



TNT Families and Athletes,

We have deeply missed our community and each of you in the gym. Please know, your health and safety is our priority and would like to establish the importance of some guidelines going forward to help navigate through this pandemic. As a result of Governor Ducey's announcement on Thursday, May 28th, 2020 allowing athletics and activities to begin in the state of Arizona we, The Next Tier (TNT) Sports Academy have established the following guidelines for athlete participation.

Health and Safety Behavior and Protocol During Weekly Practice Attendance:

Listed below are guidelines that apply to all parents, athletes or family members who enter the gym. Everyone must promote and agree to the following behaviors to reduce the risk of illness being spread. All guidelines are based on recommendations from the CDC, National Federation of High School Sports (NFHS), Arizona Interscholastic Association (AIA), AIA Sports Medicine Advisory Committee (SMAC), State Educational Facilities, and other documents.

- Health awareness when entering the facility, if you feel any COVID-19/flu-like symptoms (i.e. cough, sore throat, shortness of breath) or have a fever greater than 100.4 degrees, please do not participate and make the head coach aware of your health status on the same day. If positive for COVID-19, a 14 day quarantine will be required upon return to practice and notification of all participants will be made.
- If you are at high risk and have one of the following conditions, you should not be exposing yourself to our group i.e. high blood pressure, diabetes, heart issues, cancer ,recovers from cancer or live with a high risk member shall not attend these activities.
- Health hygiene: Washing of hands before and after practice, cover your mouth and face if coughing or sneezing, shower immediately upon arriving at home, wash practice gear and avoid touching your face with your hands at all times.
- Upon entering the building, come ready to play and leave immediately after practice.
- Parents are required to drop off and pick up athletes and can wait in their vehicles. Athletes and coaches are the only ones permitted in the gym
- All parents and athletes are mandated by the City of Tucson to wear masks when entering the gym. You are encouraged to wear a mask when playing and use personal judgement of breathing or exasperation. All athletes and parents are responsible for these decisions.
- All coaches and support staff will wear masks
- No physical contact i.e. high fives, fist bumps, hugs of any kind.
- No spitting
- No sharing of attire during practice to include towels, shirts, shoes, gloves, etc.
- Use of sanitizing station is available , but we encourage personal sanitizing products to avoid contact
- Provide personal hydration, water or sports drinks and are not to be shared



- Use of Bathroom is limited and hands must be washed after use

I agree to the participation of the Health and Safety Behavior and Protocol During Weekly Practice Attendance and guidelines listed below as follows when attending practice:

1. Washing hands before and after practice
2. Temperature check upon gym entry
3. Using hand sanitizer frequently
4. Maintaining social distance when coughing or sneezing
5. Participating in gym area wipedown
6. Wearing a mask (refer to explanation on protocol)

NOTE: All guidelines are subject to change as we are guided by CDC and government guidelines.

Parent/ Guardian Name

Athlete Name

Parent/ Guardian Signature

Date

Athlete Signature

Date

