



Entry and Exit Procedures for Maine Junior Athletes (1/4/21)

Please review our Maine Juniors [COVID screening questions](#) daily before attending practice. If you feel sick, please notify your coach that you cannot attend practice. *Let's work together to keep our teammates and coaches safe and healthy!*

ENTERING THE MAINE SPORTS ARENA FOR PRACTICES:

- All Maine Juniors Athletes are to proceed to the left side of the OA building to enter the Maine Sports Arena using the Court 1 outer doors
- Doors to this entrance will be opened 10 minutes before each practice start time
- Your coach will text your team when it is ok for you to proceed to check-in
- Reminder to stay socially distanced while waiting to enter the arena
- When entering the arena, each player will have their temperature taken and will be asked [COVID screening questions](#). Please answer these questions honestly
- After your temperature check and screening is done, proceed immediately to your assigned practice court and find a "x" mark on the wall to put your backpack, water, etc. and change into your sneakers
- Once you are dressed and ready, immediately proceed to your team's assigned court to set up nets (if applicable) and warm up

EXITING THE MAINE SPORTS ARENA AFTER PRACTICES:

- At end of your scheduled practice time and take down of nets (if applicable), all athletes are to immediately get ready for exiting the arena
- Once your entire team is ready to exit, proceed WITH YOUR COACH to the following exits staying socially distanced at all times:
 - o **Teams practicing weekday evenings on courts 1, 2 and/or 3:**
 - Proceed to the main doors to the lobby to exit the arena
 - o **Teams practicing weekday evenings on courts 4 and/or 5:**
 - Early practices – proceed to the main doors to the lobby to exit the arena
 - Late practices - proceed to the far interior doors of the arena (near gymnastics) to exit
 - o **For Sunday practices:**
 - Coaches will lead teams to the exit that minimizes contact with others in the facility
- Players must immediately exit the OA facility staying socially distanced at all times. Rides should be waiting in the parking lot at the end of scheduled practice times

REMINDERS:

- Teams are in cohorts to adhere to CDC guidelines – remain on your assigned court(s)
- Masks are to be worn at all times except for socially distanced water breaks
- Bring enough water for entire practice – water fountains are turned off
- Hand sanitize when entering/exiting and frequently during breaks
- Complete COVID procedures and FAQ's can be found here ([COVID-19 Protocols for 2020-2021 Season \(mainejuniors.org\)](#)) should you wish to review
- Please make sure that a parent is available should an athlete need to be picked up due to issue with screening and/or illness
- It is important that all teams adhere to these procedures to allow for required cleaning between practice sessions

Note that as we work through protocols in real time, procedures may change. Please see the COVID section of our Maine Juniors website for current entry and exit procedures for athletes.