

PARENT/GUARDIAN COMMUNICATION

Dear Parent,

We are excited to finally begin some strength and conditioning sessions through Hudsonville athletics! The Hudsonville Athletics website will have all up-to-date information regarding return to campus plan and safety measures. Your student athlete will be required to connect with their coach before arriving at their first session.

STEP BY STEP SCREENING PROCESS

Student athletes will complete the screening questionnaire online through Google Classroom and take their temperature (record on the screening questionnaire) while at home. Parents may have to help with this.

If a student athlete is sick or has a fever above 100.3 degrees F, they must stay home, and text Steph 616-401-3001 or Mariah 269-251-0134. We will communicate with the athlete and parent to ensure the athlete is guided through the next steps of the process.

Fill out Spectrum Health's Consent to Treat form and sign it (only needs to be done once and turned in at the screening location the first day). This allows Athletic Trainers (athletics medical staff) to treat your athlete if they are sick or injured. This does not mean you have to utilize Spectrum Hospital services.

Student athletes will have to pack a backpack or duffle bag (no locker rooms available) with the following items. **The student athletes will not be able to participate without these essential items:**

- **Appropriate strength and conditioning clothing.**
- **Filled water bottle with name clearly labeled (No sharing of any water bottles).**
- **Small cooler with extra water/snacks (No sharing food).**
- **Face covering/mask that covers nose and mouth for check-in process.**
- **Spectrum Health Consent to Treat filled out and signed by parent/guardian (only needed the first day your athlete comes to campus for a workout)**

Optional Supplies to bring:

- Small/pocket size container of personal hand sanitizer
- Sunscreen
- Bug Spray
- Extra t-shirt
- Extra tennis shoes for running if different from lifting
- Extra pair of socks
- Small towel

AT HOME SYMPTOM SCREENING THROUGH GOOGLE CLASSROOM

A Google Classroom has been set up for all the sports hosting workouts from June 15-June 26. This is where your athlete will find and complete the daily assigned pre-arrival symptom screening form. You can join a sport's Google Classroom in 2 ways:

Enter a class code—The codes for each sport are listed below or the coach may also share a class code with your athlete via text. Then, your athlete will sign in to their HPS student email, go to Google Classroom, click the + button in the upper right corner, click “join class,” and enter the code.

Accept an invite—The coach or athletic trainer emails your athlete an invite. The athlete can accept the invite in their HPS student email or HPS Google Classroom.

After the athlete joins a sport Google Classroom on one device, they're enrolled in that class for all devices. This is where team messages, announcements, and any other correspondence will be posted by coaches, admin, and athletic trainers.

Once they have their sport's Google Classroom setup, a daily reminder will be sent to them to complete their symptom screening survey. This survey must be completed prior to leaving the house.

Be sure to sign in to Google Classroom with the correct account.

CODES

Football 7th-9th Grade: 7bktwjo

Football 10th-12th Grade: wtbtfz

Boy's Cross Country: el7kziy

Girl's Cross Country: k5t6p6l

Girl's Aquatics: zksm dih

Boy's Aquatics: jde7sio

Girl's Lacrosse: zftbnmr

Boy's Soccer: mi3faa2

Athletes will log in to Google Classroom and complete the symptom screening process each day from their home computer or phone.

- All athletes must take their temperature at home and enter it into the questionnaire.
- Our athletic training staff and/or coaches will verify temperatures again onsite.

Athletes will stay home if they answered “YES” to any symptom screening questions, have a fever of 100.3 degrees or above, or if they do not feel well.

ON SITE SCREENING PROCESS:

- Upon arrival, all student athletes will proceed to the Fitness Facility main entrance (map is included).
 - If there is a line, your student athlete will be asked to socially distance from the other student athletes while standing in line.
 - There will be markings on the ground to indicate where to stand.
- Student athletes will also turn in the Spectrum Consent Form (the first day they come to workouts)
- Before entering the screening area, student athletes will put on a nose and mouth face covering (mask) and wear it for the duration of the hand washing/temperature check process.
 - If the student athlete is not sick and the temperature check is below 100.3 degrees, they will be given a sticker.
 - Once outside the screening area, student athletes may remove masks, but will need to socially distance (6ft apart) from all other participants. Socially distancing will be enforced throughout the duration of the workout.

ALL-PARTICIPANT EXPECTATIONS

- Vulnerable or individuals with “high risk conditions” should not participate in this phase of workouts unless cleared by their physician. Please provide a physician’s note for clearance.
- All staff and student athletes will wear a mask upon arrival to the screening station. They will continue to wear it until finished with the hand washing/temperature screening process. Upon entering into an open space, they can put their mask with their belongings.
- If a staff member or student athlete has a temperature of 100.3 degrees or higher, they will be isolated in their vehicle; if they are an athlete, parents will be called, and if no vehicle is available, they will be put in a designated area away from others until a parent/guardian can pick them up.
- Both student athletes and staff will sanitize their hands before and after workouts. There will be multiple hand sanitizing stations available throughout strength and conditioning areas on campus.
- There will be no handshakes, high fives, fist bumps, back slaps, hugs or any other physical contact.
- 6-feet social distancing required at all times.
- Staff and student athletes are highly encouraged to return home immediately after workouts to shower and practice good hygiene.

MAP FOR SCREENING

- If you are planning to **drop off** please enter in the south entrance of the fitness center off 32nd Ave. Turn right into the parking lot at the first inlet, drop your athlete off, then exit out the second inlet. Have your athlete proceed to the main/south entrance of the fitness center for screening.
- If you are planning to **park** please enter in the north entrance of the fitness center (also labeled Hudsonville South Entrance) off 32nd Ave. Park and then proceed to the main/south entrance of the fitness center for screening.
- Once the screening process is complete, your athlete may proceed to their designated workout area.
- As a parent/guardian you are welcome to accompany your athlete while they are getting screened but mask and social distancing rules apply.

