilized ONLY for changing before practice (6th period will be open before and after practice to change).
- Each girl will be assigned a locker.
- Athletes will be placed into groups and will have an allotted time to get dressed. Athletes will be expected to wear a mask/face covering while they are in the locker room.
- There will be a coach present to make sure athletes are 6ft apart during the allotted time.
- Once a group is finished with changing, they will be completely cleared out and another group will follow and go through the same procedures.
- Showers will not be available.
- Athletes during 6th period will be able to change in the locker room towards the end of the class period. They will follow the same exact locker room protocol.
- The locker room will be sanitized following after each use.
- Athletes will be required to sanitize and wash hands before entering and leaving the locker room.