



## *Carvers Bay High School*

*13002 Choppee Road*

*Hemingway, South Carolina 29554*

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*Larry Odom, Principal*

*Jeremy Bonser, Assistant Principal*

Parents of CBHS Athletes,

Thank you for your patience and understanding during these unusual times. The main focus of the GCSB and CBHS has been to insure a safe return to athletic workouts for this summer and beyond. CBHS will begin summer workouts on August 10<sup>th</sup>, 2020 for Fall Athletic Teams ONLY. The head coach for your child's Fall athletic team will contact you about overall protocol, however, if you are not contacted and wish to start workouts please get in touch with the head coach using the contacts listed below.

Football: [MRichard@gcsd.k12.sc.us](mailto:MRichard@gcsd.k12.sc.us)

Volleyball: [kbaker@gcsd.k12.sc.us](mailto:kbaker@gcsd.k12.sc.us)

Cross Country: [DBOWens@gcsd.k12.sc.us](mailto:DBOWens@gcsd.k12.sc.us)

According to the SCHSL, summer workouts are not mandatory and are voluntary in nature. However, many parents, along with coaches, have voiced concerns about the opportunity to allow students to interact in order to curb much of the anxiety and stress during these unprecedented times. Also, there are concerns about acclimation to heat during our traditional hot summers here in SC, especially in outside sports such as football. Acclimation to these weather conditions during training can provide a safe transition to the sport in the future once the regular season starts. Please make sure to keep open contact with your heard coach, and know that CBHS is here to support you in whatever way possible.

Workouts will begin on Monday, August 10<sup>th</sup>, 2020. We will be under the Phase 1.5 Guidelines. We have included two (2) PDFs for you to review so you will be aware of the protocol and expectations during these workouts. Please read these PDFs and become familiar with them so we can maintain a safe workout environment. There a few main concerns that we would like to make you familiar with that we will highlight below. Failure to comply with these policies could result in workouts being shut down until we are sure that safe protocols can be respected and followed.

1. Physicals – players MUST have a 2020-2021 physical packet completed, signed, and approved by CBHS. A packet must have a doctor signed physical dated after April 1, 2020, a signed COVID-19 waiver, signed HIPAA Form, signed Student Athlete Information form, signed Release of Medical Information Form, signed Parent Consent Form, Signed Concussion Form, and Pre-Participation Check-Off Form. If you need a physical check the CBHS website under sports or the CBHS Facebook page. Coaches have an updated list of these names and you may check with them first to make sure your child is listed as “CLEARED” to participate. If you run into any problems with you're son or daughter's physical packet after talking with head coaches please contact [dbowens@gcsd.k12.sc.us](mailto:dbowens@gcsd.k12.sc.us) .
2. Pre-existing Condition – If your child has a pre-existing condition such as asthma, diabetes, heart condition, etc..., they must also have a letter from your family physician stating in writing that the student may participate in workouts. This MUST be added to the cleared physical on file. No workouts will be allowed until we receive this documentation.

3. Pods – Head coaches will contact you about your child’s specific workout time and pod numbers. Please adhere to these workout times as athletes will not be allowed to be left unattended on campus.
4. If your child is feeling “under the weather” or is running a temperature, please do not send them to workouts. If they show symptoms at any time, please take the required steps to seek medical attention from your family physician. We also ask that you immediately contact your head coach.
5. If your child receives a positive test for COVID-19 at any time please contact the head coach to make him/her aware immediately. We cannot reiterate how much this is a “team effort” shared by all of us to provide the potential for a safe atmosphere.
6. If your child comes into contact with someone who has a positive test for COVID-19 please contact your physician and then contact your head coach so he/she is aware and proper quarantine or non-quarantine procedures are followed.
7. Drop-Off – Students will have designated location for drop off area and must stay in the vehicle until the health screening, provided by the coaching staff, has been given to clear the athlete for participation. Parents may not leave campus until the screening is complete.
8. Health Screening – If an athlete shows a high temperature on their first screening, the athlete will be asked to wait in a cool area and be re-evaluated in case their high temperature is due to traditional summer heat in our area. If they again show a high temperature they will not be allowed to participate.
9. Carpooling – We strongly discourage carpooling during these unprecedented times. However, if this is a last resort, we ask that this remain constant and athletes/parents/guardians work diligently to ensure that transportation is not random in nature, and that athletes continually ride with the same party. We cannot have “cross podding” to limit the amount of exposure. This also helps us “contact trace”. In a situation where one athlete carpooling shows symptoms in the screening process, all athletes in that vehicle will be unable to participate at that time. .
10. Pick-up: Rides MUST be on time for pickup of athletes. We cannot have students left unattended on campus.
11. Any athlete that drives to school for workouts will have a designated parking area that matches their specific workout area.
12. Health screenings will be conducted by coaches. Coaches will allow students to enter the workout pod after an all clear from the health screening. Students must be dressed in advance and have their own water bottles and towels. Locker rooms are not allowed to be used.
13. Coaches will discuss with each player’s family the workout times and dates and expectations.
14. Face masks MUST be readily worn in times of non-activity or when not at the mandatory social distancing level. All coaches must wear masks at all times during a workout. Athletes should make arrangements to provide their own masks.
15. Our trainer, Jada Vanderlip, will be on site to administer medical treatment for workout related injuries and to ensure that safe protocols are in effect.