

Plan for Resuming Activities 2020

Please complete the Google Doc for your team's plan to resume activities. Make sure to read and reference the [KHSAA Guidelines](#) and [Governor's Guidelines](#) as you plan your activities.

Students should not be using locker rooms at this time.

Athletes are expected to bring their own water bottle. No sharing is permitted and water fountains will not be available. We will have extra bottles of water on hand.

The check in procedure will need to be as follows:

1. Check temperatures in the parking lot. If 100.4 or higher, the student, and anyone riding in the same car, may not participate.
2. Have students scan QR code and answer screening questions.
3. Give students a bracelet that indicates they have met health guidelines (must be worn during practice).
4. Have students proceed to a predetermined location to meet with their group.

Sport	SMS Football
Head Coach	Rob Rich
Location meetings/conditioning/practice will be held.	SMS Football Stadium
Location players will enter the facility and get temperature taken.	Rear of School, near door C-7
Location players will exit the facility and possibly wait for a ride.	SMS Stadium Parking Lot

Use the chart below to plan daily activities from June 5 - July 12. Include how you will enforce social distancing and sanitation guidelines. All non-participants are required to wear masks at all times. Use a new row if there are changes in activities.

*Maximum of 50 in a practice session. Students will be divided into subgroups consisting of no more than 10 students and 1 coach for 11 total. The subgroups will not come into contact with each other.

Date	Time	Summary of Activities
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7/22/20	6-730pm	Bulldog Football Talk, Teach Stretches, Teach Core Exercises, Teach Running Form, Teach 3pt Stance, Cone Drills, Ladder drills
7/27/20	6-730pm	Stretches/Exercises, Position Specific Stance & Footwork, Cone Drills, Ladder Drills, Other Agility Related Drills
7/29/20	6-730pm	Stretches/Exercises, Position Specific Stance & Footwork, Cone Drills, Ladder Drills, Other Agility Related Drills, Route Running, Pass Drop Drills, Stretches, Core Exercises, Running Form
8/3/20	6-730pm	Stretches/Exercises, Position Specific Stance & Footwork, Cone Drills, Ladder Drills, Other Agility Related Drills, Route Running, Pass Drop Drills, Stretches, Core Exercises, Running Form
8/5/20	6-730pm	Stretches/Exercises, Position Specific Stance & Footwork, Cone Drills, Ladder Drills, Other Agility Related Drills, Route Running, Pass Drop Drills, Stretches, Core Exercises, Running Form