



Dear Parents,

First and foremost, we hope that you and your loved ones are safe and healthy. Thank you so much for signing up to play with us this season. We know this outbreak has been stressful to many and recognize that exercising and participating in activities like sports can be a healthy way to cope with stress and connect with our community. After careful thought and planning, we are excited to let you know that we plan on playing our Kickball 2020 season while following CDC considerations to protect players, families, and our community.

The health and safety of our athletes, staff, and volunteers remain our highest priority. Below, you will find a summary of actions we are taking to help ensure we are lowering COVID-19 risk as much as possible while also allowing our athletes to play. We are:

- Intensifying cleaning and disinfection of game equipment. Game balls will be swapped throughout the game and will be cleaned and disinfected.
- Reducing physical closeness or contact between players when possible. Teams should focus on individual drills and keep players in small groups. There will be no huddles, high fives, etc. Devotionals should be done while social distancing. No scrimmaging between teams, only within a team. All families and spectators should follow CDC guidelines at games and practices.
- Promote healthy hygiene practices by washing hands and check temperature before visiting practices and games. Stay home if showing signs of illness or if temperature is above 100.4°F. Hand sanitizer stations will be present at practice & game field locations.
- Families are encouraged to wear cloth facemasks at practices and games. Players may opt to wear a cloth face covering on the sidelines and during play if feasible. If families not of the same household are unable to maintain social distance, a mask **must** be worn per the Rutherford County mask mandate. As a reminder, cloth face coverings should not be placed on young children younger than 2 years of age, anyone who has trouble breathing, or is unconscious, incapacitated or otherwise unable to remove the cover without assistance.
- All players, staff, volunteers, and family members are to follow the CDC guidelines regarding safety to COVID-19.

NOTE: These guidelines are based from the Center of Disease Control, the state of Tennessee, and local government officials. The implementation and content of these guidelines can and will be adjusted based on the latest information available regarding the safety of our community.

Anyone who is sick or has been in contact with someone who has COVID-19— including players, family members, coaches, staff and spectators — should not attend practices or games. Be on the lookout for symptoms of COVID-19, which include but not limited to fever, chills, cough, shortness of breath,

fatigue, head ache, loss of smell or taste, sore throat, congestion or runny nose, nausea or vomiting, diarrhea. Call your doctor if you think you or a family member is sick.

If someone does get sick during practice or at a game, we have plans in place to isolate that person. If you have a specific question about this plan or COVID-19, please contact Eddie Sally at 615-896-7309 for more information. You can also find more information about COVID-19 at www.cdc.gov.

We look forward to seeing you this season!

Sincerely,

One Goal Sports