

Gary Community Schools

Department of Athletics

W 9th Ave & Gerry St, Gary, IN 46406

Winter Sports Practice Protocol

Entering Facility

- If you do not feel well: **STOP**. Do not enter. Go home and notify your coach/AD.
- Wear your masks
- Bring your practice shoes. Wear your performance shoes only when participating in practice.
- Only essential personnel are allowed at practice.(Players, Coaches, Managers etc.)
- Make sure the person who is taking you home knows when and where to pick you up.
- Bring your own hydration (water) and towell. **Do not share.**

Practice

- Practice social distance. Limit scrimmages to 10 minutes then separate them. (Example:Shoot Free Throws or some individual drill)
- Wear mask at all times. Pull down from nose to take a breather when there is distance between you and another person. Keep your masks on at all times..
- Eliminate handshakes and high fives. Celebrate with a simple point.
- [Clean balls often.](#)
- If another team is practicing, wait until they're done, in order to eliminate cross contamination.
- Change out balls or shared items frequently

Post-Practice

- No congregating.
- Exit the facility immediately.
- Practice good hygiene. Shower as soon as possible.

The most important part of all this is honesty. If you are sick, stay home. Go get tested if you have Covid symptoms. Below are some helpful links from the CDC.

[Covid Symptoms](#)

[When to Quarantine?](#)

[What to Do If You Are Sick](#)

[When Can I Return](#)

[IHSAA Covid-19 Resource Center](#)

