



Phase 3- Return to Athletic Activity Agreement

1. Athletic Clearance:
 - a. You may not participate if you have not completed your physical clearance
2. Waiver/Release:
 - a. Each player must bring a signed waiver/release form to be allowed to participate if you have not turned one in already
3. Facilities:
 - a. Phase 3 will continue to allow us to be in the gym. Varsity will continue in the weight room.
 - b. The main gym has a maximum of 42 persons (including coaches) allowed at one time. The Aux. gym and the weight room each have a maximum of 21 persons (including coaches).
 - c. Locker rooms will now be accessible at limited times for changing only. A maximum of 20 persons will be allowed in the locker room and sanitization will take place following each group.
4. Groups/Pods:
 - a. Workouts will be done in groups of 21 or less (including the coach) within an area of a facility
 - b. Groups must remain the same each day
 - c. Only players may be present- no spectators allowed- we ask that parents/siblings etc. remain in cars for pickup/drop off
5. Equipment:
 - a. Phase 3 will expand the usage of equipment allowed:
 - i. Basketballs
 1. Basketballs can now be passed and shared amongst each other within a pod
 2. This will allow players to rebound for each other and pass
 3. Basketballs will be sanitized after each practice by the coaching staff
 - ii. In the weight room appropriate distance will be kept
 1. All weights will be cleaned after individual use during workouts
 2. The weight room will be cleaned after each team use
6. Masks:
 - a. Masks must be worn from the time you get out of your car to enter the gym and worn when exiting the gym until you get in your car to leave.
 - b. Masks must always be worn in the weight room, including during lifts
 - c. Masks must continue to be worn during low-intensity activity such as stationary ballhandling, warmup, cooldown, free throw shooting, etc.
 - d. Masks may be removed only during directly engaged intensive physical activity including full court drills and conditioning. A proper distance of 6 feet must always be obtained.



7. Arriving/Leaving:
 - a. The same screening process will take place upon arrival before entering the gym/weight room.
 - b. Maintain proper distance upon arrival and departure from the facilities.
 - c. There will be a designated entrance and exit for each gym.
 - d. When leaving, you must use the designated exit and go straight to your car- no socializing or lingering outside or in the parking lot
8. Daily Screening will include:
 - a. Temperature Checks
 - b. Symptom Questions:
 - i. If you show positive for any of the following symptoms you will not be allowed to participate and sent home immediately:
 - Fever - Cough - Sore Throat
 - Loss of Smell - Loss of Taste - Shortness of Breath
 - Contact with Someone COVID-19 Positive
 - c. Hand sanitizing:
 - i. Hand sanitizer is to be used by everyone after the screening prior to the workout and again after the workout before exiting
9. Extra Notes:
 - a. Bring your own water- do not share water!
 - b. We will NOT be playing live or doing drills incorporating 1v1 or any sort of live play at this time with offense and defense.
 - c. Wear proper attire
 - i. As we will be in the gym, basketball shoes should be worn.
 - ii. Practice jerseys must now be worn during practice. Aliso attire in the weight room.

I have read, understand, and agree to the instructions listed above.

Athlete Name

Athlete Signature

Date