



Guidelines & Protocols

Parents must ensure they do not send a student to school if the student has Covid-19 symptoms, pending Covid-19 test results, possibly exposed or is lab-confirmed with Covid-19 until conditions for re-entry are met.

- **Students who have been exposed to Covid-19 directly or indirectly will need to follow the Sharyland ISD Covid-19 Policies.**

Standards

1. Athletes must always wear a mask while in the athletic facilities.
2. Athletes may wear gaiters during outdoor workouts.
3. Athletes must use hand sanitizer when entering and exiting the gym.
4. Athletes must use hand sanitizer when entering and exiting the locker room.
5. Athletes will must have their temperature taken before entering an athletic facility.
6. Athletes will be required to have their own, labeled water bottle.
7. Loitering will not be allowed in the locker room at any time.
8. All personal items will always be stored in the athlete's personal bag.
9. Personal items will not be stored overnight in the locker room.
10. Absolutely no sharing of equipment, clothing, or personal items.
11. All common areas will be frequently cleaned and disinfected. This includes all surfaces that are commonly touched.
12. Only 8th Grade athletes are allowed in the locker room before the start of the school day.
13. Athletes must scan the QR Code and fill out the Google Form before entering an athletic facility for attendance confirmation.

First week procedures

1. Athletes will report to the first week in school clothes; no conditioning will take place.
2. Athletes will social distance in the front and back gym.
3. Athletes will go through Safety Camp which will include procedures and walkthroughs.
4. Locker rooms will be used only to show procedures.

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Stretch/Roll Call/ End of Practice

1. Athletes will be separated into sport related “pods”.
1. Athletes will be in lines no less than 6ft apart in all directions.
2. Athletes will be assigned a “DOT” where they will complete stretches and workouts.
3. There will be staggered dismissals.
4. Masks must be worn at all times
5. Front and back gym will be marked to ensure 6 ft apart.

Miscellaneous

1. Coaches will continually monitor ways to prevent the gathering of athletes to maintain suggested social distancing measures.
2. Any used athletic equipment will be sanitized at the end of each class.
3. All locker rooms will be sanitized at the end of each use.

Enter/ Exit Locker Room During Regular Day

1. Athletes need to wash hands or use hand sanitizer upon entering and exiting the locker room.
2. Girl athletes will enter through the southwest entrance and exit through the east door.
3. Boy athletes will enter through the northwest entrance and exit through the southeast door.

Dress Out Procedures

1. Athletes will use hand sanitizer or practice proper hand washing techniques when entering and exiting the locker room.
2. Masks must be worn at all times.
3. Dressing before and after athletic practice will be limited by a predetermined time set by the coach.
4. Markers for social distancing will be in place in the locker room.
5. 8th grade athletes need to come dressed for athletics.
6. 8th grade athletes will begin dressing out for class 20 minutes prior to the bell. Athletes will be allowed to enter in pods of five and have no more than 10 minutes to get dressed.
7. 7th grade athletes will need to come dressed for athletics. (Warmups on top of shorts)
8. 7th grade athletes will have 5-8 minutes to dress out for athletics.

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Athletic Trainer

The Athletic Trainer will be available to assist the athletic staff as needed as well as provide aid to student athletes who are injured or need medical care. Athletic training room services and availability will be on a limited, as-needed basis.

Weather/Overflow

In the event overflow or bad weather occurs, including lightning and heat advisories, athletes will be separated throughout the coach's classrooms and gym. Cafeteria will also be considered for 1st period and 9th period once it has been sanitized after breakfast and lunch.

1st Period Athletics

Roy Gutierrez- Football
Gerald Almeida- Football
Andres Benitez- Cross Country
Brooke Callanan- Girls' Cross Country
Emmanuel Torres- Girls' Offseason
Brenda Salinas- Tennis
Frank Silva- Gym
Lydia De Leon- Gym

9th Period Athletics

Ciro Hernandez-Football
Homer Saenz-Football
Brooke Callanan- Cross Country
Kristina Rassman- Volleyball
Kassandra Aguilar-Volleyball
Jerri Mata- Offseason
Frank Silva- Gym
Lydia De Leon- Gym

2nd Period Athletics



Brenda Salinas- Tennis





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Locker Room Entrance and Exits

Soccer Field		Football Field	
			
Girl's Athletic Dressing Room	Trainers Office	Boy's Athletic Dressing Room	
Girl's PE Dressing Room	Weight Room	Boy's Dressing Room	

We are Rattler Strong!