

TCA Athletics Handbook



Updated August 2020

Table of Contents

Welcome from the Athletic Director	3
Who We Are	4
Mission	4
Philosophy	4
Core Values.....	4-5
Membership	5
Program Description	5-6
Booster Club	6
Student-Athlete, Parent & Coach Responsibilities	
Preseason Parent Meeting.....	6
Required Forms for Participation.....	6
Communication.....	6-7
Hazing & Initiation.....	7-8
Dress Code, Changing, Practice Gear.....	8
Equipment and Uniforms.....	8
Transportation.....	8-9
Early Dismissal.....	9
Locker Room, Field House and Other Facilities.....	9
Relations with Officials.....	9
Conduct.....	9-10
Music.....	10-11
General Student-Athlete Participation Expectations	
Student Handbook Policies.....	11
Daily Attendance.....	11
Academic Eligibility for Sports.....	11-12
Quitting a Team.....	12
Athletic Fee	12
NCAA Eligibility Center.....	13
Prospective and new student athletic participation and practice policy	13
COVID-19	
Regulations and Guidelines	14
TCA COVID-19 Policy	14-17
Practice Protocol	17-18
TCA Athletic Events for Athletes	18
Travel Protocol	18
Food Protocol for Athletes.....	18
TCA Athletic Events for Spectators	19

I. WELCOME

Dear Student-Athlete and Parent,

I would like to take this opportunity to congratulate you for making the commitment to represent Trinity Christian Academy as a member of our Athletic program. Being a student-athlete and parent at Trinity Christian Academy is unique in that we are a family within a family. We have the opportunity to impact the lives of each other and the Jackson and West Tennessee community through our actions and words. This is an awesome responsibility, and one that I am confident you are capable of performing.

The focus of our athletic program is to teach Christian character in a competitive environment. This competition will prepare each student-athlete for the life he/she will lead after their playing days are over. Our goal is to teach each student-athlete to compete with a level of respect for the competition, the officials, the spectators, and themselves. It is not wins or losses but how the game is practiced and played. Being a student-athlete at Trinity Christian Academy allows one to learn how to interact with others and how to be part of a team. Those transferable skills will help make our student-athletes successful in life.

The purpose of this handbook is for Trinity Christian Academy student-athletes and parents to become familiar with the policies and procedures of the Athletic Program. The Student-Athlete and Parent Handbook constitutes an agreement between the school and each student-athlete and parent. By signing the required Statement of Commitment each year, you are agreeing to abide by the policies of the school. The Head of School and the Director of Athletics retain the right to amend this handbook for just cause.

I look forward to cheering you on this year and know that the tradition of excellence will continue through your hard work and dedication. I hope The Student-Athlete and Parent Handbook will be a valuable resource for you, defining your role as a student-athlete and parent. If there is anything you need help with, in season and out, please do not hesitate to contact me. My door is always open and I am always willing to listen and assist with your questions and concerns.

Sincerely,

Ken Northcut

Athletic Director at Trinity Christian Academy
10 Windy City Road Jackson, Tennessee 38305
Website: ken.northcut@mytcalions.com
Office: 731-410-8241

II. WHO WE ARE

Mission

Trinity Christian Academy Athletics exists to glorify God through athletic programming that is Biblically based, developing Christ-like character, while honoring God through excellence in athletic competition.

Philosophy

Christian athletics is a ministry. When athletics are seen from the Christian perspective, winning has a broader definition and our athletes have a greater purpose. We want our coaches and athletes to be used by God in the lives of those they meet. TRINITY CHRISTIAN ACADEMY athletics always aim to be sensitive to the leading of the Holy Spirit as our Lord opens doors for active ministry. *“Instead, whoever wants to become great among you must be your servant. Just as the Son of Man did not come to be served, but to serve...”* (Matthew 20:26, 28)

Christian athletics is an arena for teaching the principles of God’s Word. Athletics is an opportunity to practice God’s principles. Examples of these principles are controlling the feelings that arise in competition, working together as members of the body of Christ, winning from God’s perspective rather than a person’s, being submissive to authority, and demonstrating the fruit of the Spirit during stressful situations. It’s our hope that our athletes are controlled by the Holy Spirit (Ephesians 5:18) and produce Christ-like actions so that others may see Jesus through them.

Christian athletics is an arena used for teaching the importance of winning from God’s perspective. Scripture encourages striving hard for the goal, to be successful and to win the prize. *Do you not know that in a race all the runners run, but only one gets the prize? Run in such a way as to get the prize.* (1 Corinthians 9:24) Christ expects us to give a total effort in all that we do, and therefore, is not satisfied with anything less than our best in a practice session, a game, or in the classroom. *They do it to get a crown that will not last; but we do it to get a crown that will last forever.* (1 Corinthians 9:25) Through the guidance of the Holy Spirit, Christian athletes learn to cherish eternal rewards as a treasure of great price. They learn that the most treasured reward often does not show up on the scoreboard, but in the lives of those who have developed a deeper desire for the things of Christ and in those whose lives were touched by the Christian athlete. Ultimately, winning is defined as *pleasing the Lord with our attitudes and actions.* This only begins when the athlete develops a desire to please the Lord rather than people. *Whatever you do, work at it with all your heart, as working for the Lord, not for men.* (Colossians 3:23) We want our athletes to catch the vision that our Lord attends every athletic event and is our primary audience.

Athletic Core Values

1. To glorify God (I Corinthians 10:31)
2. To emulate Jesus Christ (Ephesians 5:1)
3. To develop Christian character (Luke 2:52)
4. To demonstrate exemplary sportsmanship (II Timothy 2:5)
5. To strive for God-honoring excellence in athletics (Colossians 3:23)

Athletic Values

- **Eternal perspective** - Each coach strives to see the lives of athletes, both team members and competitors, changed by encountering the Truth of Jesus Christ. Coaches are expected to actively mentor their team members through their instruction and example.
- **Excellence** - By aspiring to do and be their very best, participants realize radical growth, please God, and inspire others through their commitment and achievement.
- **Responsibility and integrity** - Coaches, staff members, and athletes will be known for doing what is right and keeping their word, even when it is not convenient. They will also be known for their reliability, following through on their commitments.
- **Servant-leadership** - Service to others is the greatest good. Serving is the most effective and influential form of leadership.
- **Sportsmanship** - The outcome of a competition is not merely measured by a win or a loss but in how the contest was waged and the sport itself was played. Coaches and athletes strive to demonstrate respect at all times.
- **Teamwork** - By working together, individuals increase their potential for success. Members of a team promote high levels of achievement by providing accountability and encouraging optimal performance.

III. MEMBERSHIP

Trinity Christian Academy is a Division II West Region Class A athletic school, and is a full member of the Tennessee Secondary School Athletic Association (TSSAA).

IV. PROGRAM DESCRIPTION

Trinity Christian Academy values a broad based curriculum that exposes students to a variety of experiences. We offer two or three levels with each sport. Most sports, depending on the number of players in the program, will have JV, and Varsity level teams.

Varsity Teams

Stressed are Athletic Opportunity, Advanced Skills, Sportsmanship, Tactics & Strategies of the Game, Academics, and Intensity. At the varsity level, winning takes on a greater focus and not all players will play in every game.

JV Teams

With appropriate instruction and interscholastic competition, JV level teams will be provided with a variety of athletic opportunities that will challenge and motivate each student to do his/her best and possibly further his/her interest at the next level. Stressed are Fundamentals, Tactics & Strategies of the Game, Sportsmanship, Teamwork, and Cooperation. On JV Teams, provided there are no disciplinary or attendance problems, each student-athlete should be provided the opportunity to play in all games; however, playing time is determined by the coach.

High School Sports

Fall - Cheer, Cross Country, Football, Golf, Girls Soccer, Volleyball

Winter - Basketball, Cheer, Volleyball (MS)

Spring - Baseball, Boys Soccer, Softball, Tennis, Track & Field

Middle School Sports

Fall - Cheer, Cross Country, Football, Golf, Girls Soccer, Softball

Winter - Basketball, Cheer, Volleyball

Spring - Baseball, Boys Soccer, Golf, Tennis, Track & Field

V. BOOSTER CLUB

The Booster Club is a parent non-profit organization whose mission is to enrich the Trinity Christian Academy athletics community by providing financial support, promoting an increased attitude of school spirit and helping each student-athlete reach his/her highest potential. In addition, the Booster Club desires to be a positive public relations agency to our community and to promote a spirit of cooperation and unity between parents, students, coaches, teachers, and administrators. Responsibilities include: planning development events, praying for all of the student-athletes and their families, and financially supporting the athletics program at Trinity Christian Academy.

VI. STUDENT-ATHLETE, PARENT, & COACH RESPONSIBILITIES

Preseason Parent Meeting

Head Coaches will hold a parent meeting prior to the first practice date. During this time each Head Coach will share his/her transformational purpose statement, clearly communicate student-athlete expectations, and impart his/her vision for the program. This meeting is an important opportunity for you to hear and get to know the coach's heart for their program, as well as know how you can play a vital role in supporting your student-athlete.

Required Forms for Participation

In order to participate in athletics at Trinity Christian Academy, each student-athlete must have a current physical on file, as well as signatures from both the student-athlete and parent on the following forms:

- Consent for Athletic Participation & Medical Care
- Student-athlete & Parent/Legal Guardian Concussion Statement
- Athlete/Parent/Guardian Sudden Cardiac Arrest Symptoms and Warning Signs Statement
- PPE History Form - 2010 Version
- PPE Physical Examination Form
- Electronic Signature Agreement
- Student Transportation Consent for Athletic Events

The Director of Athletics will ensure that all forms have been signed and submitted for each student-athlete on each team's roster through the DragonFly App.

Communication, Communication, Communication

As athletic administrators, coaches, parents and student-athletes, being an excellent communicator is critical. We are asking for consistent and ongoing communication throughout the season. Please be proactive in making Head Coaches and/or Athletic Administrators aware of any potential conflicts or issues (educational, physical, mental, or emotional) that may arise or are ongoing that would distract you from being fully committed to your team. As an Athletic Department, email will be checked on a daily basis.

Social Media - Student-Athletes are responsible for information contained in written or electronic transmissions (e.g. email, texting) and any information posted on a public domain (e.g. internet, chat room, blogs, personal web pages, Facebook, YouTube, Twitter, Instagram, Snapchat etc.). Inappropriate or embarrassing information or pictures should not be posted in any public domain. Student-Athletes are not precluded from participation in such online social networks; however, you serve as representatives of your team and Trinity Christian Academy. Any student-athlete who posts information that is derogatory, threatening, disrespectful, or bullying towards peers, coaches, opponents, teachers, administrators, and other community members or that is demonstrating/insinuating acts of drug/alcohol use, sexually inappropriateness, or any other inappropriate actions will be held to the same standards as if acting in person. The consequences could include suspension or dismissal from the team and suspension from school, or legal ramifications.

Media - Coaches and their athletic teams may have opportunities to build positive public relations, not only in physical appearance, language, and coaching/playing style, but also with the media. Often a reporter will speak to a student-athlete after a game to get quotes for an article, feature story, or sports column.

- Be positive at all times.
- If a comment cannot be made in an upbeat or positive manner, then the comment should be left unsaid.
- Never criticize or demean a coach, player, opponent, official, or opponent's school to a member of the media.
- Remember, often what is said to a reporter is misquoted when printed, so please use caution.

Conflict - To provide consistency and clarity, the following protocol must be followed when there is any discrepancy in regards to communication or issues regarding player/coach, parent/coach, or player-parent/coach relationships. It is the goal of the Athletic Department to assist our student-athletes in taking responsibility to address issues in an appropriate and civil manner. The following communication policy and guidelines have been established to effectively resolve most issues.

The following chain of communication must be followed whenever a question or issue arises involving athletics at Trinity Christian Academy:

24 Hour Rule – Parents and players are to wait 24 hours after a game or incident in practice to address concerns or a coach's decision.

- First Conversation: Athlete to Coach
- Second Conversation: Parent to Coach
- Third Conversation: Athlete & Parent to Athletic Administration/Principal
- Fourth Conversation: Athlete & Parent to Head of School

Policing Against Hazing & Initiations

The Athletic Department believes that hazing demeans those who participate incompatible with the Gospel imperative that guides our school and its Athletic Program. Hazing and initiations are strictly prohibited whether or not the person has consented to participate in any hazing for any reason.

The School and Athletic Department are firmly committed to vigilant enforcement of this policy and will promptly and thoroughly investigate any allegation of hazing and initiation. Should a violation be found,

the student–athlete(s) involved will face disciplinary action, including, but not limited to, suspension or expulsion. Student–athletes who are directly (participant) or indirectly (knowledgeable bystander) involved will be treated with equal regard in these matters. The Athletic Administration along with the respective Head Coach of the specified team, Principal and Head of School and will conduct a timely, fair, and impartial investigation into the pertinent incident of hazing and initiation.

Dress Code, Changing for Practice, Practice Gear

As representatives of Trinity Christian Academy, student-athletes are to dress in an appropriate manner for practice, travel to and after games or other events. You may wear team uniforms, team warm-ups, team shirts, attire conforming to the school dress code, or clothing as designated by the Head Coach.

Student-Athletes must use designated locker rooms to change from school uniforms into game day uniforms or practice gear. All student-athletes are to dress in appropriate **modest** athletic clothing. Student-Athletes are not allowed to wear jewelry, including body piercings, during practices or games. Student-Athletes are NOT permitted to participate in a sports bra only.

Student-Athletes should avoid wearing clothing that displays the names of inappropriate slogans and advertisements. Ideally, Trinity Christian Academy student-athletes will wear purple, white, black, or gray colors.

Equipment and Uniforms

Athletic uniforms are the property of Trinity Christian Academy and must be returned at the end of the season. Student-Athletes must pay for any lost or damaged equipment or uniforms. Coaches may require team members to purchase team apparel items, practice clothing bearing the school name and sport. Team apparel are non-budgeted items paid for and kept by the student-athlete.

Transportation

Trinity Christian Academy may provide transportation for student-athletes to school sponsored athletic events designated by the head coach. Students may drive to games, matches, or meets within a 20 mile radius only when transportation IS NOT provided by the school. In such cases, the school is not liable for the actions of the driver. Parents will be notified when transportation will not be provided by the school. For games, matches, or meets outside a 20 mile radius, parents, coaches, and staff have been generous in providing transportation assistance.

All volunteer drivers are adults and have completed and returned to the athletic office a volunteer driver form with copies of their driver's license and current vehicle insurance card. Volunteer drivers certify that they have adequate insurance, a valid license, and will only transport the number of students in accordance with the manufacturer's rated seating capacity for the vehicle. Students will not be allowed to transport other students (unless they are siblings) to school sponsored activities.

TCA requires volunteer drivers to have the following minimum amount of liability insurance: (1) \$100,000 liability per person for bodily injury; (2) \$300,000 liability per incident for bodily injury for all vehicle occupants; (3) \$100,000 liability for property damage. Each volunteer driver must consent for TCA to conduct a motor vehicle report as a supplement for this volunteer Driver information form. A new volunteer driver information form must be completed each school year. This policy helps to reduce the

liability of the school and volunteer drivers by allowing TCA to be proactive in the selection of adult drivers.

Student-Athletes are expected to behave properly on buses/vans to and from school sponsored athletic events. Student-Athletes whose conduct is unacceptable will be temporarily, or permanently, prohibited from riding team transportation. In some cases, student-athletes may also be prohibited from participating in a game or practice. Offensive or repeated inappropriate behavior may cause removal from a team.

Early Dismissal

Student-Athletes are responsible for all work missed due to early dismissals for athletic contests. When a student-athlete knows he/she will miss a class for athletic reasons, it is strongly recommended that class and homework be obtained in advance. It is a priority for the Athletic Department to minimize the academic disruption caused by early dismissals and to leave student-athletes in class as late as possible, without distracting them from athletic preparation.

Use of Locker Room, Field House, and Other Facilities

The athletic facilities at Trinity Christian Academy should be used appropriately at all times and under the supervision or direction of the Athletic Department and/or coaching staff. Only the locker room should be used for changing and getting ready for practice and games. Student-Athletes are expected to act appropriately at all times in the locker room and respect each other and each other's privacy and personal property. The use of the field house, athletic fields, and courts will be under the direction and supervision of the Athletic Department and/or coaching staff. Coaches are responsible for staying with student-athletes after practices and games until all have been picked up.

Relations with Officials

As a representative of Trinity Christian Academy, coaches are to display character and discipline towards officials. Under no circumstances should a Trinity Christian Academy coach or student-athlete berate or criticize an official. Officials agree to and follow a strict code of ethics and they are a very necessary part of the game. While you may not agree with all of their calls, do not harass or taunt them. The officials are in charge of the contest and have complete authority to have unruly spectators /coaches / student-athletes removed.

Conduct

Student-Athletes: As members of athletic teams, student-athletes are high-profile representatives of Trinity Christian Academy. Student-Athletes are expected to act in an appropriate manner. The following behaviors are inappropriate and will not be tolerated: fighting, profanity, use of or being under the influence of alcohol, tobacco, or drugs, unsportsmanlike conduct, rude or disrespectful behavior on and off the field/court, taunting opponents or officials, destruction of property, obscene gestures, derogatory or degrading comments. Student-Athletes who exhibit any of the above behaviors or any other inappropriate behavior could be suspended from athletics competition pending further investigation. The Athletic Director, the Head Coach and the Upper School Principal will determine the length of suspension.

Parents and Spectators: Being a parent of a high school student-athlete can be a great experience. Parental participation and support is very important to their student-athletes, our high school, and community. Everyone associated with an athletic event plays an important role in seeing that standards of sportsmanship are upheld. Parents and spectators are reminded that their sportsmanship and behavior reflect upon the reputation of Trinity Christian Academy. To make this experience the most rewarding for all concerned, the following are expectations for being a supportive TCA Parent.

- Be Positive – Do not let playing time dictate your student-athlete’s success or happiness. Celebrate the fact that he/she is part of the team. It is especially important to remain positive when things are not going well for your student-athlete or their team.
- Effective Communication – To promote effective and enhanced communication with the Athletic Department, please adhere to the communications policy stated within this handbook. All questions or concerns in regards to the day-to-day operations of the department or any of its athletic teams should be addressed to the Director of Athletics.
- Be Supportive of the Coaching Staff – Nothing can injure teamwork faster than student-athletes doubting the capabilities of their coaches. The coaches are doing their best at all times to be proper role models, as well as teachers of the game. If you have questions or concerns, do not hesitate to contact the Head Coach or the Director of Athletics.
- Winning and Losing – It shall be our coaching staff’s goal to pursue excellence in the school’s athletic program, through motivating student-athletes to achieve to the best of their ability in all things, while honoring Christ with their talents. Winning can be a natural and enjoyable outgrowth of this attitude. Everyone enjoys a well-played victory, but a ‘winning is everything’ philosophy will not be the controlling force of our athletic program.
- Expectations – Having lofty expectations for your student-athlete is a normal and healthy goal. In striving for these expectations, we must also be realistic. Not everyone can receive a college athletic scholarship. Remember, athletics is only a vehicle for the college process, not the primary reason to go to college!

While attending Athletic Events:

- Demonstrate good sportsmanship
- Respect, cooperate, and respond enthusiastically to cheerleaders.
- Diplomatically censor fellow spectators who display negative behavior.
- Cheer for your team and not against the opponents – Matthew 7:15-20.
- Coaches and/or on-site administrators who observe inappropriate behavior from our parents and spectators will address it personally and inform the Director of Athletics of such behavior. Inappropriate conduct may result in being removed from the venue and subject to further disciplinary action.

Music

Training Young Champions for Christ requires focused intentionality in the lives of our students, and fixing our thoughts on what is “true and honorable and right, and pure, and lovely, and admirable” (Phil 4:8 NLT). As a result, our music choices for all school events should serve only to help us accomplish that vision. Athletics gives us a platform to make a positive impact in the lives of students and families within the Trinity and Jackson communities who attend and support our athletic teams. In addition, we will host several visiting teams who do not identify themselves with Christ but recognize that our institution does. In light of our desire to represent Christ with excellence and accomplish our

mission, the following guidelines will be used when preparing music for practices, pre-games, warm-ups, walk-ups and between halves/innings, etc.

- Head Coaches and Team Captains only may submit a list of songs to an Athletic Administrator two weeks notice. A max number of 10 songs per request.
- Printed lyrics or a web link for every song must be included. Even if you are only including instrumental music you must still include the lyrics.
- Pursue those music choices which both inspire our teams and fans and equip our students to live out Philippians 4:8 in their lives.
- No music with any sexual or drug innuendos will be approved.
- No music with expletive/inappropriate language or bleeped words will be approved.
- No music that has been edited to take out expletive/inappropriate words or innuendos will be approved.
- Only TCA Athletics iPad Minis will be used to play music. No personal devices may be used.

VII. GENERAL STUDENT-ATHLETE PARTICIPATION EXPECTATIONS

In order to participate in athletic practices or games at Trinity Christian Academy, the student-athlete must adhere to the following:

Student Handbook Policies

All students must adhere to all school policies as stipulated in the Student Handbook. This applies to all student-athletes participating in practices, games, and while being transported to and from practices and games. Failure to comply may result in disciplinary action.

Daily Attendance

All student-athletes are expected to be in attendance during the regular school day to be eligible to participate in the athletic activities for that day. **For a student-athlete to be considered eligible for practice or competition they MUST be in school for half of the school day (3 hours).** If an administrator grants an excused absence in advance for a pre-scheduled activity, or an unforeseen emergency, the student may participate on that day.

Academic Eligibility for Sports

The Tennessee Secondary School Athletic Association (TSSAA) sets specific standards for academic eligibility for participation in athletic activities. In addition, the TSSAA allows districts and nonpublic schools to adopt more stringent requirements for academic eligibility than the minimum requirements established by the TSSAA. Trinity Christian Academy's academic eligibility for athletic activities includes both quarter and semester grades. A marking period extends from the date the report card with the failure is issued until the report card for the next marking period is issued.

According to TSSAA Article II: To be eligible, student-athletes shall be regularly enrolled, in regular attendance, and carrying at least six full courses or the equivalent.

To be eligible to participate in athletic contests during any school year, all credits must be earned by the first day of the beginning of the school year. Academic eligibility for a student-athlete is based on the

requirements of the school the student-athlete was attending at the conclusion of the previous school year. A student-athlete, who is performing unsatisfactorily, may be placed on academic probation.

All student-athletes are required to maintain a passing average in all subjects. If a student-athlete has a failing grade he/she will be put on probation for 2 weeks. During this probation period the student-athlete may practice with the respective team, but cannot participate in any athletic competition.

At the end of the probationary period an administrator will recommend one of two things: 1) that the probation be lifted; 2) that the probation be extended. The Principal may make a student-athlete ineligible for practice or games at any time if he/she feels it is in the best academic interest of the student-athlete. The Principal will communicate his/her decision to the parents and Athletic Department. Trinity Christian Academy strictly adheres to TSSAA rules regarding eligibility.

Dual Enrollment Courses

Students enrolled in a dual enrollment or online college course will have their grades reviewed by Administration on an individual basis.

Quitting a Team

Student-athletes, who “quit” a team after the first official contest of the season, will **not** be permitted to participate on another team during that season of play. Trinity Christian Academy Administration reserves the right to review all situations, and reserves the right to allow or not to allow the student-athlete to compete in the next season/year. Leaving a team does not relieve the student-athlete from his/her financial obligations nor does it release him/her from the liability for returning issued equipment.

Athletic Fee

This one time flat fee of \$100 per athlete (\$250 max per family) has been in place for several years and helps offset athletic costs associated with our annual maintenance of facilities, transportation, and the athletic operation budget. In fact, all TCA athletic programs have expenses incurred by the parents. TCA is a small school in which each program has an individualized budget. Each program is not self sufficient to cover coaching stipends, equipment needs, as well as expenses that go along with our facilities. We have to rely on fundraising and parental support to supplement each of our many programs. Athletic fees are common with schools that are similar to us. We must not unnecessarily raise overall tuition to support athletics. It is only fair for those who benefit directly to assist with the costs of our tremendous athletic program.

This one time fee will be deducted from your FACTS account during the following months

Fall Sports - October

Winter Sports - February

Spring Sports - April

If your tuition is already paid in full for the year, you will receive a bill for your student’s athletic fee.

NCAA Eligibility Center

If you are a prospective student-athlete at the NCAA Division I, II, III college or university level, you have certain responsibilities to complete before you may participate. Information concerning your registration and what documents need to be submitted can be found in *The Guide for College Bound Student-Athletes* on the NCAA website; www.ncaa.org. It is the student-athlete's responsibility to begin this process and request items from the school as needed. It is recommended that you begin this process during or after your freshman year.

Prospective and New Student Athletic Participation and Practice Policy

Only fully enrolled students may practice with any athletic team. Being admitted to TCA does not constitute enrollment. Enrollment must be verified in writing through the Admissions Director prior to allowing any student to practice any TCA sport at any time of the year. Parent and/or student communication does not verify enrollment. Each coach must have emailed verification of full enrollment from Admissions prior to allowing any student to practice or participate in any TCA sport.

COVID-19 REGULATIONS AND GUIDELINES

Subject to be Updated based on current guidelines.

Return to Play Plan

Circumstances related to the COVID-19 pandemic change on what seems to be a daily basis, and circumstances vary from one community to another. It will be challenging for administrators and coaches to balance concern for students' emotional well-being that is served by participating in athletics and their physical well-being which may mitigate against participation. Where to strike that balance may vary from community to community or school to school and on different days within the same community or school. These are the difficult decisions you will have to make on a weekly or even daily basis, irrespective of what TSSAA may do regarding sports calendars, schedules, or playoffs. Whatever your decisions about participation for your students may be, we simply remind you that the safety and well-being of your students and their families must always be the primary consideration.

These guidelines are in accordance with the Jackson-Madison Co. Regional Health Department and outlines best practices in keeping with recommendations from the Centers of Disease Control and health experts. Our desire is to be committed to pursuing our mission within a healthy and safe community while keeping students in school and athletics moving forward.

TCA COVID-19 Policy (August 25, 2020)

Information is subject to change and will be updated as needed and possible.

TCA School-Day Requirement

- Students are not allowed to come to school if anyone in their household is Covid-19 positive
- Students will have their temperature checked at touchless kiosks each morning when entering the building; a student with a temperature of 100.4 or higher will be required to go home
- Students in grades 6-12 must wear a TCA issued solid color mask, breathable face covers (gaiters), or clear protective shield into the building, in common spaces and when asked by teachers/coaches if social distancing is not optimal
- Encourage students to wash & sanitize hands throughout the day
- Encourage children to cover coughs & sneezes with their arm or tissue and to dispose of tissues properly

Parents are to conduct **Daily Covid-19 Pre-Screening Questions** for their child(ren) each morning prior to school.

- Has your child been in contact with a positive COVID case or is someone in your household Covid-19 positive?
- Is your child experiencing a cough, shortness of breath, or sore throat?
- Has your child had a fever in the last 48 hours?
- Has your child had a new loss of taste or smell?
- Has your child had vomiting or diarrhea in the last 24 hours?

**If the answer is “YES” to any of the questions, then your child must stay home.
Contact Cheryle Emison (cheryle.emison@mytcalions.com) so we may assist you.**

TCA's Visitor and Outside Food Policy

- No one is allowed in the school building without a previously scheduled appointment, including parents.
- All are required to wear a face covering, have temperature screened, and answer CDC COVID-19 questions.
- Parents or visitors are not allowed in the cafeteria or to eat lunch at school until further notice.
- Outside lunches or food of any kind may not be brought in or delivered to students.
- No homemade foods may be sent to school for anyone outside your own children until further notice. All foods served at school outside of individuals' lunches must be prepackaged by a grocery store, restaurant, or licensed food service company.

How is exposure to COVID-19 determined?

- You were within 6 feet of someone COVID-19 positive for 10 minutes or more within 48 hours/2 days of their Covid-symptom onset (includes vehicle space)
- You live in the same household with someone COVID positive or have provided care to someone with COVID
- You had physical contact with a person within 48 hours/2 days of their Covid-symptom onset (includes vehicle space)
- You shared eating or drinking utensils within 48 hours/2 days of their Covid-symptom onset
- They sneezed or coughed on you within 48 hours/2 days of their Covid-symptom onset TCA

What will happen if a student gets sick during the school day?

- Should a student become ill at school, he/she will be assessed for COVID-19 symptoms by our school nurse. Erin Rager, School Nurse: 668-8500, ext. 116
- Should a student have symptoms, he/she will be placed in a monitored isolation room.
- A parent/guardian will be contacted as soon as possible and specific pick-up instructions will be provided. It is imperative that the student be picked up as quickly as possible once notified.
- TCA's nurse will provide information on the assessment, and you will be advised to contact your pediatrician.
- A parent/guardian is to contact the TCA nurse with the information you gained from the doctor for us to make a determination about your child's re-admittance to school. Different situations may have different facts, and we will work through these on an individual basis.
- Area principals and our Guidance Office will help with academic planning if needed.

What happens if my child is placed on quarantine for being exposed to someone with Covid-19?

- Students are only placed on quarantine if criteria for defined Covid-19 exposure applies.
- Dependent on the situation, individuals, an entire or portion of a group, team, or cohort may be required to quarantine. Contact tracing efforts will be made - cooperation is needed as we strive to help protect your child and others.
- When anyone is quarantined from school for being exposed to a positive case, it is expected by the CDC, the local health department, and the school that they are on quarantine/isolation for 14 days from the date of their exposure; if Covid-19 symptoms begin during this time, then the quarantine will need to continue an additional 14 days (full incubation period) from the onset of symptoms.

- Honoring quarantine/isolation guidelines, not just for school or school activities, honors the requirements of local and national health officials as well as the health of others. It also helps TCA's campus remains open.
- As a school, quarantine measures are required by our local health department and other authorities when exposure criteria applies. Quarantine is a protective measure for the student who has been exposed and for others - not only at school, but also in the surrounding community.
- Virtual learning can be immediate and we will work closely with families to make this process a positive one.

How will it be handled when a student has a confirmed case of COVID-19 with symptoms?

First, communicate the test result to Cheryle Emison (cheryle.emison@mytcalions.com) so we may help create a plan for your child.

8/24/2020 - According to the Jackson Madison County Health Department, anyone testing positive for COVID-19 must:

- Self-quarantine for a minimum of 10 days from the onset of symptoms or from a positive test result.
- The household must also quarantine for the same 10 days.
- The person testing positive can come out of isolation after 10 days as long as they have been fever and symptom free for at least 24 hours.
- The rest of the household must continue to quarantine themselves for another 14 days after the positive case has been cleared from isolation (can result in a family having to stay at home for 24 days).
- Members of the household do not need to be tested unless they begin to show symptoms.

Your child's area principal or Guidance Office will communicate with you regarding academics. Virtual learning can be immediate or we can help create a plan for when your child feels better. We are here to help you through this process.

How will it be handled when a student has a confirmed case of COVID-19 with no symptoms?

If a student continues to have no symptoms after a positive Covid-19 test, then he/she may return to school 10 days from the date the positive test was administered. If symptoms develop after testing positive, please communicate this information to our school nurse, Erin Rager, at 668-8500, ext. 116 to help create a safe plan for return.

How will it be handled if anyone in your household has a confirmed case of COVID-19?

If a member of your household has a confirmed case of COVID-19, contact Cheryle Emison (cheryle.emison@mytcalions.com) as soon as possible. When school is in session, your child(ren) will temporarily shift to virtual learning and we will help with this process.

How will it be handled if a TCA Athletic team member has a positive case:

Postpone immediately any activity, practice and/or games to allow time for thorough contact tracing. If contact tracing cannot be determined, then all team activity, practice and/or games will be shut down and all team members will be placed on quarantine for being exposed to someone with Covid-19.

The level risk must be carefully evaluated on a sport by sport basis. Some sports have a higher risk than others. High risk sports that involve physical contact with others including a ball are football, soccer, basketball, and cheerleading with stunting. Moderate risk sports that involve minimal contact with others and a ball are volleyball, baseball, softball, and track relays, Low risk sports that have the potential to no include physical contact with others or any piece of equipment include cross country, golf, track & field, tennis, and sideline cheerleading. While we cannot eliminate the possibility of exposure to COVID-19, we have been and will continue taking steps to significantly lower the risks involved.

Updated 8/24/2020 - According to the Jackson Madison County Health Department, anyone testing positive for COVID-19 must:

- Self-quarantine for a minimum of 10 days from the onset of symptoms or from a positive test result.
- The household must also quarantine for the same 10 days.
- The person testing positive can come out of isolation after 10 days and/or after being fever and symptom free for at least 24 hours.
- The rest of the household must continue to quarantine themselves for another 14 days (full incubation period) after the positive case is cleared from isolation (can result in a family having to stay at home for 24 days).
- Members of the household do not need to be tested unless they begin to show symptoms.

How will absences that exceed the maximum amount be handled?

Principals will work through absences that exceed the maximum amount on a case by case basis.

What is social/physical distancing at school?

- Students are encouraged to avoid touching others and others' belonging

Practice Protocol

- Each participant will have their temperature checked and screened for illness/symptoms upon entry to facilities. Anyone with an illness/symptom and/or temperature reading of 100.4° and above will not be permitted on premise. Complete honesty and transparency is expected in answering questions during the screening process.
- Hand sanitizer will be available and encouraged to be used throughout practice.
- Participants provide their own water bottle and towel.
- Restrooms will be designated for use if needed.
- Locker room facilities will be restrictive or limited to an appropriate small group and used only for picking up equipment before practice and storing equipment after practice. Mask required while indoors excluding strength & condition, practice, or game play activities. The use of locker room restrooms and showers will not be allowed for use during a restrictive time.
- Participants are encouraged to use a small gym bag/backpack to store personal belongings.
- All workout sessions will be limited to only student/coach participants. We are asking parents and family members to remain outside of our facilities in the parking lot.
- All equipment will be cleaned and sanitized by EPA approved disinfectant/sanitizer before and

between each group session.

- Participants are encouraged to shower and wash their workout clothing immediately upon returning home.
- Participants are to only be on campus for their assigned practice/workout time.
- The guidance described in this protocol is based on the best available evidence at this time. This guidance is meant to supplement—not replace—any state or local health and safety laws, rules, and regulations with which schools must comply.
- Leadership team will continue to meet to evaluate all procedures.

TCA Home Athletic Events Protocol for Athletes

- Temperature checks are required for all coaches, players, and team personnel including the opposing team upon arrival and verified by a school official for safety.
- Players will be divided in small groups to a designated area for pre-game, halftime, and post game activities. During this time, players will be encouraged social distancing excluding game activities.
- Post game - players leaving the field will report to the designated area to store equipment.
- Participants are asked not to congregate and to leave the campus after the team's post game activity.
- All equipment and facilities will be cleaned and sanitized by EPA approved disinfectant/sanitizer where applicable.

Travel Protocol for Athletes

- TCA players may ride with family to away games with approval by coach. Temperature must be checked upon entry to the opponent's facility.
- If bus and driver are available, TCA coaches and players will have a temperature check prior to loading the team bus.
- Masks will be required on the bus at all times.
- Bus windows, if weather permits, will be open for air circulation.
- Bus seating will be assigned seats sitting 1 per seat leaving the seat directly behind the driver vacant.
- The bus will be cleaned and sanitized by EPA approved disinfectant/sanitizer.
- Upon arrival to the opponent's facilities, TCA coaches, players, and team personnel will acclimate outside before required temperature checks are verified by a school official for safety.
- Players will be divided in small groups to a designated area for pre-game, halftime, and post game activities. During this time, players will be encouraged social distancing excluding game activities.
- Post game - players leaving the field or court will report to the designated area to change where applicable.

Food Protocol for Athletes

- No homemade foods may be sent to school for anyone outside your own student-athlete until further notice.
- Any pre or post game meal must be prepackaged by a grocery store, restaurant, or licensed food service company and follow safety guidelines.

TCA Athletic Events for Spectators

This plan outlines best practices in keeping with recommendations from the Centers of Disease Control, the Jackson-Madison Co. Regional Health Department, Governor Lee's Tennessee's Economic Recovery Group Tennessee Pledge: *Reopening Tennessee Responsibly* and the TSSAA to return in a way that will help keep students, school staff and spectators safe during the COVID-19 pandemic.

- **Facial mask or covering will be required to enter and worn at ALL TIMES while on site.**
- **Social distancing will be required and maintained at ALL TIMES while on site.**
- Temperature check for everyone (including players, coaches, team personnel, administrators, event staff, officials, spectators, etc..) entering the facilities. Anyone with a temperature reading at or above 100.4° or above will not be allowed to enter and must leave the premises. Visiting teams will be responsible for their own temperature checks for coaches, players, and team personnel verified by TCA event staff
- Everyone (including players, coaches, team personnel, administrators, event staff, officials, spectators, etc..) will be screened for COVID-19 exposure and/or symptoms before entering the facilities. Anyone answering yes to any of the questions in the screening process will not be allowed to enter and must leave the premise. **Honesty and transparency are needed and expected.** Visiting teams will be responsible for their own screening checks for coaches, players and all team personnel. Host team will verify.
- Seat capacity will be limited and designated due to social distancing guidelines.
- Fans will not be allowed to enter the premises until 30 or 45 minutes prior to game time.
- We will attempt to pre-sale as many tickets as possible each week through the digital online app GoFan or through the Athletic Office. Visiting teams will be offered a limited number of pre-sale tickets.
- Children must be under parental supervision at all times. There can be no congregating nor free play by children.
- **Concession will be operated with precautions and limited to pre-packaged items by a grocery store, restaurant, or licensed food service company.** Only bottled drinks will be sold. No outside food and/or drinks permitted in the premises.
- Coaches, players, officials, team personnel, administrators, and approved media personnel are only allowed on the field/court area.
- Restrooms will be available and cleaned periodically.
- No one will be allowed on the court, field or track area after the game. All fans are expected to exit the stadium in an orderly way and not congregate while maintaining social distancing at all times.