

Parent Clearance for Non-Quarantined Student-Athletes

**If your student-athlete has been quarantined due to direct exposure and/or a positive test for COVID this form does not clear them for virtual practices. Any quarantined student-athlete must also have medical clearance.*

Waynesville R-VI Athletic Department has received approval from the Missouri State High School Activities Association to host virtual practices for our student-athletes, which will count toward the 14-day practice requirement for all student-athletes. In order for these practices to count, student-athletes must have parent approval for Virtual Condition Practices (VCPs) on file in the athletic office. By giving your approval, your student-athletes' attendance and participation in these VCPs will allow your son or daughter a quicker return to competition. If you do not grant your student-athlete permission to participate, he/she will not be able to resume completion of the 14-day practice requirement until Aug. 31st. Please fill out the below link to grant approval for your student-athlete to begin Virtual Conditioning Practices.

If you have questions, please call 573-842-2450.

Below is an explanation of Virtual Conditioning Practices.

- Students and parents/guardians must acknowledge that VCP(s) does not provide the same level of supervision as traditional practice environments; therefore, students and parents/guardians
- are encouraged to have an individual at the site of the VCP supervising the conditioning activities.
- A VCP must be LIVE, it cannot be recorded.
- The VCP must be approved by school administration and supervised by a school approved coach.
- If the number of student athletes participating in a VCP results in the school approved coach not being able to visually monitor ALL student athletes at the same time, then a second school approved coach must coordinate a separate VCP so that ALL students are monitored for the duration of the VCP.
- The school approved coach supervising the VCP MUST document the location/address of each participant prior the VCP occurring, in the event the coach needs to report an emergency.
- Only cardiovascular exercises and calisthenics shall occur during VCP(s). (Example: jogging, running, stationary bicycling, up/downs, push-ups, sit-ups, crunches, planks, lunges, etc.). All protective equipment, sport related equipment or weightlifting equipment shall not be used for VCP(s), even if available.
- A VCP will only count toward the 14-day conditioning practice requirement, it WILL NOT count toward any required equipment acclimatization requirements. Example: The sport of football requires two practice days in helmet only and three practice days with helmet/shoulder pads before a student can participate in full pads and full contact. A football player CANNOT use protective equipment during a VCP; therefore, upon return to regular practice(s) a football player must meet the stages of equipment acclimatization requirements prior to participating in full pads with full contact.
- Only one conditioning practice may count each day (whether it is a traditional practice setting or a virtual practice setting).