



## Canton Public School District Coach Contact Information

<b>Fall Sports</b>	<b>Head Coach</b>	<b>Email Address</b>
CHS Band	Marquis Smith	<a href="mailto:marquissmith@cantonschools.net">marquissmith@cantonschools.net</a>
NMS Band	Secret Higgins	<a href="mailto:secrethiggins@cantonschools.net">secrethiggins@cantonschools.net</a>
PMS Band	Helen Rettger	<a href="mailto:helenrettger@cantonschools.net">helenrettger@cantonschools.net</a>
CHS Cheer	Chanda Grant	<a href="mailto:chandagrnt@cantonschools.net">chandagrnt@cantonschools.net</a>
9 <sup>th</sup> Cheer	Yotunga Grant	<a href="mailto:yotungagrnt@cantonschools.net">yotungagrnt@cantonschools.net</a>
NMS Cheer	Le' Andra Lowery	<a href="mailto:leandralowery@cantonschools.net">leandralowery@cantonschools.net</a>
PMS Cheer	Renicha Shegog	<a href="mailto:renichashegog@cantonschools.net">renichashegog@cantonschools.net</a>
CHS Cross Country (Girls/Boys)	David Sanderson	<a href="mailto:davidsanderson@cantonschools.net">davidsanderson@cantonschools.net</a>
CHS Dance	Fekearia Beal	<a href="mailto:fekeariabeal@cantonschools.net">fekeariabeal@cantonschools.net</a>
NMS Dance	Khrysten Glass	<a href="mailto:khrystenglass@cantonschools.net">khrystenglass@cantonschools.net</a>
PMS Dance	Matricia Thompson	<a href="mailto:matriciathompson@cantonschools.net">matriciathompson@cantonschools.net</a>
CHS Football (Varsity)(9 <sup>th</sup> )	Calvin Bolton	<a href="mailto:calvinbolton@cantonschools.net">calvinbolton@cantonschools.net</a>
NMS Football (7/8)	Michael Nelson	<a href="mailto:michaelnelson@cantonschools.net">michaelnelson@cantonschools.net</a>
PMS Football (7/8)	Octavian Davis	<a href="mailto:octaviandavis@cantonschools.net">octaviandavis@cantonschools.net</a>
CHS Volleyball	Ashley Beals	<a href="mailto:ashleybeals@cantonschools.net">ashleybeals@cantonschools.net</a>
PMS Volleyball	Chelsea Singleton	<a href="mailto:chelseasingleton@cantonschools.net">chelseasingleton@cantonschools.net</a>
<b>Winter Sports</b>		
CHS Basketball (Girls)	Melissa Word	<a href="mailto:melissaword@cantonschools.net">melissaword@cantonschools.net</a>
CHS Basketball (Boys)	Russell Evans	<a href="mailto:russellevans@cantonschools.net">russellevans@cantonschools.net</a>
9 <sup>th</sup> Grade Basketball (Girls)	Melissa Word	<a href="mailto:melissaword@cantonschools.net">melissaword@cantonschools.net</a>
9 <sup>th</sup> Grade Basketball (Boys)	Jeremy Jackson	<a href="mailto:jeremyjackson@cantonschools.net">jeremyjackson@cantonschools.net</a>
NMS Basketball (7/8 Girls)	LaQunda Nichols	<a href="mailto:laqundanichols@cantonschools.net">laqundanichols@cantonschools.net</a>
NMS Basketball (7/8 Boys)	Kalvin Smith	<a href="mailto:kalvinsmith@cantonschools.net">kalvinsmith@cantonschools.net</a>
PMS Basketball (7/8 Girls)	LaPrecious Thompson	<a href="mailto:lapreciousthompson@cantonschools.net">lapreciousthompson@cantonschools.net</a>
PMS Basketball (7/8 Boys)	Brian Townsend	<a href="mailto:briantownsend@cantonschools.net">briantownsend@cantonschools.net</a>
CHS Powerlifting	Carl Roberts	<a href="mailto:carlroberts@cantonschools.net">carlroberts@cantonschools.net</a>
CHS Soccer (Girls/Boys)	Ras Bayles	<a href="mailto:rasbayles@cantonschools.net">rasbayles@cantonschools.net</a>
<b>Spring Sports</b>		
CHS Baseball	Dexter Brim	<a href="mailto:dexterbrim@cantonschools.net">dexterbrim@cantonschools.net</a>
CHS Softball	David Durham	<a href="mailto:daviddurham@cantonschools.net">daviddurham@cantonschools.net</a>
CHS Tennis (Girls/Boys)	Timothy Chambers	<a href="mailto:teachertimothychambers@cantonschools.net">teachertimothychambers@cantonschools.net</a>
CHS Track (Girls)	Sandra McKinney	<a href="mailto:sandramckinney@cantonschools.net">sandramckinney@cantonschools.net</a>
CHS Track (Boys)	O'Keefe Henderson	<a href="mailto:okeefehenderson@cantonschools.net">okeefehenderson@cantonschools.net</a>
NMS Track (Girls)	LaQunda Nichols	<a href="mailto:laqundanichols@cantonschools.net">laqundanichols@cantonschools.net</a>
NMS Track (Boys)	Kalvin Smith	<a href="mailto:kalvinsmith@cantonschools.net">kalvinsmith@cantonschools.net</a>
PMS Track (Girls)	Belinda Palmer	<a href="mailto:belindapalmer@cantonschools.net">belindapalmer@cantonschools.net</a>
PMS Track (Boys)	O'Keefe Henderson	<a href="mailto:okeefehenderson@cantonschools.net">okeefehenderson@cantonschools.net</a>

## COVID-19 Pandemic Checklist

It is important that you disclose to us any indication of having been exposed to COVID-19, or whether you have experienced any signs or symptoms associated with the COVID-19 virus.

	YES	NO
<b>Do you have a fever or above normal temperature?</b>		
<b>Have you experienced shortness of breath or had trouble breathing?</b>		
<b>Do you have a dry cough?</b>		
<b>Do you have a runny nose?</b>		
<b>Have you recently lost or had a reduction in your sense of smell?</b>		
<b>Do you have a sore throat?</b>		
<b>Have you been in contact with someone who has tested positive for COVID-19</b>		
<b>Have you tested positive for COVID-19?</b>		
<b>Have you been tested for COVID-19 and are awaiting results?</b>		
<b>Have you traveled outside the United States by air or cruise ship in the past 14 days?</b>		
<b>Have you traveled within the United States by air, bus or train within the past 14 days?</b>		



## Waiver for Summer Workouts/Practices 2020

This waiver must be signed by a parent and given to each head coach or designated assistant coach prior to participating in a summer workout or training session.

### **Assumption of the Risk and Waiver of Liability Relating to Coronavirus/COVID-19**

The novel coronavirus, COVID-19, has been declared a worldwide pandemic by the World Health Organization. COVID-19 is very contagious and is believed to spread mainly from person-to-person contact. As a result, federal, state, and local governments have, in many locations, prohibited the congregation of groups of people. Canton Public School District has put in place preventative measures to reduce the spread of COVID-19; however, Canton Public Schools cannot guarantee your child will not become infected with COVID-19. Further, attending Canton Public Schools' athletics/activities workouts or practices could increase your child's risk of contracting COVID-19.

I affirm that my child has not been diagnosed with, demonstrated any symptoms of or has in any way been exposed to any communicable diseases (including but not limited to the virus COVID-19) within the past thirty (30) days.

By signing this agreement, I acknowledge the contagious nature of COVID-19 and voluntarily assume the risk that my child may be exposed to or infected by COVID-19 by attending Canton Public Schools' athletic/activities workouts or practices and that such exposure or infection may result in personal injury, illness, permanent disability, and death. I understand that the risk of my child becoming exposed to or infected by COVID-19 at any Canton Public Schools' athletic/activity workout or practice may result from the actions, omissions, or negligence of myself, my child, and others, including, but not limited to, Canton Public School District employees, volunteers, and program participants and their families.

I voluntarily agree to assume all of the foregoing risks and accept sole responsibility for any injury to my child including, but not limited to, personal injury, disability, death, illness, damage, loss, claim, liability, or expense, of any kind, that my child may experience or incur in connection with my child's attendance in any Canton Public School District athletic/activities workout or practice. On my behalf, and on behalf of my child, I hereby release, covenant not to sue, discharge, and hold harmless Canton Public Schools District, its employees, agents, and representatives, of and from the claims, including all liabilities, actions, damages, costs, or expenses of any kind arising out of or relating thereto. I understand and agree that this release includes any claims based on the actions, omissions, or negligence of Canton Public School District, its employees, agents, and representatives, whether a COVID-19 infection occurs before, during, or after participation in any Canton Public Schools' athletic/activity workout or practice.

Please note that Canton Public Schools' summer workouts and/or practices are strictly voluntary. Your child is in no way required to attend and will not face any consequences or repercussions of any kind if you choose not to allow them to attend.

Printed Student Name: \_\_\_\_\_

Parent Signature: \_\_\_\_\_

Date: \_\_\_\_\_



## **Mandatory Dragonfly Max Accounts for Student Athletes**

All families with a 7th to 12th grade student who plans to participate in a sport at Canton Public Schools during the 2020-21 school year, including dance and cheer, must have a Dragonfly Max profile to ensure eligibility. Each family only needs to create one profile; multiple athletes can be added to a single profile.

Here's how to create an account:

1. Visit [www.dragonflymax.com](http://www.dragonflymax.com), follow the prompt to the login/sign-up page or download the DragonFly MAX app from the App Store or Google Play.
2. Tap 'Get Started' and 'Sign Up for Free' then follow the prompts to create your Parent account with your own email address. (Note: please do not create an account with your child's name or contact information--you will get the chance to add your child soon!)
3. Verify your account with the verification ID sent to your email address.
4. Tap 'Connect to your school' to select 'Parent' as your role and search for your child's school.
5. After selecting your child's school, tap 'Join' to request access. An administrator at your school will approve your request.
6. Tap 'Set up your children' and follow the prompts to add your kid(s) and fill out their participation forms.

There are a number of consent forms and uploads that must be completed before a profile is considered acceptable. Once a profile is created, the Athletics Department can upload the physical examination and sportsmanship certificate files if it already has them. If you have questions about what forms are required or need a copy of a file, please contact Melissa Word in the Canton Public Schools Athletics Department.

Once you have created a profile on the website, download the Dragonfly Max app from the Apple or Google Play app stores and sign in for easy profile management.

Any student-athletes who participated in athletics for CPSD during the 2019-2020 school term and turned in an athletic physical will not be required to get a physical this school term. However, all incoming 7<sup>th</sup> graders and transfer students must provide an updated physical in order to participate in athletics for CPSD.

Dragonfly Codes:

CHS: EMMXJH

9<sup>th</sup>: FXT2A5

NMS: LSU2XY

PMS: LXHJ4Y



## **CHS/9<sup>th</sup>/NMS/PMS FOOTBALL** **COVID-19 RETURN TO PRACTICE PLAN**

As we begin conditioning for the upcoming season we ask that if you are feeling sick please stay at home until you are 100% healthy. Upon arrival parents who drop student-athletes off for practice are asked to wait until the athlete clears the check-in procedures before leaving the campus. Anyone showing a temperature over the recommendation made by the CDC or exhibiting any of the COVID-19 related symptoms must leave the campus immediately.

Check-in procedures include a non-touch digital thermometer temperature reading and COVID-19 related questions. If the temperature exceeds over 100.04 (CDC recommendation) they will be asked to leave the facility.

-Have you been around anyone with COVID-19 in the last 14 days?

-All players and personnel will be asked if they experienced any of the following:

- \*Fever or chills
- \*Cough or sore throat
- \*Shortness of breath or difficulty breathing
- \*Headache
- \*New loss of taste or smell
- \*Nausea or vomiting
- \*Diarrhea

\*Athletes are not allowed in the locker room at any time. Athletes must come dressed and prepared for workout each day.

\*Athletes must bring their own water bottle or desired sports drink. Please make a responsible decision.

\*Each athlete will be responsible for bringing a workout towel that will be washed daily by the coaches.

\*Equipment will be cleaned, disinfected and sanitized before and after the use of each athlete by the coaches.

\*Hand sanitizer stations will be available for indoor and outdoor activities.

\*Water coolers will be available with disposable cups. There will be an assigned coach that will be required to wear gloves and a mask while preparing water.

**Return to practice phases:**

**Phase 1: No athletes will be allowed in the field house, except to use the restroom.**

**Phase 2: Weightlifting will begin with a maximum of 12 athletes. The remaining athletes will be in small groups of no more than 8 to 10 players led by assistant coaches outside.**

**Phase 3: Regular football activities will begin while monitoring all CDC guidelines.**



## **CHS/PMS VOLLEYBALL**

### **COVID-19 RETURN TO PRACTICE PLAN**

- Upon arrival, players will be required to have a mask on before entering and exiting the facility. The mask will not be worn during the workout.
- Before entering the facilities, players will have temperature checked, by a head coach or designated assistant coach using a non-touch digital thermometer.
- Players will be asked if they have experienced any pre-existing conditions related to Covid-19
- If the temperature exceeds over 100.04 (CDC recommendation) they will be asked to leave the facility.
- The net will be set up by the coach before practice.
- Players must stay spaced 6 feet apart during every drill.
- Players will not be in contact with each other in any way.
- Sanitizer will be on the sideline for players to use when they feel needed.
- Players will not share any piece of practice gear.
- Players are required wash their practice gear (knee pads, arm sleeves, etc.) before every practice
- Balls (and potentially the nets) should be the only object that multiple players contact.
- Coaches will sanitize all balls and nets with an FDA approved disinfectant before, between, and after practices.
- Workouts are not mandatory and players will not be penalized for non-participation.

#### **Guidelines for the head coaches:**

- Coaches will wear a mask and gloves for the duration of all workouts.
- Coaches will sanitize all balls and equipment between each session and at the end of the day.
- Coaches will sanitize locker rooms, bathrooms, the entrance, and exits after workouts.
- Coaches and players will also stay 6 feet apart.



## **CHS/9<sup>th</sup>/NMS/PMS DANCE AND CHEER** **COVID-19 RETURN TO PRACTICE PLAN**

- Upon arrival, players will be required to have a mask on before entering and exiting the facility. The mask will not be worn during the workout.
- \*Before entering the facilities, players will have temperature checked, by a head coach or designated assistant coach using a non-touch digital thermometer.
- \*Players will be asked if they have experienced any pre-existing conditions related to Covid-19
- \*If the temperature exceeds over 100.04 (CDC recommendation) they will be asked to leave the facility.
- If any tumbling mats are needed, they will be sanitized and set up by the coach before practice.
- Athletes must stay spaced 10 feet apart during participation.
- Athletes will not be in contact with each other in any way.
- Sanitizer will be on the sideline for athletes to use when they feel needed.
- Players will not share any piece of practice gear.
- Players will be required to wash their practice gear before every practice
- Workouts are not mandatory and players will not be penalized for non-participation.

### **Guidelines for the head coach and assistant coaches:**

- Coaches will wear a mask and gloves for the duration of all workouts.
- Coaches will Lysol all mats and utilized areas before, between, and after practices.
- Coaches will sanitize locker rooms, bathrooms, the entrance, and exits after workouts.