

## **June 15-June 28**

**General** (this is in effect for all groups involved in activities from June 15-28)

- ALL WORKOUTS WILL OCCUR OUTSIDE—THERE WILL BE NOT FACILITY OPEN FOR USE –Bathroom available
- Any person not essential to workouts shall not attend

## **Participants**

- Voluntary participation
- Must have the following in hand: (Coach must have copy in his possession)
  - Updated physical
  - COVID-19 signed parent/guardian form
    - *Coaching staffs might consider having someone to communicate with participants that have not yet updated physical or COVID-19 parent/guardian signed form—you know there will be students that just show up—just have a plan in place to avoid congregating groups*

## **Facilities Cleaning**

- Prior to individuals or groups entering facility, hard surfaces must be wiped down and sanitized. This process should also occur after workouts and prior to the next workout when activities are inside. (No inside workouts allowed during this time frame.
- This would be necessary if any sports choose to:
  - Make indoor bathrooms available
  - Use weight lifting equipment outside

## **Specific sports should have certain areas marked or at least identified**

- Entrance
- Gathering for participants—6ft social distancing
- Quarantine area
- Workout area
- Participant waiting on ride home area

## **Arrival Procedure**

- Participants enter through designated entrance area
- Gathering area for participants—establish 6ft social distancing
- Coach meets participants—coach or trainer should be wearing face covering
- participants should be dressed and ready to workout on arrival
- participants should have their own water bottle
- (If you provide water bottles, the bottles should be sanitized before giving to participant and only distributed by coach)
- Coach takes temperature, student signature, record temperature (who has forms, thermometers)

- \*If temperature is above 100.4, student is placed in quarantine area, parents contacted to pick up immediately, contact health department
- Participants should wash hands using provided hand sanitizer
- Proceed too workout

## **Workout**

- Preparation
  - 1 coach to 10 participants
  - Adhere to social distancing guidelines—6ft during duration of workout—no physical contact between participants or coach and participants
  - If weight training is utilized outdoors
    - Make sure the moving of such equipment is either carried out by the coaching staff or if involving participants, it must be done in a strictly adhered to and supervised manner
    - Equipment must be wiped down after each participant use (check with custodians or administration for supplies to wipe down equipment after each participant use and at the conclusion of each workout)
    - Those participants using the weight equipment should also use hand sanitizer before and after use
- Temperature
  - Even with the temperature expected to be in the 80's early next week and low 90's later in the week,
  - Coaches must monitor the heat index during workouts

## **Water**

- Participants must have a source of water during workouts whether that be their own water bottle or one provided by staff

## **Departure Procedure**

- At the conclusion of workout, participants should leave workout area and return home
  - (If there is a situation, where participant is waiting on ride, there should be an area for them to wait that does not allow them to congregate with others waiting or participants arriving)
  - Those exiting should depart using the designated exit

*\*Coaches may wear face masks at all times and strongly encouraged to use face coverings whenever physical distancing is not possible. (Would recommend the individual taking the participant temperature wear a face covering)*

**Sports involved:**

- Cross Country—can begin practice June 15
- Golf—can begin practice June 15
- Girls Soccer
- Boys Soccer
- Football
- Cheerleading

**\*It is not mandatory for students to participate or mandatory that coaches begin workouts on June 15**

**All sports (excluding cross country and golf) have the same workout parameters:**

- **All session must focus on physical fitness workouts**
- **Social distancing must be adhered to throughout workout**
- **There should be no shared equipment (towels, clothing, or sports specific equipment, etc.)**

**Thoughts**

Early info to coaches

Bathroom

Health Department phone

Submitted plan to high school Athletic Directors

Physical checks plan and recorded

COVID-19 signature plan and recorded

Trainers—we can begin on the 15th if we don't have trainers present