

Return to Play Guidelines – Covid-19

(MBHS Boys Wrestling)

2020 – 2021

<u>TRANSPORTATION:</u>	Venue	Time	Drop-off Guidelines
11/5/20	Boyd Gym 2-Red/ Navy	6:00pm	Home
11/11/20-	Dallas Jesuit HS	Bus leaves at 4:30pm	Team Members return on bus about 8:30pm
11/14/20-	The Colony HS	Bus Leaves at 7:00am	This event is drop-off only. ***
11/18/20	TBA	TBA	TBA
12/2/20-	Hebron HS (JV only)	Bus Leaves at 4:30pm	Team Members return on bus about 8:30pm
12/5/20-	Frisco Liberty HS	Bus leaves 7:00am	This event is drop-off only. ***
12/10/20	TBA	TBA	TBA
12/12/20-	TBA	TBA	TBA
12/19/20-	TBA	TBA	TBA
12/30/20-	Plano East HS	Bus Leaves 6:30am	This event is drop-off only. ***
12/31/20	Plano East HS	Bus Leaves 6:30am	This event is drop-off only. ***
1/7/21-	Boyd HS- Gym 2	6:30pm	Home vs. Frisco Lonestar
1/9/21	TBA	TBA	TBA
1/13/21	Plano East HS	Bus Leaves 4:00pm	This is a drop-off only. *** Vs. PE and MHS
1/16/21	Frisco Lebanon Trail HS	Bus Leaves 7:00am	This is a drop-off only. ***
1/21/21	TBA	TBA	TBA
1/23/21	Plano East HS	Bus Leaves 6:30am	This event is drop-off only. ***
1/28/21	TBA	TBA	TBA

*** Drop Off Only means that parents are responsible for picking up athletes at the venue when they are finished.

All athletes will social distance on the bus as much as possible and wear required masks.

PLEASE NOTE: This schedule is tentative and will most likely change! Please keep up with changes by viewing our schedule on the Rank One app.

LOCKER ROOM SCHEDULES:

Freshmen- 3rd Period– Freshmen wrestlers will enter the locker room to dress between 9:16 – 9:26 am). They will be expected to use hand sanitizer before entering the locker room thru the south locker room door prior to practice. Athletes will do the same at the end of 3rd period athletics (10:05-10:15am) when they are dressing in. Athletes are encouraged and given time to shower after workouts. A limited number will be allowed in the shower at one time to maintain social distancing. Coach will be present in the locker room to monitor these protocols and ensure they are being followed correctly.

Varsity and JV- 5th Period-Varsity and JV wrestlers will be expected to use hand sanitizer before entering the locker room. All JV and Varsity wrestlers will enter the locker room through the south door. Athletes will do the same at the end of 3rd period athletics (12:05- 12:15 pm) when they are dressing in. Athletes are encouraged and given time to shower after workouts. A limited number will be allowed in the shower at one time to maintain social distancing. Coach will be present in the locker room to monitor these protocols and ensure they are being followed correctly.

After School Practices (beginning Oct 27th) - Wrestlers will dress in 2 groups. Freshmen will go first from 2:37 to 2:47 pm. JV and Varsity will dress from 2:48- 2:58pm. Before entering Gym 3, athletes will answer several health-related questions using a QR Code on their phones and undergo a temperature check. Practice begins at 3:05pm sharp. Parents can pick up athletes at 4:45pm behind the school by the training room once after school practices begin in October.

ATHLETIC PERIODS:

3rd Period Athletes – 9:16- 9:26 am

Athletes will be expected to use hand sanitizer before entering the locker room before training. All freshmen will enter the locker room thru the south door. We will issue lockers in a way that there are at least 2 empty lockers between each athlete. Face coverings will be worn during the locker room, to the gym, and anytime an athlete is not actively participating in a drill. McKinney Boyd Wrestling neck gaiter-style masks have ordered that will be issued and expected to be worn (as part of school issued practice gear). One neck gaiter will be given to each athlete. Athletes will be expected to use hand sanitizer again upon re-entry into the locker room after training.

Wrestling mats will be completely disinfected before each practice.

5th Period Athletes – 11:15 – 11:25 am

Athletes will be expected to use hand sanitizer before entering the locker room before training. All Varsity and JV Wrestlers will enter their locker room through the south door. We will also issue lockers in a way that there are at least 2 empty lockers between each athlete. Face coverings will be worn during the locker room, to the gym, and anytime an athlete is not actively participating in a drill. I have ordered McKinney Boyd Boys Wrestling neck gaiters that will be issued and expected to be worn (as part of school issued practice gear). One neck gaiter will be given to each athlete. Athletes will be expected to use hand sanitizer again upon re-entry into the locker room after training. Wrestling mats will be completely disinfected before each practice.

Wrestling mats will be completely disinfected before each practice.