Welcome back Mountaineer Family, we are excited about the coming days for the return of athletics at Tuscola High School. As we all know Covid-19 has had a tremendous effect on our daily lives and has transformed the way athletics across the country will begin to operate in the future. Moving forward into returning to some since of normalcy we have been guided by the North Carolina High School Athletic Association as to how to re-open our athletic facilities and structure workout routines, conditioning and skill development. To make the return to activity transition safe for all our athletes, their families, coaches, and support staff we have made a list of guidelines for each player and parent to be aware of to ensure player safety. As always player safety is our upmost priority at Tuscola High School. Please look over this list of Do’s and Don’ts to ensure the continued safety of our athletes and coaches. If you have any questions feel free to contact us. Thank you for your support and understanding during this time. We are excited to get back to working with our players and about the future of Tuscola Football, I believe everyone is ready for football to get cranked up in Waynesville.

As always **“Win the Day”** and Go Mountaineers.

**Coach Brookshire: (828) 691-8664**

**Coach Holt: (828) 450-5598**

**Do’s**

* **All persons are required to remain 6 feet apart at all times.**
* **Be fully dressed upon arrival to your designated workout. There will be no locker-room access.**
* **Bring your own water and water bottle. There will be no communal water stations or access to any water fountains.**
* **Bring some type of face covering that you can wear during check-in and screening process.**
* **Remember to practice social distancing at all times.**
* **All athletes will be required to be screened daily before they are allowed to participate in workout and skill development sessions.**
* **All athletes will have to wash or sanitize before beginning workouts.**

**Don’ts**

* **No Sharing of water bottles or facial coverings.**
* **No sharing of food.**
* **No spitting.**
* **No player or coach will be allowed to participate with a temperature of 100.4 or higher.**
* **No athlete is allowed to remove any clothing. Shoes and shirts are required at all times.**