

The priority of the TBS athletics program is to safely get our athletes back on the field. As we study the recommendations from the CDC (Center for Disease Control) and NCDHHS (NC Department of Health and Human Services) we have made an athletics plan for the first four weeks of school. The next update to the plan will be made during the week of September 7th. The athletics program will be closely monitoring the health and safety of TBS, Alamance County, the other member schools in the NCISAA and the state of North Carolina when deciding the next steps.

Based on current guidelines and recommendations from the CDC and NCDHHS, all of TBS athletics will be adhering to the following protocols regardless of the athletic phase:

- All coaches and students will be screened for signs/symptoms of COVID-19 prior to each workout.
- Temperature will be taken of every coach and athlete prior to the workout.
- All responses from screenings questions will be recorded and stored on the *NCISAA Covid-19 Athlete/Coach Monitoring Form*
- All athletic facilities will be thoroughly cleaned before and after each activity.
- Individuals should wash their hands for a minimum of 20 seconds with warm water and soap before and after participating in workouts.
- All athletes must come to workouts in proper gear and immediately return home to shower. No shared locker room utilization.
- All athletes must wear a mask when not actively engaged in physical activity.
- All coaches must wear a mask at all times.
- All students should bring their own water bottle that is pre-filled or filled by one coach with gloves. No shared water bottles. No hydration stations will be utilized.

Upper School Athletics Schedule

Monday, August 17 to Sunday, August 30: Dead period for all athletic activity to ensure the safe return to school.

Monday, August 31: Phase 1 of workouts can begin.

*Monday, September 14: Phase 2 of workouts can begin.

**Movement to this phase will be confirmed at the next update*

Middle School Athletics Schedule

Monday, August 17 to Sunday, September 13: Dead period for all athletic activity to ensure the safe return to school.

*Monday, September 14: Fall Sport Fitness can begin

**Movement to this phase will be confirmed at the next update*

Phase 1 Workouts:

Outdoor workouts that are only attended by 'pods' of students who are attending school that day (A/B Schedule). No indoor workouts or equipment are permitted. Athletes and masked coaches must remain socially distant.

Phase 2 Workouts:

Whole team is permitted to attend sport specific indoor or outdoor workouts. Athletes and masked coaches will remain socially distant whenever possible.

Middle School Fall Sport Fitness:

Outdoor workouts that are attended by cohorts of students with the goal of staying in shape and having a good experience. No mixing of cohorts. Athletes and coaches must remain socially distant.