



Providence Grove Athletics

After a long period of no sports at Providence Grove, we are ready for our student athletes to get back on campus. With that being said athletic workouts will start back Tuesday June 16th for our Patriot athletic teams. Students will be hearing from their coaches about specific start times and dates. Below are a few key points for parents and student-athletes to know as we start this journey back to participating in school sports again. If anyone has any questions please email our athletic director Coach Brown at c1brown@randolph.k12.nc.us or you can contact your specific coach with questions. Just know that currently workouts will not be as they have been in the past. Please follow all protocols and let's help keep all of our coaches and student athletes safe.

- The following forms must be filled out and brought to their coach before any student can participate
 - Initial screening form [InitialScreeningQuestions.pdf](#)
 - Pre-participation examination form [Pre-Participation Examination Form.pdf](#)
 - Physical (if received physical after 3/1/19 then physical will be good for this school year) [PhysicalForm.pdf](#)
- Athletes must not have any symptoms of COVID-19. If they have any symptoms they will have to be cleared by a doctor before returning to workouts.
 - Temperatures will be checked every day by a coach before the workout begins.
 - Athletes will be asked a series of questions everyday by a coach to check for symptoms
- Masks – are optional, they are recommended to be worn when not running but not required.
- Water Bottles – each athlete must have their own water bottle with their name on it. They can bring their own or the school will provide one for them. There will be no sharing of water bottles.
- Maintain social distancing anywhere it is possible.
- No contact at all with others.
- Teams outside can be in groups of no larger than 25.
- Teams in the gym can be in groups of no larger than 10
- Weight room / Locker rooms / training room are off limits to all athletes
- Only coaches and athletes are allowed at workouts. No parents/spectators at workouts. Parents must remain in cars.
- Athletes that do not drive must be picked up on time each day.
- As students arrive on campus they are to go directly to their designated area. If using the gym will enter the gym directly from the parking lot on the backside of the school in student parking lot.