

Push The Rock Home School Phys-ED I Covid-19 Guidelines



This Fall, Push The Rock will be offering outdoor Home School physical education classes using the following guidelines:

- 1) All sessions will be held outdoors through early November; should there be inclement weather, class will be canceled (not moved indoors). Decisions to cancel class will be made at least 2 hours prior to class.
- 2) Students/parents need to sign in at each session (for contact tracing).
- 3) Students, Push The Rock Staff, and volunteers will be required to use hand sanitizer upon arrival. Hand sanitizer will be available to use throughout the session.
- 4) Masks for sports training/games are optional for participants, Push The Rock staff, and volunteers.
- 5) During chapel time, we will require masks for participants and staff/volunteers because of the closer proximity of students and staff/volunteers. Participants need to bring their masks to each session.
- 6) Participants need to bring their own personal water bottle/sports drink to each session. Push The Rock will not be providing water/sports drink; access to indoor facilities will be restricted to usage of designated restrooms.
- 7) We will focus on drills and games that minimize person-to-person contact, and will try to maintain social distancing as best as possible.
- 8) While attending the session, students should follow staff/volunteer's rules for distancing and procedures.
- 9) Staff/volunteers will wipe down equipment before and after each session. There will be equipment that will be shared during the session (i.e balls, goals)
- 10) If a student is sick, they may not participate in class. If there are members of the Co-op being diagnosed with COVID, PTR has the right to cancel classes.
- 11) It is understood that if Push The Rock deems the class/location/circumstances are unsafe they have the right to cancel classes.

Parent Signature

Date