

Student-Athlete Winter Track Protocols

All Indoor Track Student-Athletes, **who attend school that day**, must report to the RTO immediately at the conclusion of the school day. This will be your study hall until practice starts at 3:00 pm.

- Any student-athlete wondering the building will be asked to leave the building and unable to practice that day. In person Student-Athletes must be in the RTO at the conclusion of the school day unless getting extra help from a teacher.
- Student-Athletes in the RTO study hall will be allowed to change in the bathroom to prepare for practice. They will be dismissed, one at a time, by the study hall monitor.

All Indoor Track Student-Athletes, **who were virtual that day**, should not report to school prior to 2:45 pm for their check-in.

- All virtual students must come to practice prepared in workout clothes. No locker rooms will be available.

All student-athletes must **report for temperature checks 15 minutes prior to the start of practice**. Check-ins will be completed outside of the main gymnasium. Once an Indoor Track Student-Athlete has checked-in, they will report to F-Hall.

- Please do not report early.

All student-athletes must have the R-School Health Screen App complete prior to having a temperature check completed.

- The R-School Health Screen App must be completed everyday the student-athlete has a practice or game.

All Indoor Track Student-athletes are required to have a mask on at all times inside the building including during their stretching period in F-Hall:

- The only time they should have their masks off is while running outside.

For practices, all Indoor Track Athletes are to place any items in the Student Council room in F-Hall.

- This area will be opened and closed (locked) by the coaches.
- **Do not leave anything in F-Hall. The School is not responsible for any items left in the hallway that may go missing.**

All student-athletes should bring their own water bottles to all practices

- All waterbottles should be labeled with student-athletes name.
- There will be a station to refill your personal water bottles. (Main Gym)

Important:

- Student-athletes must maintain six feet of distancing at all times in the hallway.
- Student-athletes must always have a mask on in the hallway.