

WILLIAM BYRD HIGH SCHOOL

HOME OF THE TERRIERS



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Dear Parents and Athletes,

We would like to welcome each of you to the 2020-2021 school year. The start of this year has been a new experience for everyone. I am excited about getting our athletes back to conditioning and working out at the William Byrd Facilities. We will begin workouts starting September 28, 2020. There will be expectations and guidelines that the coaches, athletes and parents must follow.

The guidelines are a joint effort from the following:

- Virginia Department of Health (VDH)
- Centers for Disease Control and Prevention (CDC)
- Virginia High School League (VHSL)
- National Federation of High Schools (NFHS)
- Sports Medicine Advisory Committee (SMAC)
- Forward Virginia Blueprint and phases
- Virginia Phased Guidance for Schools
- May 2020 CDC Guidance for Schools
- Recover, Redesign, Restart from Virginia Department of Education (VDOE)
- The Roanoke County Public Schools

The William Byrd High School Coaching staff has been trained with the guidelines that they are required to follow. Here is a condensed version of the guidelines that will be followed each day with no exceptions.

1. All athletes must have a physical on file. (Dated: May 1, 2020 or after)
2. When arriving athletes should stay in vehicle until start time, then report to the check in area
3. Athletes will be checked in by coaches each day at a specific location
4. Temperature checks will be done for each athlete prior to being admitted for participation

5. Questions will be asked of each athlete prior to being admitted to participate
6. Masks are mandatory (but there may be times when they are not worn, the 10 ft rule will apply)
7. Bring personal water bottle – DO NOT SHARE!!
8. Social distancing
9. Hand sanitizer - before and after and during change of activity – recommended that all athletes bring their own
10. Time Lapse between teams in the specific locations
11. Coaches are responsible for cleaning areas after they are finished (Custodians will do the final cleaning)
12. Lockers will not be issued. Locker rooms can be used for changing if needed.
Masks and social distancing are mandatory in locker rooms and rest rooms
13. Athletes not in school should come prepared for work outs
14. Equipment should not be left after workouts
15. No spectators or visitors
16. Parents picking up should remain in the vehicle
17. Athletes must leave once conditioning is complete, no gathering or hanging out in the parking lot

I have attached a form that each student and parent must return signed for the athlete to participate. The head coach will go over each of these guidelines and their expectations on the first day.

If you have any questions or concerns, please do not hesitate to call me.

Jason S. Taylor
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William Byrd High School
Athletic Director