

Spirit of Texas revised practice attendance policy 03/13/2020

Spring Break is extended and regular team practices will resume as scheduled Saturday, March 21, 2020. Athletes are expected to be at their team practices throughout the remainder of the competition season. However, given the current Covid-19 Pandemic we are revising both practice policies for our athletes and access to the gym.

1. We ask that if an athlete has a fever, a cough or other upper respiratory symptoms that they stay home until they are symptom free or until they are cleared to come back to practice by a physician. If an athlete is sick please contact their coach as soon as possible. As per our long standing sick/injured policy our coaches will do what is best for each team and if an athlete must be out for an extended time please understand we may need to replace him/her.
2. Per current CDC guidelines if an athlete has traveled to Europe (excluding England), China, South Korea, or any other country under the CDC category 3 designation over Spring Break they will need to quarantine at home for 14 days upon returning to the United States before coming to practice. If your athlete has traveled to other countries designated level 2 by the CDC please follow CDC guidelines upon returning home but quarantine will not be required.
3. While team practices are necessary to prepare for Worlds and Summit we will do our best to prevent individual teams from socializing with other teams while at practice. While we understand our athletes have many friends on different teams, the current situation calls for caution and limiting unnecessary contact between athletes is prudent. Please talk to your athlete about this and help them understand the importance of limiting social contact.
4. As long as Covid-19 remains a pandemic and global health concern going forward the Spirit of Texas North and South facilities will be closed to all parents, family and friends. Please drop your athlete off at the front and meet them in the parking lot once practice has finished. If you have a young athlete please walk them to the door. For our youth teams with our youngest athletes our coaches will text in the parent Group Me to let parents know when practice has ended. We understand that parents enjoy socializing with one another and watching weekend practices, but the health and safety of our athletes, coaches and staff must be our priority. This applies to team practices and private lessons.
5. We ask that all families adopt good hand hygiene both before and after practice. While hand sanitizer is scarce we expect our athletes to wash their hands often. This cannot be stressed enough. We will do our best to keep the gym clean and are in the process of expanding our sanitation policies.
6. The Covid-19 pandemic will certainly evolve over the coming weeks and months and our policies may change according to rapidly changing guidelines from the CDC. While we prepare our athletes for Worlds and Summit we ask for patience and understanding from our Spirit Family moving forward. The health and well-being of our athletes, their families and our community are our first priority.