

Renaissance Public School Academy
Cross-Country Covid-19 Return to Action Policies
2020 - 2021

The top priority for the RPSA athletics department and all of its programs is to keep the student athletes, staff members (coaches), and families safe. The MHSAA and the NFHS have released their *Return to Play guidelines*, and you can read them by accessing their website at MHSAA.com. It is our expectation that we will follow the MHSAA guidelines or exceed them. By signing the attached form, you are acknowledging that you have read the Return to Action Policies and agree to follow them. Questions should be directed to the school's athletic director, Mr. McCausey (dmccausey@renaissancepsa.com).

In addition, the policies set forth in the Renaissance Athletic Handbook remain in effect. The Athletic Contract/Emergency Contact Form also needs to be completed and returned prior to the first scheduled meet.

Return to Action Policies

- **Coaches must wear face coverings and practice physical distancing (6ft).**
- **If permitted by the host school to attend, spectators must wear face coverings and practice physical distancing (6ft).**
 - It is up to the host school whether or not spectators will be permitted on the course grounds.
 - Spectators will be limited. The number of spectators and individuals allowed will be up to the host school and/or mandated by the governor's office.
 - Notice will be given and protocols will be followed.
- **Entrance and Exit protocols and posted information by the host school must be obeyed.**
- **Prior to ANY practice or meet, the COVID-19 Athlete/Coach Monitoring Form must be completed.**
 - The coach will ask the student athlete five questions and take the student athlete's temperature with an infrared no-touch thermometer. If the student athlete answers yes to any of the five questions, or has a temperature higher than 100.3°F, the student athlete will be sent home immediately with a parent or designated adult until they have tested negative or have been released from isolation according to the local health department's protocols. The coach will report this to the school's athletic director and the school's administration.
 - Protocol for Positive Cases of COVID-19 will be followed for any student athlete, staff member (coaches), family member(s).
- **Runners are expected to maintain the recommended six feet of distancing between individuals and no physical contact is permitted.**
 - No high-fives, fist bumps, handshakes, or any physical contact is permitted.
- **No sharing of equipment is permitted (this includes water bottles).**
- **All activity must be done outdoors.**
- **Staggered times may be permitted and are suggested for coaches with large teams greater than ten.**
- **Masks (face coverings) are not required while running, but must be worn when not running (coaches and athletes).**
- **All coaches and school personnel must be masked with student athletes present.**
 - Gloves are optional.
- **Student athletes are expected to have their own water bottle, and it is not to be shared with anyone.**
 - Snacks and food items at practice or competition should also not be shared with anyone.

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Contract Agreement
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Directions: Please make sure that the entire form is filled out completely before returning this form to your coach or the athletic director. Thank you.

_____ I have read and agree to all of the Return to Action Policies for Cross Country at RPSA.

_____ I understand that, in addition to this form, I need to complete the athletic contract as well.

Student Athlete Signature: _____

Parent Guardian Signature: _____

Date: _____