



F.A.S.T. Athletics LLC COVID-19 Program Response and Protocols

What precautions is F.A.S.T. Athletics LLC taking to help ensure the safety of all students and staff members during/post COVID-19?

1. The morning of the program/class; all students and staff members must take their temperature. Any temperature that is above 100.4, it is requested that person stay home for the day and continuously monitor until temperature returns to normal (98.4-98.8).
2. F.A.S.T. Athletics will adhere to any recommendations presented by the state on class size. Groups will be held to those standards as they change - this will include the staff members in the group count. If there are more than 10 students, the staff will divide into two groups separated by at least 20 feet - those groups will stay the same for the week.
3. If there is food/drink during a program (typically only summer), they will be separated and placed in a shaded area (cooler brought from home). This will avoid any potential cross contamination. No one is allowed to share anything and all students must take their own trash home - will not leave in parks/schools trash.
4. Staff will always have a mask around their necks, when coming less than 6 feet from the student they will adhere to the social distancing and mask protocols where they will place the mask over their mouth to avoid potentially spreading droplets.
5. The same requirement will be in place for students, although, masks will not be required to be worn the entire time but only when social distancing is not able to be achieved.
6. F.A.S.T. Athletics LLC will have hand sanitizer for all participants and staff members. Each person who enters the field space/gym space will be required to use it before entering as well as once the program is over, they must reapply before leaving the space.
7. F.A.S.T. Athletics LLC will disinfect their equipment after each class.
8. If a staff member or participant does not have a mask, they will be asked to leave and return only when they have it. This is for the protection of group.
9. Staff members will also provide information to the students about how important personal hygiene is during the day and discourage touching their nose, eyes and mouth.
10. Our goal is to provide a sense of normalcy for both the staff and participants. We are confident with our structured activities we will be able to provide not only a positive social environment, but one where the kids will get back to team sports as well as vital exercise everyone desperately is seeking during this time.

Daily Routine for Staff;

1. Hand sanitizer
2. Disinfectant spray and/or wipes for all equipment
3. New staff shirts each day, regardless, all apparel worn during the course will be washed/dried before the next course which includes masks (until not required any longer).
4. Following protocols listed above especially keeping the students at the social distancing recommendation during water breaks, snack breaks and lunch (current standard is 6 feet).
5. Encourage hydrating and wellness throughout the course of the day, if the particular activity requires students to have masks on - they will decrease the length of the activity to no more than 20-25 minutes and breaks will be allowed at any time during this time period (especially during the summer).