### **Junior High Athletics**

#### **The BCS Commitment**

- 1. To promote the mission of BCS and give God the glory for all.
- 2. To provide a safe and healthy environment that utilizes physical interventions and procedural practices to mitigate health concerns and minimize health risks.
- 3. To have open, honest, and consistent communication with the BCS community regarding ongoing status, health and safety concerns, scheduling, and community needs.
- 4. To comply with state and federal regulations for health processes and to take into consideration and account local recommendations for campus involvement.

## **Pre-Workout Screenings**

- Temperature Logging
- Non-Exposure Affirmation

### **Hygiene Practices**

- Handwashing- beginning of workout, cough, sneeze, restroom, end of workout.
- Hand sanitizer will be provided upon entry, during, and after workouts.
- Bring own water bottle, own workout towel, and clothes
- No sharing or providing food or water, no refills.
- Face Masks will be required. We may allow students who are actively exercising to remove face coverings as long as they maintain at least six feet of distance from other students and staff. However, students and staff are required to wear face coverings as they get into positions that allow them to maintain safe distancing.
- Bathrooms- will be used and cleaned after use.
- Locker Rooms- will be used for changing in and out of workout attire for practices and games while maintaining safe social distancing. (No personal items left in locker rooms).
- Showers- will not be available for use until further notice.

#### Volleyball

- Allow athletes to participate in grades 6<sup>th</sup>-8<sup>th</sup>.
- 3 Teams total: 6A, 4A, and a 2A which will consist of mainly 6<sup>th</sup> graders.
- Practices will be held on A Days from 7:00-7:40. On B Days 7<sup>th</sup>-8<sup>th</sup> graders will practice from 7:00-8:48.

#### **Football**

- Allow athletes to participate in grades 7<sup>th</sup> & 8<sup>th</sup>.
- Practices will be held on B Days from 7:00-7:40. On A Days 7<sup>th</sup>-8<sup>th</sup> graders will practice from 7:00-8:48.
- Home games will be played on the football field at 50% capacity.

# Flag Football

- Practices will be held after school with Coach Harper, more information to come.
- Home games will be played on the BCS Baseball field

# **Cross Country**

- Allow athletes to participate in grades 6<sup>th</sup>-8<sup>th</sup>.
- Practices will be held in the mornings with Coach Smith, more information to come.