

Wellington-Napoleon R-IX Athletics Return To Play Guidelines

HS Cheerleading

- All cheerleaders must enter the building through the high school entrance where a coach will be there to sanitize as you enter the building.
- Temperatures will be taken by a coach of each sport. If you have a temperature of 100.4 you will be sent home until you are symptom free or have a negative test for COVID.
- You must have your mask on to enter the building and remain on until practice begins where you can properly distance.
- Bring your own water bottle and towel, you may use the bottle fillers for refills.
- Coach will wear a mask during practice when within the six foot distancing recommendation.
- Anytime you are doing a building routine you will be asked to sanitize immediately after the routine.
- NOTE: practice clothes MUST be taken home each day and clean clothes worn each day.

HS Volleyball

- All volleyball players must enter the building through the high entrance where a coach will be there to sanitize as you enter the building.
- Temperatures will be taken by a coach of each sport. If you have a temperature of 100.4 you will be sent home until you are symptom free or have a negative test for COVID.
- You must wear a mask to enter the building and be able to practice. Masks must remain on until practice begins and exercise has started.
- Bring your own water bottle and towel, you may use the bottle fillers for refills.
- Coaches will wear a mask during practice when distancing is not taking place and conversations or huddles are taking place.
- All equipment WILL be cleaned at the end of practice to be ready for the next day.
- NOTE: practice clothes MUST be taken home each day and clean clothes worn each day.

HS Football

- All football players will park in the back lot and walk down the alley to enter through the locker room doors.
- Temperatures will be taken by a coach of each sport. If you have a temperature of 100.4 you will be sent home until you are symptom free or have a negative test for COVID.
- You will be divided into two groups (Jr/Sr and So/Fr) to get dressed. When it is your group's turn to get dressed a coach will be there to sanitize as you enter the building.
- You must wear a mask to enter the building and be able to practice. Masks must remain on while you are changing for practice and are ready to exit the building for practice.
- A coach will escort the first group to the practice field when they are all dressed and ready to go.
- You must have your own water bottle and towel to be able to practice, if you do not have a water bottle you will not be allowed to practice and it won't count toward your 14 practices.
- A water jug will be filled for refills only, a manager will be available to refill water bottles. The manager will be gloved up and the athlete will hold their own bottle to be refilled.
- I have ordered upper and lower face shields for each helmet, we will attach the lower shield on each helmet. The upper shield is available for each athlete that wants one.
- NOTE: practice clothes MUST be taken home each day and clean clothes worn each day. This includes any clothes that may be worn under pads.

Any student that chooses to learn virtually will NOT be allowed to participate in sport or activities sponsored by the school.