



King George County Schools

Phase II – Coaches and Parents Required Information

KGHS Off-Season Conditioning

All coaches must:

1. Watch all videos and read all educational information posted below. Seek clarification from athletic director, athletic trainer, or onsite summer nurse.
2. Post flyers at screening locations, around workout facilities, and in locations where parents or students may gather.
3. Provide written communications to families. Information may be provided electronically if coaches ensure families have received the information.
 - KGCS Phase II Letter for Families
 - KGHS Phase II Athletics Letter to Families
 - Parent Educational Materials, including links to videos listed below.
4. Adhere to all Phase II Health Mitigation Plan requirements.

Stop the Spread

Video: <https://youtu.be/W-zhhSQDD1U>

Poster: <https://www.cdc.gov/coronavirus/2019-ncov/downloads/2019-ncov-factsheet.pdf>

Sports for Coaches and Parents: <https://www.youtube.com/watch?v=LMBzjaVRChY>

Higher Risk Factors

Fact Sheet: <https://www.cdc.gov/coronavirus/2019-ncov/downloads/COVID19-What-You-Can-Do-High-Risk.pdf>

Cleaning

Video: <https://www.youtube.com/watch?v=SYEk4b6uKcM>

Physical Distancing

Video: <https://www.youtube.com/watch?v=Xdd2M40Leb0>

Information: <https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/social-distancing.html>

<https://www.vdh.virginia.gov/coronavirus/what-is-social-distancing-and-how-can-i-do-my-part-to-slow-the-spread-of-covid-19/>

Handwashing

Video: <https://youtu.be/eZw4Ga3jg3E>

Posters: <https://www.cdc.gov/handwashing/pdf/poster-germs-are-everywhere.pdf>

<https://www.cdc.gov/handwashing/pdf/wash-your-hands-poster-english-508.pdf>

Fact Sheet: <https://www.cdc.gov/handwashing/pdf/hand-sanitizer-factsheet.pdf>

Face Coverings

Video: <https://www.youtube.com/watch?v=dy9TzRwVWoA>

Poster: <https://www.cdc.gov/coronavirus/2019-ncov/downloads/cloth-face-covering-building-entrance.pdf>

Symptoms

Video: <https://www.youtube.com/watch?v=7zzfdYShvQU>

Poster: <https://www.cdc.gov/coronavirus/2019-ncov/downloads/COVID19-symptoms.pdf>

What to do if Sick

Poster: <https://www.cdc.gov/coronavirus/2019-ncov/downloads/sick-with-2019-nCoV-fact-sheet.pdf>