



The Indoor Plan for The Alaska Club

The following rules will be enforced by all coaches to ensure the health and safety of everyone as we move indoors for practices this winter.°

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| <ul style="list-style-type: none">• All coaches and players will wear masks while in the facility, including entering and exiting, and visiting the restroom.• Masks may only be removed by players while actively exercising. Players on the sideline must be wearing their masks.• Players will always carry masks on them so they will be able to quickly put one on if leaving the practice area.• Coaches must keep masks on for the entire session. Coaches must not remove their masks to shout. Mouth-blown whistles may not be used. Electronic whistles or similar devices may be used if required.• Players will social distance as much as possible. No huddling of players and no high fives.• Only coaches may touch or move equipment.• Teams will limit the amount of people in an area in accordance with occupancy limits, which have been set to enable safe social distancing.<ul style="list-style-type: none">○ The Alaska Club is limited to 22 people. Coaches are included in this number.○ Parents are not to enter the facility.• Access is via the back door near Fly Trampoline Park.• Attendance will be taken for tracking purposes. | <ul style="list-style-type: none">• Teams will be out of the building 5 minutes prior to stated end time• Players may not enter before another team has completely exited. Coaches will notify when it is safe to do so.• Coaches will have temperatures taken of players as they enter the facility. Must be below CDC recommendation of 100.4° F• If Team Officials are notified that a player or a household member of a participant has a confirmed case of COVID-19, we will notify Eclipse SC point of contact, Pat Lovely, immediately.• If anyone in a player's household is experiencing symptoms such as fever, chills, coughing, shortness of breath, fatigue, muscle/body aches, headache, new loss of taste/smell, sore throat, congestion, runny nose, nausea, vomiting, or diarrhea, then that player should not attend practice.• All coaches share the responsibility of enforcing sanitation protocols and traffic patterns while at the Club and make sure they are followed.• Eclipse will be flexible to add or enforce any new rules as the situation changes to help slow the spread of COVID-19. |
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