

Mary G. Montgomery High School



COVID-19 Policies and Procedures

Alabama High School Athletic Association & Mary G. Montgomery High School Mission

- ▶ Objective: To educate our coaches and student-athletes on how to safely live with the COVID-19 virus by following the ADPH, ALSDE & CDC guidelines and fostering an educational athletic environment.
- ▶ Mission: To develop our student-athletes physically and safely, while maintaining a static environment, over the next seven weeks in order to begin fall practice on July 27th as scheduled.

MGM COVID-19 Summer Workout Policies and Procedures

- ▶ All athletes/parents will complete Dragonfly requirements before the athlete may enter campus. School Code T3FGKJ
<https://max.dragonflyathletics.com/>
- ▶ Required Forms:
 - ▶ Current AHSAA pre-participation physical
 - ▶ 20-21 AHSAA concussion release form
 - ▶ 20-21 AHSAA consent release form
 - ▶ 20-21 MCPSS insurance form
 - ▶ 20-21 MCPSS Covid-19 consent form
 - ▶ Birth certificate
 - ▶ Sportsmanship certification

MGM COVID-19 Summer Workout Policies and Procedures

All parents, players and coaches will review this informative/educational PowerPoint and video in its entirety.

MGM COVID-19 Summer Workout Policies and Procedures

- ▶ Head coaches will be notified immediately if a student athlete or coach tests positive for COVID-19.
- ▶ If a player or staff member shows any signs of illness he/she will immediately be separated from the group and parents contacted. The athlete/coach will need to be cleared by a doctor to be able to resume workouts. All other athletes will be subject to the COVID-19 guidelines set by ALDE, MCPSS, AHSAA, and Mary G. Montgomery High School if exposed.
- ▶ All parents, athletes, and coaches agree to quarantine for recommended time frame set by AHSAA, MCPSS, and ALSDE if testing positive or coming in contact with anyone who tests positive.

MGM COVID-19 Summer Workout Policies and Procedures

- ▶ Summer workouts/conditioning is not required. It is the parents' discretion to allow athletes to participate in summer workouts.
- ▶ Camps, competition or workouts outside of school facilities are not permitted during summer training programs.

MGM COVID-19 Summer Workout Policies and Procedures

- ▶ Group sizing of 12:1 is recommended.
- ▶ Face mask will be used at all times or when athletes/coaches are closer than 6 feet.
- ▶ Teams will not share facilities. One team at each facility during a specific time frame. (schedules will be provided to the athletic director, see below)
- ▶ No outside teams or community members will use any school athletic facility.
- ▶ Athletes are not to enter the school buildings.
- ▶ Only school personnel, coaches, athletic trainers, and student-athletes should be present during activities. Non-essential personnel should not be present. No parents, siblings or fans will attend practices.

MGM COVID-19 Summer Workout Policies and Procedures

- ▶ Only the athlete should exit the vehicle when being dropped off for summer workouts. We will practice curbside pick-up and drop-off. This should be monitored by coaches of each perspective sport.
- ▶ Multi - sport athletes may attend more than 1 workout per day provided the athletes change clothes before attending the second, or third workout and follow all ADPH hygiene guidelines concerning hand washing and cleanliness.
- ▶ No more than two athletes will use restrooms at the same time and face coverings will be worn.
- ▶ Weight room equipment will be sanitized between each athlete's usages.
- ▶ It is recommended athletes do not share sports equipment.

Coaches Responsibilities

- ▶ Post signs and symptoms chart.
- ▶ Ensure all parents and athletes have reviewed the informative video and educate parents and athletes on the signs and symptoms of COVID-19.
- ▶ All coaches and athletes will take their temperature and complete AHSAA checklist before beginning practice.
- ▶ Coaches will notify administration of any coach or athlete testing positive for COVID-19.
- ▶ Sanitizing stations will be set up for use during workouts/training.
- ▶ Coaches are responsible for bringing and wearing their own face covering.
- ▶ Coaches are responsible for monitoring water breaks and ensuring athletes are social distancing.
- ▶ All facilities used by teams will be sanitized and cleaned after each session. This will be the responsibility of each coach/team using facilities. This includes restrooms, weight rooms, all equipment, and any facilities used by teams.
- ▶ Coaches will ensure all facilities are locked and secure after each practice.

Student Athlete Responsibilities

- ▶ Complete all AHSAA/MCPSS required paperwork.
- ▶ Review the informative PowerPoint and video.
- ▶ Athletes will follow all rules, guidelines, and procedures by the school regarding COVID-19 and physical distancing.
- ▶ All athletes will use sanitizing station before entering facilities and when leaving facilities.
- ▶ All athletes will have temperature taken and complete AHSAA checklist daily.
- ▶ Athletes will wear a face covering if they cannot maintain a 6ft physical distance in common areas.
- ▶ All athletes will report symptoms immediately to head coach.
- ▶ Athletes are responsible for their own water bottles and towels.
- ▶ Athletes will not share water bottles, towels, or other personal items.
- ▶ Athletes must leave campus immediately following summer workouts.
- ▶ Athletes will park in designated parking area or be dropped off and picked up in designated area.

Parent/Guardian Responsibilities

- ▶ Parents will complete all Dragonfly requirement.
- ▶ All parents and students will sign the MCPSS COVID-19 plan and watch the informative video provided.
- ▶ Parents will have athletes stay at home if they are sick or showing any symptoms of COVID-19.
- ▶ Parents will notify head coaches if any athlete becomes ill.
- ▶ Parents will follow all guidelines, policies, and procedures set by the school regarding COVID-19.
- ▶ Parents will provide timely transportation for athletes. Athletes are not to linger on campus after practice.

Response to possible exposure, symptom check, or positive test result

- ▶ If an athlete has been possibly exposed to the virus.
- ▶ They must be quarantined for 14 days and show no sign of symptoms before returning.
- ▶ If they are quarantined and begin to show symptoms, then they must get a test before returning to campus.
- ▶ If a negative test, then they can return to campus when symptom free and the test results.
- ▶ If a positive test, the athlete must remain in quarantine and must be retested after 14 days. The school must see the test results from the doctor with a release back to play letter.
- ▶ If a positive test, all athletes that were around that person should be notified of possible exposure and be put in quarantine for 14 days and monitored.

Response to possible exposure, symptom check, or positive test result

- ▶ **If an athlete shows symptoms or has a high fever at check-in.**
- ▶ They will be sent home and must quarantine until symptoms are gone.
- ▶ They will be put in the designated quarantine area until parent arrives for pick-up.
- ▶ All areas must be sanitized where the athlete participated or practiced.
- ▶ **If an athlete has a positive test result.**
- ▶ They must be quarantined for 14 days and be retested after 14 days before returning to campus or practice.
- ▶ All athletes that could have been exposed to that player should be notified and quarantined for 14 days. If symptom free, they can return to practice after 14 days.
- ▶ This is why it is important for non-interchangeable groups to make contact tracing much more effective.

Resources for COVID-19

- ▶ Alabama State Department of Education. <https://www.alsde.edu/covid-19>
- ▶ If you are a parent and have a COVID-19 related question, click COVID19PARENTS@ALSDE.EDU or call 1-800-338-8374.
- ▶
- ▶ Mobile County Public Schools Webpage. <https://www.mcpss.com/coronavirus>
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- ▶ Alabama Department of Public Health. <https://www.alabamapublichealth.gov/index.html>
- ▶
- ▶ Alabama High School Athletic Association. <https://ahsaa.com/Schools/COVID-19-Updates>

Signs and Symptoms of COVID-19

Certified Athletic Trainer Alex White

▶ <https://photos.app.goo.gl/5cQPips5ioN6M5mp6>

Resources and Informative Information

COVID -19

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- ▶ If you are a parent and have a COVID-19 related question, click COVID19PARENTS@ALSDE.EDU or call 1-800-338-8374.
- ▶ Mobile County Public Schools Webpage. <https://www.mcpss.com/coronavirus>
- ▶ Alabama Department of Public Health. <https://www.alabamapublichealth.gov/index.html>
- ▶ Alabama High School Athletic Association. <https://ahsaa.com/Schools/COVID-19-Updates>

Parking, Drop-off and Pick-up Locations

▶ Varsity Football

- ▶ Athlete parking- Athletic parking lot closest to football field house. No one will park inside the gates or along the fence behind the snack area.
- ▶ Drop-off/pickup- Gates located in senior parking lot closest to Auditorium. Students will walk along the sidewalk between the gym and football stadium.

▶ Freshmen Football

- ▶ Students will be dropped off closest to soccer fields.

▶ Cheerleading

- ▶ Athletic parking - overflow parking- nearest band tower.
- ▶ Drop-off/pick-up overflow parking nearest band tower and gate.

Parking, Drop-off and Pick-up Locations

▶ Volleyball

- ▶ Athlete parking - Senior parking lot, closest to gym.
- ▶ Drop-off/pick-up front of gym doors. (Blackwell Nursery Rd)

▶ Basketball Girls and Boys

- ▶ Athlete parking - Senior parking lot, closest to gym
- ▶ Drop-off/ pick-up front of gym doors (Blackwell Nursery Rd)

▶ Cross County

- ▶ Athlete parking- Athletic parking behind football field house. No one will park inside the gates or along the fence behind the snack area.
- ▶ Drop-off/pickup- Gates located in senior parking lot closest to Auditorium. Students will walk along the sidewalk between the gym and football stadium.

Parking, Drop-off and Pick-up Locations

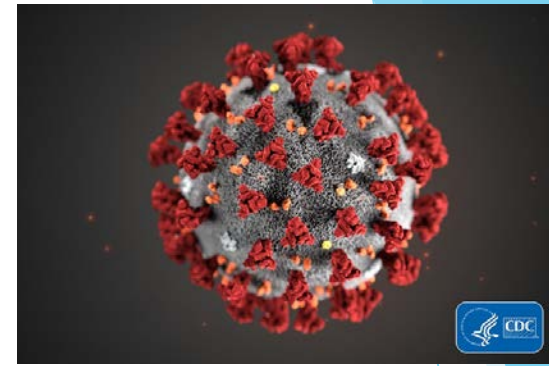
▶ Softball

- ▶ Athlete parking- Students will park in the athletic parking nearest the softball gates.
- ▶ Drop-off/pickup- students will be dropped off next to the double gates of the entrance to softball field.

▶ Baseball

- ▶ Athlete parking- nearest baseball field house/ athletic parking
- ▶ Drop-off/pickup- athletic parking nearest baseball gate entrance and field house.

COVID-19



All guidelines are subject to change based on the CDC, ALSDE, AHSAA, MCPSS and MGM school policies.

“

But we are strong, each in our purpose, and we are all more strong together.

”

Bram Stoker

MGM Family practice good habits, stay safe and well.