

Return to Play Guidelines - COVID19

MHS Track and Field

2020 – 2021

LOCKER ROOM SCHEDULE:

ATHLETIC PERIODS:

Prior to September 4th

7th Period

- Athletes will meet with coaches everyday via zoom during 7th PD.
- Players/Coaches will go over all of the required [UIL paperwork/slideshows](#)
- Coaches will teach a character curriculum subject **AT LEAST** twice a week.
- Coaches will cover [rankone](#) paperwork, [COVID19 waiver](#), physicals, etc. to ensure we are ready to go on/after September 4th.
- Coaches will go over the logistics of how practice will go daily when we return to school. Including [pre-screening questionnaire](#), entering the locker room, where to place belongings, warm ups, practice, and exiting the locker room/track
- Coaches will go over ALL rules and expectations we have set for the year

After September 4th

7th Period

1:45 – All athletes will arrive at the appropriate Locker Room through the outside doors nearest (K100).

Coach Sowe will check temperatures and ensure athletes complete the proper questionnaire before entering the building. Coach Davis will be stationed in the hallway to ensure social distancing. Coach Kawesa will be stationed outside of the locker rooms leading to the track ensuring social distancing measures as we prepare to warm up.

Group 1: 3 min to dress

Group 2: 3 min to dress

Group 3: 3 min to dress

Group 4: 3 min to dress

1:57 – All athletes will drop off their backpacks/belongings to a predesignated area (in the bleachers) by group and report to stretch lines by group.

2:37 – Each group will be released by group

Group 1: 2:34

Group 2: 2:35

Group 3: 2:36

Group 4: 2:37

Masks/Face coverings:

All athletes will need to wear a mask in any indoor/outdoor situation where social distancing may not be possible.

Masks required:

- Locker Rooms
- Entering/Exiting locker room
- Team Meetings
- Bus Rides
- Transition between stations
- While waiting a drill/lift
- Anytime 6 ft of social distance cannot be maintained

Coaching Behavior Changes:

- Practice Social Distancing (no physical affirmation)
- Design Practices and Drills that keep players separated.
- When not participating, players will drill with the group assigned by coaches, these groups will exclusively drill together.
- Wear mask when within 6 feet of athletes



McKinney High School
Athletes will enter here. Coach Sowe will scan temps and make sure students have filled out screening questions

Coach Davis will be in K Hall ensuring athletes are socially distancing and push groups out of locker rooms

Athletes will exit locker rooms here. Coach Kawesa will ensure athletes are socially distancing and get them lined up for warm ups

Athletes will exit track here