



Off-Season/Pre-Season Conditioning 2021

Pre-Practice

- Coaches are expected to set an example, and wear face covering/mask at all times.
- Athletes remain in the vehicle until “received” by coaches.
- We will continue to perform health checks (assessment questions, temperature reading) upon arrival. Logs should be checked by Athletic Directors for compliance.
- Athletes must utilize hand sanitizer upon arrival.
- Athletes must report to practice with face covering/mask.
- Athletes should report to practice with their own source of hydration.
- Athletes should report with any equipment required for practice.
- Coaches must ensure masks are worn, and social distancing is maintained prior to the start of practice. My biggest concern is pre and post practice time when athletes tend to congregate.
- Gaiters will be provided for student-athletes.

Locker Rooms - No locker rooms are to be utilized until further notice

- For practices beginning at 4 pm or later, athletes must arrive dressed.
- For after school practices, students who attend school that day may dress in a restroom. For student-athletes who are not in session that day (A/B Students, Remote Students) they should arrive to practice dressed.
- Students should arrive to practice masked, and remain masked until the start of practice.

Practice

- Practices should be determined by the Estill County Schools COVID-19 Metric - 48 Hour Policy. For pre-season/off-season we will remain practicing Phase III Guidelines.
- Practices should be kept short and concise.
- Any athlete that is not actively engaged in practice/drill/activity, should be socially distanced from other participants with face covering/mask on. While athletes are engaged in practice/drill/activity, face covering/mask may be removed.
- Any practice taking place in the gym can consist of no more than 11 individuals (including coaches. 1 coach 10 athletes, 2 coaches 9 athletes).
- Any practice taking place in the weight room can consist of no more than 8 athletes due to the size of the area, as well as the equipment needed for this session.
- Coaches should designate a coach, or volunteer parent to wipe balls down with disinfectant provided by Athletic Director
- All practices should remain “closed” to limit the amount of people at our facilities.
- Coaches need to have a sincere discussion with athletes and possibly parents about being open and honest in terms of COVID related symptoms and the reporting of those symptoms

Post-Practice

- Athletes must utilize hand sanitizer upon exit.

- Coaches are to enforce social distancing until the athlete departs from practice (oversee athletes from the end of the practice period until the athlete enters the vehicle for departure).
- For any “team” equipment used, sanitation is required before coaches depart.
- Athletic Directors need to ensure sanitization of Bathrooms used for dressing purposes.

Scheduling Practice

- To schedule practice time for your team, please coordinate through Ruth and Blake for usage of our facilities.
- Due to the strict limitations that are placed on practices especially with regards to the capacity of athletes, you will need to be patient as COVID-19 can make for numerous scheduling dilemmas.

COVID Response

- Any athlete exhibiting symptoms of COVID-19, or athletes that have come in contact with an individual who has tested positive for COVID-19 should inform their Athletic Director. District policy will be followed.
- All Healthy At Sports Guidelines are to be followed, no exceptions.

Healthy At Sports Guidelines -

<http://khsaa.org/resources/Covid19/khsaaJune2020covidallowancesandrestrictions.pdf>

SPECIFIC WEIGHT ROOM GUIDANCE DURING ALL SEGMENTS • Prioritizing the health and safety of all students and staff should remain the focus of each KHSAA member school and affiliated middle school. These requirements should be followed when conducting voluntary strength and conditioning sessions: Covid-19 Return to Participation in Sports and Sport-Activities Guidance, Effective June 1, 2020 — 5 - as of July 10, 2020 • Schools should be guided by the information contained in state guidance for fitness centers/gyms (not gymnasiums) but gyms that are permitted to reopen on June 1, listed at <https://go.aws/3dcbkDL> • It is the responsibility of each KHSAA member school to comply with the above requirements. • Each person entering the facility should have their temperature checked upon arrival with any individual with a temperature registering 100.4 degrees or above not be permitted to stay • Hands should be washed or hand sanitizer used prior to entering the facility and touching any equipment • Restrooms if opened should be sanitized before use and at the conclusion of the workout • 2 people maximum on any one piece of equipment • Spotters should wear a cloth mask or cloth face covering • Maintain social distance by being 6 feet apart • Follow gathering CDC and state guidelines for groups of 10 or less students • Groups of 10 or less should be pre-determined • Once groups determined, students may not switch from one group to another • Interaction between groups must be avoided • Sessions can only include weightlifting, running, and exercises designed to promote physical fitness. • Sport-specific drills are not permitted unless permitted during that time frame by the Governor’s order, and sport-specific equipment may not be used. • Implement diligent and effective cleaning and disinfecting of frequently touched objects and surfaces following the guidance of the CDC • Each piece of equipment should be disinfected between each user of the equipment • Hands should be washed or hand sanitizer used every 30 minutes • Any equipment used should be disinfected every 30 minutes • No shared hydrating bottles, towels, gloves, or any other personal equipment is permitted • Coaches or other supervisory adults should wear a cloth mask or cloth face covering

- The Weight Room is limited to eight athletes due to facility size and equipment restrictions. One athlete per power rack. Athletes must be masked when “spotting” or conducting exercise closer than six feet to other athletes.
- Equipment/Weights must be sanitized prior to leaving the general area.