



COVID-19 Phased Return to Play Plan

Lakehill Preparatory School will take the necessary precautions and recommendations from the federal, state, and local governments, CDC, as well as the NFHS and TAPPS. The knowledge regarding COVID-19 is constantly changing as new information and treatment become available. Thus, these recommendations will be adjusted as needed as new information becomes available in order to decrease the risk of exposure for our staff, students, and eventually, spectators.



Student-Athlete Practice Guidelines

Mask requirement

For indoor sports - those not actively engaged in the activity will be socially distanced and/or have on a face covering. Masks will be required for the majority of practice if specific drills do not allow safe distancing

For outdoor sports - those not actively engaged in the activity will be socially distanced and/or have on a face covering

Athletes will not be allowed in an athletic facility without a coach or LPS staff member present

Parents of student drivers must sign the transportation waiver to be allowed to drive to RLP for practices

Non-drivers will take the bus to RLP. Masks will be required on the bus and players will be socially distanced

RLP **entrance-only** doors will be by the coaches office and **exit-only** doors will be by the girls locker room

Gym **entrance-only** will be through the doors closest to the playground and **exit-only** doors will be the doors closest to the locker rooms

Locker room access

Social distancing and masks will be required at all times in the locker room when changing

Only 4 athletes will be permitted in the locker room at a time. Both locker rooms will be utilized at RLP

Locker use will be determined at a later date with the advice of the LPS COVID-19 Response Team

Students are to remain at least 6ft apart when NOT participating in a drill or workout

Social distancing will be observed at all times while on campus including arrival and departure. There is to be NO physical contact including handshakes, fistbumps, hugs, etc.



Weight equipment will be spaced out to maintain social distancing standards and must be disinfected before and after each use by an athlete

Disinfectant wipes will be available in the weight room, gym, and on the fields. LPS coaches and staff will ensure regular and frequent cleaning and disinfecting of any regularly touched surface

In the weight room, face masks are **OPTIONAL** while lifting, however spotters and everyone else are required to wear masks

Hand sanitizer will be available in the weight room, gym and on the fields

Students will be required to use sanitizer upon arrival and departure of facilities as well as every 15 minutes or during breaks

Students who display symptoms during a workout will be immediately isolated for pickup

Parents will be notified by the coach if this occurs

Athletes must immediately depart at the conclusion of practice

Students will not be permitted to gather in groups post practice in the weight room, field, gym, or parking lot. Punctual pick up is mandatory for all non-drivers

If an athlete is picked up by someone from another household, written permission is required

A parent needs to email the coaches if their athlete is getting picked up by someone outside of their household

Athletes are encouraged to shower and wash all practice apparel immediately following practices and workouts



Game Guidelines

Mask requirement and temperature checks

In accordance with TAPPS protocol, fans are required to wear a mask for the entirety of the time they are in the playing area. Lakehill will also require fans to wear masks in restrooms and parking lots. Temperatures will be checked upon arrival for home and visiting fans

Event staff (score table officials, linesmen, gate volunteers, etc) are required to wear masks at all times

Athletes are required to wear masks at all times unless warming up or getting ready to enter the game

A tiered system will be in place for attendance at games

Tier 1 (Essential) - Athletes, coaches, managers, officials, event staff, medical staff and security

Tier 2 (Preferred) - 2 family members per athlete for volleyball and cheer. 4 family members per athlete for football.

Tier 3 (Non-essential) - Extended family members and teachers. NO STUDENTS

For Tier 2 and 3 contact tracing and limited capacity purposes, there will be a sign-in sheet at the door with every athlete's name where the allowed family member will need to print their name next to their athlete

All Lakehill athletes, coaches, and fans will abide by the strictest guidelines set forth by the competing school.

Coaches will communicate these guidelines to athletes and parents in weekly update emails.

Live-streaming of athletic competitions

Lakehill will provide an opportunity, at no cost, for fans to watch competitions via TAPPS-TV. Information will be sent out the week before competitions begin

Forms of payment and concessions

The Athletic Department and PFC will utilize a cashless method of payment for games and concessions



Concessions will operate on a limited product availability

Athletes must provide their own water bottles and towels

It is recommended to bring multiple bottles as there will not be an opportunity to refill water bottles. Athletes may NOT share towels or use personal towels to wipe down equipment

Sideline/bench area will be spaced out to maintain social distancing as space allows and will be disinfected before and after games

Athletes will be required to use the same chair on the bench for the duration of the game to decrease the risk of exposure for staff and other athletes

Athletes and fans must immediately depart at the conclusion of games

Athletes and fans will not be permitted to gather in groups post game in the weight room, field, gym, or parking lot. Punctual pick up is mandatory for all non-drivers

Athletes are encouraged to shower and wash all game apparel immediately following games

Student-Athlete Road Game Guidelines

Transportation

Parents of student drivers must sign the transportation waiver to be allowed to drive to road games. Student drivers will **NOT** be allowed to carpool another athlete to games

Non-drivers will need to be transported by parents to road games. Carpooling will be allowed by parent drivers

Bus use for road games will be determined at a later date with the advice of the LPS COVID-19 Response Team



The Lakehill Athletic Department will follow the LPS COVID-19 Response Plan for any individuals with a lab-confirmed positive COVID-19 test or the symptoms of COVID-19. The Response Plan can be found on the Lakehill website.