



**LOUDOUN COUNTRY DAY SCHOOL**  
**ATHLETIC DEPARTMENT**  
20600 Red Cedar Drive  
Leesburg, Virginia 20175

**Middle School Athletics**  
**Rules and Reminders**  
**For Covid 19**  
**2020-2021**

1. Middle School PE periods are M, T, W, Th from 2:30 pm to 3:15 pm
2. You will wear to PE what you wear to school. Be sure to wear tennis shoes/sneakers on PE days.
3. Games and after school activities will not take place during the fall 2020 season. The winter and spring season games are to be determined.
4. No jewelry is allowed, earrings must be removed, and hair must be out of your face for PE.
5. Any equipment you are assigned for your sport can be kept in your locker. Please do not share equipment with other students.
6. You will be dismissed to PE with your MS cohort.
7. You will have a Personal PE Space assigned to you on the field or if inside, the gym or MPR.
8. Masks must be worn both going to and returning from PE.
9. When you arrive at the field or indoor space, you are expected to use hand sanitizer, before going to your Personal PE Space.
10. You may take off your mask once you are in your Personal PE Space.
11. You will need a place to store your mask, if you take it off, while participating in PE. Shorts or sweats with a pocket will work or a small PE bag that can be placed outside of your space. We do not want masks left on the ground to blow away.
12. Before departing the field or indoor space, you will be expected to use hand sanitizer.
13. Please be prepared for cold weather as we get further into the year.
14. All students are expected to attend PE and participate to whatever extent they are able. A note from the doctor or your parents is required if you are unable to fully participate due to an illness or injury.
15. Bring a water bottle to every practice and game.
16. Cell phones should be left in your back pack, in your locker, when you go to PE.

***Please sign and return the form shown below. Thank you!***

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ATHLETIC DEPARTMENT**

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I have reviewed, and agree to abide by, the *Middle School Rules & Reminders for Covid 19* for the Physical Education Program during the 2020/2021 school year.

Student's Name: \_\_\_\_\_

Student's Signature: \_\_\_\_\_

Parent's Name: \_\_\_\_\_

Parent's Signature: \_\_\_\_\_

***Turn this in on the first day of PE in order to be able to practice!***