



Christian Academy of Indiana Athletics

Reopening 2020 - Phase 1 (July 6-19)



CAI ATHLETICS REOPENING PARENT/ATHLETE PARTNERSHIP

- This document provides an overview of the protocol and guidelines for all CAI Athletics Optional Sessions for Phase 1.
- All student-athletes and families must follow all guidelines and protocol set forth in the CAI Athletics Parent/Athlete Partnership Policies and Procedures.
- All guidelines have been implemented in accordance with the Indiana Department of Education, Indiana High School Athletics Association and the Centers for Disease Control.
- Individuals must show no signs or symptoms of COVID-19 in the past 14 days and have not been exposed to someone showing those symptoms in the past 14 days.
- Vulnerable/At-Risk Individuals or those with at-risk household members should seek guidance from medical provider regarding participation in any events
- We ask that anyone who has tested positive for Covid19, shows symptoms or comes into contact with someone who has tested positive refrain from attending sessions and contact their medical provider and the Athletic Director.



General Details - Phase 1 (JULY 6-19)

- All Athletes must turn in required forms (more details on slide to follow)
- All Athletes must complete registration for each sport they want to participate in through **FACTS Family Portal (formerly RenWeb)**
- Athletes are limited to a maximum of 15 hr/week on campus
- Athletes can attend multiple team activity sessions in one day (ie. Basketball and Soccer, Volleyball and Basketball, etc.)
- All sessions are **OPTIONAL**
- All sessions are for **ESSENTIAL PERSONNEL** only (parents and other non-participants must wait in car or leave and return to pick up child)



ATHLETE: BEFORE/DURING/AFTER

BEFORE

- Perform Health Screening At Home
- **BRING:** A filled **Water Bottle** with your name on it
- **BRING:** A **Face Covering** to be worn outside of practice facility/when 6ft distancing cannot be maintained
- **WEAR:** Clean Practice Clothing
- Please arrive on campus **no more than 10 minutes** before your team's session

DURING

- Wear Face Covering when not in practice facility (to/from) or when not able to maintain 6ft distancing
- Upon Arrival, Athletes will certify their health and have their temperature taken with a Non-Contact Infrared Thermometer.
- Sanitize hands upon arrival and as needed throughout
- Maintain proper social distancing

AFTER

- Gather up and take all belongings home
- Sanitize your hands on your way out
- Wear Face Covering when departing practice facility
- Upon arriving home, remove and launder practice clothes and take a shower.

REQUIRED PAPERWORK



The following documents need to be completed and turned in before the athlete can participate:

Returning Athletes:

- Registration in FACTS Family Portal
- IHSAA Health History Update
 - If “yes” is answered to any of the questions, the IHSAA requires a new Physical Exam before participation
- IHSAA updated Consent and Release Form
- Sudden Cardiac Arrest/Concussion Waiver Form
- CAI Athletics Parent/Athlete Partnership COVID-19 Waiver Form

New Athletes:

- Registration in FACTS Family Portal
- IHSAA Physical Packet
- Sudden Cardiac Arrest/Concussion Waiver Form
- CAI Athletics Parent/Athlete Partnership COVID-19 Waiver Form



Health Screening

- Each day, before departing home, parents should certify their child's health. If a child is showing any symptoms of CoVid-19, the child should remain home.

Questions to ask:

- Have I been diagnosed with or exposed to CoVid?
 - Do I have a cough?
 - Do I have a sore throat?
 - Do I have shortness of breath or difficulty breathing?
 - Do I have chills? Or repeated shaking with chills?
 - Do I have muscle pain?
 - Do I have a headache?
 - Do I have an abnormal loss of sense of smell or taste?
 - Do I have (or had within the past 48 hours) a fever of 100.4 or greater?
- CAI will perform daily health screenings in the driveway entry to CAI. Please stop at the tent to certify your health. Participants (or their parent) will be asked a couple questions and have their temperature taken with a non-contact infrared thermometer. Anyone with a temperature of 100.4 or higher will be sent home and can return when they've been fever-free for 48 hours.