

## ATHLETICS AND ACTIVITIES GUIDELINES AND INFORMATION AFTER FALL BREAK

We are happy to announce that activities and athletics will begin in a limited capacity after fall break. Starting Monday, October 12, any student interested in participating in baseball, softball, track, swimming or boys golf should contact that sport's varsity coach for specific practice days and times. Contact information for all coaches is located at the [McQueen High School Athletics](#) website.

If you are interested in participating in a sport that was not listed above, please reach out to that sport's varsity coach for exact starting practice times. Please refer to the dates below regarding all sports:

***October 12-29: Spring Season Sports Practices (Swim & Dive, Track & Field, Softball, Baseball, Boys' Golf)***

***November 2-23: Fall Season Sports Practices (Cross Country, Football, Cheer, Volleyball, Soccer, Tennis, Girls' Golf):***

***November 30-December 17: Winter Season Sports Practices (Basketball, Cheer, Ski, Wrestling)***

If you choose to participate in any sports, please complete an [Athletic Emergency Information Form](#) and return it to your coach on the first day of practice.

All off-season programs are strictly voluntary. If a student or family is not interested or comfortable for any reason and chooses not to participate, this will not affect their ability to make a team, try-out for a team or playing time on a team when official try-outs take place during their respective season in 2021.

Once we return from fall break, additional information regarding clubs and extra-curricular activities will be available.

### **Practice Guidelines and Points of Interest:**

1. Social Distancing: It is a requirement that all students remain 6 feet or more away from each other during practice and meetings.
2. Cloth Face Coverings: It is required that all students wear a cloth face covering at ***all times*** during the time they spend participating in athletic conditioning or club activities.
3. Hygiene: Washing hands before during and after the practice or meeting should be a regular routine.
4. Stay home if ill: Use the WCSD Self-Screener and take temperatures daily to ensure you are healthy enough to attend school. It is highly recommended that if a student is feeling under the weather that they stay home and away from others
5. Increase Water Breaks: It is required that everyone bring their individual water containers and never share them with each other.
6. Spectators: No spectators, parents or visitors are permitted at practices or club meetings for the safety of the coaches, students and spectators themselves. This includes parents, friends and family.

### **Practice Equipment, Workouts and Gatherings:**

1. Players should wash their workout gear and water bottles daily.
2. There should be NO shared equipment, clothing, shoes etc...between students.
3. Locker rooms will not be available to students, so they should come dressed and ready to practice.