



Twin Cities Academy / Great River School
Return to Participation / COVID-19 Waiver

TCA/GR Athletics Dept. is committed to providing a safe and healthy environment for all our staff and students. To ensure we have a safe and healthy environment, we have developed the following COVID-19 preparedness plan.

Our students and staff are our most important assets. We are serious about safety and health and keeping our students and staff safe at TCA. Our preparedness plan follows the CDC, Dept. of Health and MDE regulations and guidelines.

All TCA facilities will provide:

- Hand sanitizer will be provided and readily available for all participants
- Space, configuration and flow of the establishment will be evaluated and adjusted to allow for physical distancing of at least six (6) feet by all students and staff.

Indoor Sports (Basketball, Volleyball, Badminton, Track, Cheer, Hockey- will follow SPA restrictions):

- No more than twenty-five (25) athletes and three (3) coaches in the gym at one time
- Same twenty-five (25) athletes go together each time
- All athletes and coaches must wear masks upon entry, but have the option to remove during play
- All athletes are asked to bring their own ball but will be assigned if they don't have one
- All balls, birdies, and racquets will be disinfected regularly (every 30 minutes)
- All athletes must bring their own bottle for hydration, water fountains will be closed
- All athletes must come dressed and will not be allowed into locker rooms to change
- Coaches will always maintain the six (6) feet social distancing rule with all athletes
- Any spectator or parent will not be allowed in the building
- Coaches and staff will keep precise and strict records of all athletes and in which groups they are participating in



Process of entering for indoor sports:

1. All athletes will enter through the main TCA building doors and will exit through the gym doors.
2. Before entering, each athlete will be asked three health questions:
 - a. Have you been asked to self-isolate?
 - b. Have you been in contact with anyone that has been confirmed with Covid-19?
 - c. Have you been in contact with anyone that has had to self-isolate due to Covid-19?
 - i. Anyone that has answered yes to any of these will be immediately removed from the facility for the recommended two weeks.
3. Athletes will have their temperature taken and recorded via our infrared thermometer.
 - a. Anyone with a high temperature (100.4) will be asked to leave for that day.
4. Athletes will be reminded not to touch your face, and to keep washing your hands with soap.
- **After each indoor sports session, janitorial staff/coaches will sanitize the floor and all door handles.**
- **After each indoor sports session, coaching staff will disinfect any and all team balls and equipment used in that day's session.**
- **If athletes need to use the bathroom, they can only use the one stall closest to the gym across from the media center, after use, athlete must wipe down and sanitize handles and faucets.**

Outdoor Sports (Soccer, Softball, Baseball-will follow Nova's restrictions, Track, Football- will follow SCPA restrictions, Cross Country):

- No more than twenty-five (25) athletes and three (3) coaches on the field at one time
- Same twenty-five (25) athletes go together each time
- All athletes and coaches must wear masks upon entry, but have the option to remove during play
- All athletes are asked to bring their own ball but will be assigned if they don't have one
- All equipment will be disinfected regularly (every 30 minutes)
- All athletes must bring their own bottle for hydration, water fountains will be closed
- All athletes must come dressed and will not be allowed into locker rooms to change
- Coaches will always maintain the six (6) feet social distancing rule with all athletes
- Any spectator or parent will not be allowed to watch, must stay in car or drop off only
- Coaches and staff will keep precise and strict records of all athletes and in which groups they are participating in



Process of entering for outdoor sports:

1. All athletes will enter and exit using the paved path leading to the soccer and softball fields.
 2. Before entering field of play, each athlete will be asked three health questions:
 - a. Have you been asked to self-isolate?
 - b. Have you been in contact with anyone that has been confirmed with Covid-19?
 - c. Have you been in contact with anyone that has had to self-isolate due to Covid-19?
 - i. Anyone that has answered yes to any of these will be immediately removed from the facility for the recommended two weeks.
 3. Athletes will have their temperature taken and recorded via our infrared thermometer.
 - a. Anyone with a high temperature (100.4) will be asked to leave for that day.
 4. Athletes will be reminded not to touch your face, and to keep washing your hands with soap.
- **After each outdoor sports session, coaching staff will disinfect any and all team balls and equipment used in that day's session.**
 - **If athletes need to use the bathroom, a porta-potty will be available, after use, student will wipe down and sanitize handle.**

Weight room will remain closed.



COVID-19 Preparedness Plan for Twin Cities Academy / Great River Athletics Department Programs

I have read, understand and agree to comply with the expectations described in the COVID-19 preparedness plan for the 2020 TCA/GR Athletic Departments Fall Programming. I understand that my failure to adhere to these guidelines will result in being immediately dismissed from the program with no refund issued.

Student Name (Please Print): _____ **Text**

Student Signature: _____ **Text** Date: _____ **Text**

Parent Signature: _____ **Text** Date: _____ **Text**

Twin Cities Academy COVID Waiver

In addition, due to the highly contagious nature of the COVID-19 virus that can be contracted from both symptomatic and asymptomatic people, Twin Cities Academy assumes no responsibility for the contraction of any illness as a result of your participation in these fall activities. All participants are required to comply with expectation outlined in the COVID-19 preparedness plan for the TCA/GR 2020 Athletics Dept. Fall Programming. Failure to do so could result in removal from the program. The school is not responsible for determining whether or not any participant has or does not have COVID-19. It is TCA's recommendation that during the COVID-19 pandemic that participants consult their doctor before participating and follow CDC guidelines related to COVID-19.

I, a student participating in TCA/GR 2020 Athletics Dept. Fall Programming, have read the TCA/GR waiver statement and I agree to the content of the statement.

Full Name: _____ **Text** Date: _____ **Text**

I, a parent of a TCA/GR 2020 Athletics Dep. Fall Programming participant, have read the TCA/GR COVID waiver statement and I agree to the content of the statement.

Full Name: _____ **Text** Date: _____ **Text**