



# Track & Field Tryout Guidelines

**Tryouts Start:  
December 14, 2020**



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# ACTIVITIES OFFICE STAFF

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# COACHING STAFF

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This team uses the BAND app for communication.



Dear Parents and Runners,

I'm excited to announce that this year, the team will be using the app called BAND to communicate. This will help us stay on the same page and you will receive all team-related information such as practice schedules, team events, and other announcements. It is important that you download the app and join the group by using the link or QR code attached below, so that you won't miss any announcements from the team. When you sign up try to indicate on your profile if you are a parent or a runner.

What is BAND?

BAND is a free group communication app. The group we created is an invite-only group that no one else can join. We'll be able to communicate privately and share files, forms, and videos and photos of what is happening in the team.

Even if you don't have a smartphone, you can access BAND from your PC at <https://band.us/@tjxc>

\* IMPORTANT: You MUST use the link or QR code below to join the group.

Smartphone: Scan the QR code below to download the app. You will be asked to create an account and will be asked to accept the invite to our BAND group.

PC: Before going to the website, please be sure to copy/paste or type in the invite link below to your chrome, safari, or other internet browsers. You won't be able to join the group unless you use this invite link. In case you've already created a BAND account, simply copy & paste the link to your browser.

<https://band.us/n/a7a530e3xav4p>



Please be sure to download the app, join the group, and keep your notification on. This will help you to be more involved with your children's athletic activity and see how they are getting training.

Thank you,  
Coach Withington



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# Track & Field Screening Guidelines

- **ALL students will arrive at the stadium in their car and stay in their car until cleared by TJ staff.**
- **ALL students need to bookmark the TJ Google screening form & complete the Google Form after 4pm, before arriving on campus.**
- Students with a temperature less than 100.4, that are appropriately dressed for practice, & have 32oz of water will be allowed to stay for practice.
  - NO LOCKER ROOM ACCESS ALLOWED. Students must come dressed for practice and meets.
- Students who are ill or with a temperature that **exceeds 100.4 will be sent home.**
- Students that carpooled and have an elevated temperature will be asked to wait in the Care Room away from other students and staff and will be monitored until a parent arrives.
- Students with an elevated temperature will need to consult with a physician due to the elevated temperature, and bring a note to the AT before they can return to practice
- **NO PARENTS** are allowed in the TJ Building.



# FCPS Return to Sport Protocols

- **COVID Reporting**

- Coaches, Athletic Trainers, Athletic Administrators will report all instances of COVID-19 symptoms to school administration and will request a note from the parent before the student can return to practice.

- **Disinfection Guidelines**

- The Activities Office in cooperation the TJ Custodial staff will develop general and activity-specific guidelines as specified by FCPS for cleaning, use of PPE, the disinfection of shared materials, equipment before during and after practices and games.

- **Transportation**

- Due to the limitations and challenges of the Pandemic with FCPS Bus Transportation. We ask that families transport athletes to practices and games.

- **Masks**

- All students must wear a mask during check-in and when they are not actively engaged in athletic activity.



# NEW FCPS ONLINE SPORTS REGISTRATION & CONCUSSION EDUCATION PROCESS

- **MANDATORY** registration for athletics & activities
  - Register for ALL sports & activities you are interested in
  - <https://tjhsst-ar.schooltoday.com/>
- Parents & students will complete the required concussion education as part of the registration process.
- Parents & students can submit the emergency care card & weight room waiver online
- VHSL physical paper copy will still be turned in to the school's athletic trainers
- Parents can also check that their paperwork has been received & entered via rSchool.
- Paper copies of concussion ed and ECCs will not carry over and must be completed online.

# Parent & Student Checklist for Winter Sports

- ✓ Register online at [www.tjsports.org](http://www.tjsports.org) for ALL sports you want to play.
- ✓ Complete your registration by completing the concussion education and ECC
- ✓ MAIL your VHSL physical to Heather Murphy at TJ.
  - ✓ Short on time? Turn it in, in-person. Main office closes at 4pm.
  - ✓ Can be collected at tryouts. Ensure EVERYTHING is complete on the 4 page form.
  - ✓ DO NOT EMAIL FORMS
- ✓ Contact coach and tell them you are interested in playing
- ✓ Choose a mask to use for athletics
- ✓ Get a 32oz water bottle to use everyday. Put your name on it.



# FOLLOW US



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**Instagram: tjcolonials1**



**Facebook: [www.facebook.com/TJHSSTSports](http://www.facebook.com/TJHSSTSports)**

**Website: [www.tjsports.org](http://www.tjsports.org)**



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# Conclusion

- The Activities Office will be ready for the start on **Monday, December 14<sup>th</sup>**
- Please realize that even if we start, FCPS could quickly shut down the Winter season.
- The Activities Office will follow all mandated screening and disinfecting protocols mandated by the VA Health Department and FCPS.
- We will be happy to answer your questions and will get back you as soon as possible.
- Best of Luck this upcoming season!

