



Swim & Dive Tryout Guidelines

**Tryouts Start:
December 14, 2020**



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ACTIVITIES OFFICE STAFF

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Swim/Dive- TBA

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Screening Guidelines

- **ALL students will arrive in their car and stay in their car until cleared by TJ staff.**
- **ALL students need to bookmark the TJ screening Google form & complete after 4pm, before arriving to the pool**
- Students with a temperature less than 100.4, that are appropriately dressed for practice (in their suit), & 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 will be allowed in the building

Swim & Dive Guidelines

- All athletes and coaches must keep 10ft apart for social distancing
- Teams will be allowed 5 swimmers per lane
- Teams will be allowed 25 divers at 50m pools
- Coaches and athletes must wear masks while on the pool deck when not in the water
- Swimmers must bring their own equipment
- No spectators will be allowed on the pool deck or in the 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**

- Coaches will follow FCPS guidelines. Personal items must be disinfected according to guidelines.

- **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 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, or Main Office (closes at 4pm)
 - ✓ 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.

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Facebook: www.facebook.com/TJHSSTSports

Website: www.tjsports.org



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Conclusion

- The Activities Office will be ready for the start on **Monday, December 14th**
- 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!

