



## Small Pod Pre-Season Practice Safety Plan October & November

### General:

- When indoors and not participating in a practice, masks must be worn. For example, immediately before and after practices/workouts, masks must be worn.
- Masks are required, indoors and out, except when engaging in physical activity. Athletes waiting on the sideline should be wearing a mask.
- When indoors or outdoors, 6-foot social distancing must be in place.
- Athlete's must wash hands before and after practice. Athlete's need to sanitize hands prior to starting a new station and before and after engaging in a drill that involves sharing a ball or other piece of equipment. Please let the Athletic Director know if you have a sensitivity to hand sanitizer.
- Students must bring their own personal water bottle for workouts.
- Students must remain in the same pod for the same sport practices for the entire pre-season. Multi-sport athletes may be in different pods for different sports.
- Locker room use will be only available to two pods at one time. Students are also encouraged to change in the restroom.
- High touch areas and any shared equipment will be disinfected before and after use.
- Handwashing and the use of hand sanitizer should be done before entering and exiting the practice area.
- Students must listen to coaches/supervisors throughout the workouts.
- Students that repeatedly do not follow the guidelines may be removed from practicing.
- While ELHS will provide transportation to Kitsap and Holy Trinity, athletes are encouraged to have their own rides with household members whenever possible.

### Pod Rotations:

Each pod supervisor will oversee and remain at a specific station. Head coaches will determine what drill or exercise will be done at each station and call the rotation. The athletes in their designated pods will rotate between coaches at each station. Please keep in mind our COVID guideline as well at the station locations. The station locations are as followed:

- **Basketball Practices:** ½ gym, ½ gym (with the curtain down), weight room, hallway by bathrooms, ½ of the commons area, other ½ of commons area.
- **Football Practice:** 4 quadrants of the football field and the weight room.
- **Volleyball Practice:** ½ gym, ½ gym (with the curtain down)
- **Soccer Practices:** 4 quadrants of the football field, ½ gym, ½ gym (with the curtain down)