

GRESHAM/SAM BARLOW HIGH SCHOOL

Parent/Student Practice Guidelines

The Gresham-Barlow school district is committed to the safety and well being of all students, families and our coaching staff. As we start to return to athletics and activities we will be implementing guidelines to ensure everyone's safety. All students, family members and coaching staff will be required to adhere to these guidelines to ensure the safety of all involved. We ask that parents and students read over the following information carefully and ensure you understand your responsibilities. Failure to follow these guidelines could forfeit a student's opportunity to be on campus for these workouts and activities.

HEALTH SCREENING GUIDELINES

Students and parents should assess a student's health prior to practice. If a student exhibits any of these symptoms they should not come to practice.

- Fever (100.3 or higher)
- Cough
- Shortness of breath
- Sore throat, congestions, nausea, vomiting, diarrhea, headache, muscle and joint pain, sudden loss of taste or smell, chills

Notify the school and coach immediately if your student becomes ill. Students should also stay home if any person in their household or community living space has symptoms of COVID-19 or has tested positive. If students have been exposed to COVID-19 they should self-quarantine for at least fourteen days.

DAILY symptoms and temperature screenings will be required upon entry to campus.

Students who arrive to practice after health screenings have taken place will not be able to participate in practice that day. It will be important students arrive on-time.

Students who are high risk due to a health condition or students who are living with a person who is high risk should consider participating in virtual practices.

Responses to screening questions will be recorded and stored for contact tracing purposes. If a student or coach tests positive for COVID-19 information will be provided to the local public health authority.

SOCIAL DISTANCING GUIDELINES

Students will practice social distancing maintaining 6 feet from coaches and other students before, during and after practice. Students must maintain 6 feet from other people while on campus. Students will need to follow signage and markings upon entering and exiting the field. Students will follow the observed social distance markers set by coaches during practice.

FACE COVERINGS GUIDELINES

Students must wear a cloth face mask covering their mouth and nose at all times while on campus. This includes during physical activity. Plastic face shields will not be allowed. Athletes should wear face coverings when entering and exiting the facility, during team meetings and when sitting on the bench and when participating in physical activity. Students should wear a face covering over their mouth and nose at all times while on campus.

CLOSED PRACTICE

Only Gresham/Sam Barlow high school athletes may enter the athletic facility. Spectators will not be allowed, this includes parents and siblings. Coaches will meet students at the entrance to complete health screenings before entering the facility. Students must stay in the area designated for their cohort and may not enter other areas of campus.

STUDENT DROP OFF & PICK UP

Parents, please stay in the car during pick up and drop off. No physical observing will be allowed. Students will enter & exit the facility at the assigned points and times. (see attached map) Students will wear masks when entering & exiting the facility. Do not arrive more than 10 minutes early for practice and students will need to be picked up immediately when practice is over. Students are not allowed to stay on campus after their practice time. Students must follow all signage and markings when entering and exiting the facility.

COHORTS

Students will be assigned to a cohort by their coach. Students must stay in this assigned cohort to limit exposure and aid in contact tracing. Students are not allowed to change cohorts. Students must stay in the designated area assigned to their cohort. Students must maintain 6 feet distance from members of their cohort.

STUDENT BELONGINGS & EQUIPMENT

Students must bring their own supplies and equipment, including cloth mask, water bottles, food, hand sanitizer, clothing and shoes. Water bottles should be labeled with the student's name. Sharing of water and food will not be allowed. There will be no sharing of athletic equipment. Balls will only be shared when required and will have limited use in the cohort and disinfected frequently during use. Students should arrive to practice in their practice clothes and with necessary personal equipment.

FACILITY USE/ RESTROOMS/ LOCKER ROOMS

Only students of Gresham/Sam Barlow High School may enter the athletic facility. Students must maintain 6 feet distance at all times while on campus. Students must follow signage and markings to help with one way traffic in and out of the facility. One student at a time will be allowed to use the restroom to maintain 6 feet distance. Hand washing (for 20 seconds) is required after using the restroom. Try to take care of restroom needs prior to practice. The locker room will not be available at any time to students. Students should arrive and leave the facilities in their practice clothes. Students should not use the restrooms to change clothing.

GBSD reserves the right to adjust or revise the timing and participation in any workouts, training session or activity at any time. Health guidance continues to adapt as COVID-19 infection rates change. GBSD will continue to work in collaboration with directives from the Governor, the Oregon Health Authority and Oregon School Activities Association to adhere to any and all state orders and recommendation changes. All students, family members and staff will be required to adhere to the changes in guidelines.

I have read and understand these requirements

Parent Name Printed	Student Name Printed	
Parent Signature	Student Signature	Date