



Mandatory Guidelines

Summer Conditioning

Pre-workout Requirements for Athletes

- Registered on Form Releaf.
- Current *physical* dated after June 7th, 2020
- Signed ***COVID-19 Awareness Parent/Student-Athlete Participation Acknowledgement Statements***
- Athletes must conduct a daily symptom assessment at home prior to arriving. *Anyone experiencing symptoms must stay home.
- Bring their own 32 oz. or more water bottle.
- Bring sweat towel.
- Families are encouraged to bring their own sanitizer.
- Face coverings required when not engaged in high intensity activities.

Pre-workout Requirements for Coaches

- Coaches must conduct daily symptom self-assessments. **Anyone experiencing symptoms must stay home.
- Bring their own 32 oz or more water bottles
- Bring own hand sanitizer and disinfectant wipes
- Will use a mask/face covering when in close contact with athletes
- Schedule conditioning sessions 30 minutes apart to minimize cohort interaction
- Have sideline tarp and ice available for immersive bath if needed to treat heat related illness

Arrival

- Parents will drop off students and stay in their cars.
 - Athletes will present ***COVID-19 Awareness Parent/Student-Athlete Participation Acknowledgement Statements*** and *physical* to the coach who will maintain documentation.
 - Show hand sanitizer and 32 oz. water
 - Athletes will scan QR code for attendance. Coach can assist if athlete does not have a phone by entering information for the student. Phones should not be shared.
 - Coaches will have designated areas marked for athletes' personal items that are spaced 6' apart.
-

During Conditioning Session

Two Weeks: 1.5 hours/session 3 session max/week

Two Weeks: 2.0 hours/session 4 session max/week

- Cohorts of 10-15 people (athletes + coaches)
• Sharing of equipment will be minimized by focusing on body weight exercises, running, agility, etc. Currently, weight rooms are CLOSED.
• ONLY the coach should place or touch equipment.
• Drills will be designed to maintain social distancing.
• Water breaks will occur every 10-15 minutes.
• Athletes and coaches will sanitize hands at each water break.
• "No-touch" rule: players should refrain from high fives, handshakes, fist bumps or any other physical contact with teammates and coaches.
• No spitting or sunflower seeds.
• Team huddles will maintain social distancing.
• Spectators will not be permitted into the conditioning area.

Bathroom Availability

- Outdoor bathrooms in the stadium will be available.
• Use will be closely monitored by the coach.
• Single use only.
• Bathrooms are for athletes and coaches ONLY.

Plan for Isolation Area

- Student will be isolated from the group and required to wear a mask/face covering.
• Parents will be contacted to pick-up student immediately.
• Mary Nasuta, Supervisor of Health Services, the AD, and the Principal will be notified.
• Parents will be encouraged to contact their primary care provider.
• Student may not return to practice without clearance from an authorized health care provider.

Leaving Conditioning Session

- Parents will stay in their cars. No congregating.
• Athletes will leave immediately
• Student drivers will leave first. Parent pick-ups will leave last.

Inclement Weather Plan

- Schools are responsible for creating a plan: masks and social distancing are required, identified safe zones for cover
• Plan will be communicated to students at the beginning of the conditioning session

A fall season is not guaranteed due to the ever-changing landscape of COVID-19. We do know that if there is a fall season it will look very different than it has in the past. Thank you for your patience as we work through the details to provide safe opportunities for our students.