



## **San Diego Relentless Health Protocol COVID-19**

San Diego Relentless will be following health protocols recommended by the CDC and other relevant regulatory approved sources. These will be, though not limited to, the following:

Operating Protocol for Players and Coaches:

1. All parents and players must sign the San Diego Relentless commitment COVID-19 form before participating in any activities.
2. We will have a safe check-in where athletes will be checked into their session, their temperature will be taken, and they will be able to sanitize their hands.
3. The earliest that athletes can come to practice is 15 minutes before their practice so that the previous group has left and cleaning has been completed.
4. Coaches will have their temperatures taken prior to their beginning work. If the temperature is 100 or over, they must sit for about 3-4 minutes and be tested again to see if reading is consistent. If they get 100 or over more than once, the coach will be sent home.
5. All players will have their temperature taken upon checking in for practice. As with coaches, if the temperature is 100 or over, they must sit for about 3-4 minutes and be tested again to see if reading is consistent. If they get 100 or over more than once, the athlete will be sent home. After temperature is checked and the player is cleared they will sanitize and can get on court.
6. Hand sanitizers will be available to all players and coaches yet everyone is asked to have their own.
7. No parents will be allowed during practice. They must drop their athlete off at the gym or park.

8. All relevant payments for programs must be done online.
9. All athletes and staff can bring personal items such as bags, cell phones, reusable water bottles, and backpacks to practice. They must be placed 6 ft. apart.
10. Everyone is asked to bring their own ball that should be sanitized prior to practice.
11. Athletes will not be required to wear masks because it is dangerous for them in the context of exercise, according to health care professionals. They will be optional.
12. Coaches will sanitize their hands prior to beginning to work, and will sanitize their hands multiple times during training sessions.
13. No handshakes, hugs, fist bumps or contact of any kind between players or coaches will be allowed.
14. Coaches and staff members will closely monitor all players at all times. Athletes must stay on their assigned courts.
15. At the beginning and end of the training session players and coaches will cooperate in the cleaning of their balls and any other training equipment utilized.
16. Athletes and coaches are encouraged to wash their hands and sanitize immediately after each session.
17. Copies of the Protocol have been distributed to all current athletes, families, and coaches.