

Ruskin High School
Return to Play Guidelines
Summer - 2020

In conjunction with the schools in the Greater Kansas City Suburban Conference, Ruskin High School will implement a two-phase reopening plan of athletic facilities for use by activity groups and athletic teams. Summer conditioning and team practices are OPTIONAL. If any student or parent/guardian does not yet feel the setting is safe, their son or daughter should not attend.

All students athletes who attend summer workouts/practices MUST complete and sign a Student and Parent Consent Form before they will be allowed to participate! The consent form is at the bottom of this form or can be completed electronically at this link:

[Return to Play Consent Form](#)

PHASE 1 - June 15 to June 30

(Facilities will be closed from July 1 through July 5)

1. During Phase 1, all teams will conduct conditioning activities. A thoughtful and safe approach to exercise gives athletes a chance to acclimatize to the temperature, intensity and duration of practices. This gradual ramp up of exercise is designed to decrease injury risk and provide athletes an opportunity to acclimate - especially since many athletes are currently deconditioned.
2. All activities will be held outdoors on the Ruskin Stadium Field during Phase 1. The established Social Distancing guidelines will be a priority.
3. When weather prohibits the workouts during Phase 1, they will be cancelled.

PHASE 2 - July 6 to July 31

1. After the initial conditioning period, 'sport-specific' activities can begin on July 6. Teams will then be permitted to conduct practice sessions that include use of the football field, the weight room, and the school gymnasium.

CONSIDERATIONS THROUGH PHASE 1 & PHASE 2

1. All participants will have their temperature taken upon arrival. Anyone with a temperature higher than **99 degrees**, will not be allowed to remain and participate. Students and coaches should not participate if they are feeling ill, exhibit any coronavirus symptoms of coronavirus, or have been exposed to the virus in the previous 14 days.
2. Group size will be limited to a maximum of 50. Coaches will monitor the activities to ensure the number of participants in each group enables social distancing guidelines.
3. Athletes and coaches are NOT to share water bottles. All participants are to bring their own towels & water bottles.
4. Handwashing and hand sanitizer will be available for participants.

5. All equipment (eg: balls, weights) and common contact points (eg: door handles) will be sanitized after each use by the coaches and participants.
6. Athletes and coaches are to avoid any personal contact (eg: hand shakes & high fives) and should maintain social distancing during any breaks.
7. Face masks are to be worn by coaches and are optional for students. It is currently not recommended for the athletes as masks may be prohibitive to their respiration.
8. Spectators (parents, siblings, friends) are **not** allowed to attend or observe these workouts and practice sessions.
9. When arriving to pick up a student, parents must remain in their vehicle to wait for their student to leave the facility. Carpooling and ridesharing is highly discouraged!

Please contact the head coaches for more information and to indicate your interest...

- Football: William Perkins (williamp@hickmanmills.org)
- Boys Soccer: Justin Newkirk (justinn@hickmanmills.org)
- Boys Basketball: Raymond Hughes (raymondrh@hickmanmills.org)
- Girls Basketball: Shannon Moore (shannonmo@hickmanmills.org)
- Softball: Don Josephson (donj@hickmanmills.org)
- Volleyball: Megan Codilla (meganc@hickmanmills.org)

(Please print this form to complete and turn in to your coach on your first day of practice.)

Ruskin High School
Student and Parent Consent Form

This form must be completed and signed by the student and parent before they will be allowed to participate in the Summer 2020 practice sessions.

Student Name: _____

I have read the Return to Play Guidelines Document. I agree with the Guidelines and will adhere to them while participating in Summer workouts at Ruskin High School.

Circle One...

YES

NO

Student Signature: _____ Date: _____

Parent Signature: _____ Date: _____