

# Liberty Middle School Athletics

## 2020-2021 Covid19 Fall Sports Preparation Plan

On June 8<sup>th</sup> 2020, Liberty Middle School will begin the athletic transition plan in compliance with Centers for Disease Control and Prevention (CDC) and the Alabama Department of Public Health guidelines. Below are dates, times, and locations in which our athletes and coaches will practice. It is important to note, practice times and facility spaces have been limited and distanced to prevent exposure. Also, a minimum of 30 minutes has been built in to allow for sanitation between practices. Athletes and coaches are encouraged to wear personal protection equipment (PPE) in the form of a facial covering and gloves. Athletes and coaches must arrive in practice apparel and with his/her own water for hydration. All individuals are prohibited from sharing hydration products, no exceptions! Practices will have a ratio of one (1) coach for every nine (9) athletes while maintaining six (6) feet of distance between persons. Coaches will follow social distancing guidelines during the practice sessions. Sanitation rules and guidelines will be strictly enforced during and after practices. This includes athletes washing his/her hands upon arrival, leaving, sneezing or coughing during practice. Athletes will be limited to one (1) individual at a time in his/her team assigned restroom, no groups. Facility areas will be cleaned following school guidelines after each practice by the coaches with assistance from school personnel. Access to showers, locker rooms, water fountains and other recreational equipment is prohibited. In the event of inclement weather, practice will be canceled. Athletes should arrive on time, or will not be allowed into practice. Athletes must be picked up at his/her team assigned campus location on time to prevent any overlap. Coaches will be required to keep a notebook and complete a record sheet with the following information for each coach and athlete per practice.

- For an athlete to be eligible to practice/tryout he/she must have the following forms on file:
  1. Physical Form
  2. Madison City Insurance Waiver
  3. AHSAA Student Release Form
  4. AHSAA Concussion Form
  5. Liberty Athlete Contract
  6. COVID-19 Guidelines Acknowledgement form
- The following will be recorded each practice/tryout day to stay compliant with COVID-19 guidelines. (\*these records will be kept confidential)
  1. Coach or Athlete Name
  2. Practice Date
  3. Sports Team
  4. Student asked have you had a fever in the last 48 hours? (above 100.4 not permitted on campus)
  5. Are you experiencing a cough, shortness of breath, or sore throat?
  6. Have you been in close contact with a confirmed case of COVID-19?
  7. Name of person taking record

## **Football**

**Coach:** Rip Flippo ([mrflippo@madisoncity.k12.al.us](mailto:mrflippo@madisoncity.k12.al.us))

**Time:** 8am-10am (*Tuesday, Wednesday, and Thursday*)

**Date(s):** June 9<sup>th</sup>, 11<sup>th</sup>, 16<sup>th</sup>, 17<sup>th</sup>, 18<sup>th</sup>, 23<sup>rd</sup>, 24<sup>th</sup>, and 25<sup>th</sup>

**Locations:** LMS Football Field (*both end zones*), Athletic Field House (*behind*), Junction (*alternate field near LMS Softball Field*).

**Restrooms:** Field House (*individually as needed washing hands thoroughly afterwards*)

**Pick-Up Locations:** LMS Gym Entrance, ELC Bus Loop, LMS Field House Gate. (*Parents must be on time picking up athletes*)

## **Boys Basketball Clinic Evaluation**

**Coach:** R. Cooper ([rcooper@madisoncity.k12.al.us](mailto:rcooper@madisoncity.k12.al.us))

**Week 1 Sign-up [Link](#)**

**Date(s):** June 8<sup>th</sup> 11am-1pm & 2pm-4pm 7th grade only

June 10<sup>th</sup> 11am-1pm & 2pm-4pm 8th grade only

June 12<sup>th</sup> 11am-1pm & 2pm-4pm 7th grade only

June 16<sup>th</sup>, 17<sup>th</sup>, 18<sup>th</sup> (8am-10am and 11am-1pm)

June 23<sup>rd</sup>, 24<sup>th</sup>, and 25<sup>th</sup> (1pm-3pm and 4pm-6pm)

**Locations:** LMS Gymnasium

**Restrooms:** LMS Gymnasium boys restroom near concession booth (*individually as needed, washing hands thoroughly afterwards*)

**Pick-Up Locations:** LMS Bus Loop under canopy (*Parents must be on time picking up athletes*)

## **Girls Basketball Clinic Evaluation**

**Coach:** Lakayla Garner ([lhgarner@madisoncity.k12.al.us](mailto:lhgarner@madisoncity.k12.al.us))

**Date(s):** June 9<sup>th</sup> 9am-11am 7th grade; 12pm-2pm 8th grade

June 11<sup>th</sup> 9am-11am 7th grade; 12pm-2pm 8th grade

June 16<sup>th</sup>, 17<sup>th</sup>, 18<sup>th</sup> (1pm-3pm and 4pm-6pm)

June 23<sup>rd</sup>, 24<sup>th</sup>, and 25<sup>th</sup> (8am-10am and 11am-1pm)

**Locations:** LMS Gymnasium

**Restrooms:** LMS Gymnasium girls restroom near concession booth (*individually as needed, washing hands thoroughly afterwards*)

**Pick-Up Locations:** LMS Bus Loop under canopy (*Parents must be on time picking up athletes*)

## Volleyball

**Coach:** Laura Vines ([ltvines@madisoncity.k12.al.us](mailto:ltvines@madisoncity.k12.al.us))

**Time:** 9:30am-11am (*Tuesday and Thursday*)

**Date(s):** June 9<sup>th</sup>, 11<sup>th</sup>, 16<sup>th</sup>, 18<sup>th</sup>, 23<sup>rd</sup>, 25<sup>th</sup>

**Locations:** Main entrance of school under the carline canopy.

**Restrooms:** Orange Pod girls restroom (*individually as needed, washing hands thoroughly afterwards*)

**Pick-Up Locations:** LMS Carline (*Parents must be on time picking up athletes*)

## Dance

**Coach:** Brittany Allen ([bnallen@madisoncity.k12.al.us](mailto:bnallen@madisoncity.k12.al.us))

**Week 1 Sign-up [Link](#)**

**Time:** 8-10am, 10:30-12:30pm, 1-3pm

**Date(s):** June 10-12th

**Locations:** ELC

**Restrooms:** Bandroom girls restroom (*individually as needed, washing hands thoroughly afterwards*)

**Pick-Up Locations:** Behind Cafeteria (*Parents must be on time picking up athletes*)

## Competition Cheer

**Coach:** Sara Tolleson ([libertymiddlecheer@gmail.com](mailto:libertymiddlecheer@gmail.com))

**Week 1 Sign-up [Link](#)**

**Time:** 2pm- 4pm

**Date(s):** June 10-12th

**Locations:** Cheerville

\*All School COVID-19 precautions apply at this off-campus site.

## Basketball Cheer

**Coach:** Kassidy Hutchison ([lmsbasketballcheer@gmail.com](mailto:lmsbasketballcheer@gmail.com))

**Week 1 Sign-up [Link](#)**

**Time:** 8-10am, 10:30-12:30pm, 1-3pm

**Date(s):** July 15-17th

**Locations:** ELC

**Restrooms:** Bandroom girls restroom (*individually as needed, washing hands thoroughly afterwards*)

**Pick-Up Locations:** Behind Cafeteria (*Parents must be on time picking up athletes*)



## Disinfectant Usage

Liberty Middle School will be utilizing the following disinfectant/ sanitizer in our athletic fieldhouse, gymnasium, and bathrooms as needed throughout tryouts and practices:



**Lemocide** is a concentrated, lemon-scented one-step cleaner, disinfectant, and deodorant. It is gentle enough to use on nearly any hard, non-porous surface. Ideal for use in Hospitals, Nursing Homes, Schools, Food Processing Facilities, Food Service Facilities, Transportation Terminals, Office Buildings, Manufacturing Plants, Hotels/Motels, Retail Businesses, Bathrooms, on Floors and Walls, Tables and Chairs, Metal and Steel, and Porcelain.

Effective against *Klebsiella pneumoniae* New Delhi Metallo-Beta Lactamase (NDM-1) Carbapenem, Hepatitis B, E coli, HIV type 1, *Shigella dysenteriae*, *Staphylococcus faecalis*, *Staphylococcus salivarius*, *Brevibacterium ammoniagenes*, Mold and Mildew, Vaccina, Influenza A2, Herpes Simplex, *Salmonella schottmuelleri*, *Pseudomonas aeruginosa*, *Salmonella choleraesuis*, Methicillin resistant *Staph aureus*, Adenovirus type 2, *Trichlophyton interdigitale*, *Enterobacter aerogenes*, and Vancomycin intermediate resistant *Staph aureus*.



The **Silver Bullet Thermal Fogger** is a creative improvement on other ULV foggers on the market. Not only does the Silver Bullet boast a more powerful motor, allowing for up to 40 ft. of spray vs 30ft of spray. Some of the many functions include: Mold and Mildew Control, Sterilization/Sanitizer Fogging, Pest Control Fogging, Applying *Concrobium* Mold Control. Can be used with almost any solution/chemical. Oil, Cedar, and Water Based Solutions, Insect Fumigation, etc. This is a cold Non-Thermal fogger so the solution will come out as an ultra-low volume liquid fine mist rather than a gas like it would with a thermal fogger. Chemical fogging, misting, or humidity control is simple with the Ten Green Fingers ULV Fogger. The combo of the adjustable valve and the three (3) tornado action nozzles allow maximizing misting up to 40 feet directionally.

# Liberty Middle School Athletics

## Covid-19 Guidelines Acknowledgement Form

Liberty Middle School will begin the athletic transition plan in compliance with Centers for Disease Control and Prevention (CDC) and the Alabama Department of Public Health guidelines. Below are dates, times, and locations in which our athletes and coaches will practice. It is important to note, practice times and facility spaces have been limited and distanced to prevent exposure. Also, a minimum of 30 minutes has been built in to allow for sanitation between practices. Athletes and coaches are encouraged to wear personal protection equipment (PPE) in the form of a facial covering and gloves. Athletes and coaches must arrive in practice apparel and with his/her own water for hydration. All individuals are prohibited from sharing hydration products, no exceptions! Practices will have a ratio of one (1) coach for every nine (9) athletes while maintaining six (6) feet of distance between persons. Coaches will follow social distancing guidelines during the practice sessions. Sanitation rules and guidelines will be strictly enforced during and after practices. This includes athletes washing his/her hands upon arrival, leaving, sneezing or coughing during practice. Athletes will be limited to one (1) individual at a time in his/her team assigned restroom, no groups. Facility areas will be cleaned following school guidelines after each practice by the coaches with assistance from school personnel. Access to showers, locker rooms, water fountains and other recreational equipment is prohibited. In the event of inclement weather, practice will be canceled. Athletes should arrive on time, or will not be allowed into practice. Athletes must be picked up at his/her team assigned campus location on time to prevent any overlap. Coaches will be required to keep a notebook and complete a record sheet with the following information for each coach and athlete per practice.

- For an athlete to be eligible to practice/tryout he/she must have the following forms on file:
  1. Physical Form
  2. Madison City Insurance Waiver
  3. AHSAA Student Release Form
  4. AHSAA Concussion Form
  5. Liberty Athlete Contract
  6. COVID-19 Guidelines Acknowledgement form
  
- The following will be recorded each practice/tryout day to stay compliant with COVID-19 guidelines. (\*these records will be kept confidential)
  1. Coach or Athlete Name
  2. Practice Date
  3. Sports Team
  4. Student asked have you had a fever in the last 48 hours? (above 100.4 not permitted on campus)
  5. Are you experiencing a cough, shortness of breath, or sore throat?
  6. Have you been in close contact with a confirmed case of COVID-19?
  7. Name of person taking record

I, \_\_\_\_\_, have read the above guidelines and accept the new rules being placed on all Liberty Middle School teams and athletes. I understand that it is my responsibility to have my child to and from practice on time to limit exposure. I understand that if my child has a fever (100.0), presents cough, shortness of breath or sore throat systems that he/she cannot participate in the event. I also understand that if my child or a member of my family is exposed to a confirmed COVID-19 patient that my child will refrain from attending all events until the testing negative or 14 day quarantine period is over.

Athlete(s) Name: \_\_\_\_\_

Date: \_\_\_\_\_

Parent/Guardian Signature: \_\_\_\_\_