



## RETURN TO ATHLETICS PLAN

Program Start Date: Monday 5/3/2021 for **ALL 7th and 8th grade student interested in participating in Volleyball and Basketball** (Boy's and Girl's Athletics)

Mandatory Zoom Check In - Monday 5/3/21 @ 2:30pm

In Person Workout/Practice - Tuesday / Thursday 2:30pm to 3:30pm @ Bannon Creek School

Check - in Procedures: - **Must be pre- approved for check-in/clearance** (all forms turned in/Covid 19 slide presentation seen & complete/physical clearance/AD approved) then athletes will be permitted to enter campus for on site pre-screening

- Meet in front of the School to check in. **No bus service will be provided**
- When athletes arrive at the check-in area the 6 feet social distancing requirement will be implemented.
- If any athletes arrive by bicycle or on foot, we will allow them a cooling off period before check-in.
- Touchless Temperature checks will be taken and the Covid-19 screening will be administered to ensure clearance for each athlete prior to workout.
- All athletes will be required to bring their own water bottles with their names on them and they will be spaced out six feet apart.
- Athletes will wash hands for 20 seconds after spacing their water bottles (In order to ensure social distancing only one student will be permitted at a time in restroom)
- Workouts will be outside on the blacktop area. Athletes will be spaced out during activities in order to comply with the social distancing requirement.

No parents or non-team members will be allowed at practice, only athletes and coaches.

\*For Athletic/Physical Clearance you make an appointment with your family physician for a sports physical, you can also go to an Urgent Care Clinic for a sports physical. The district has a community clinic on the Natomas High School campus, see below:



## **B. TERI BURNS CLINIC**

### **WE PROVIDE THE FOLLOWING SERVICES:**

- **Adult and Adolescent Physical (Sports, Annual, DMV, Work)**
- **Child Health and Disability Prevention (CHDP)**
- **Vaccines / Immunizations**
- **Flu Shots**
- **Diabetic Management**
- **General Medical Care**
- **Family Medical Care**
- **Preventive Care**
- **Specialist Referral Services**



**WE ACCEPT MEDICAL AND PRIVATE INSURANCE.  
SLIDING FEE SCALE ARE ALSO OFFERED.**

#### **ADDRESS**

**3301 Fong Ranch Rd.  
Sacramento, CA 95834  
916-642-1867x4351**

#### **Hours of Operations**

**Mondays—Fridays  
9:00 AM—12:00 PM  
1:00 PM—4:00 PM**