

Summer Practice and Strength and Conditioning General Guidelines for June 2020

1. Basic Initial Requirements – All students, staff and family members are to...
 - Wash hands
 - Check temperature daily (stay at home if above 100° F)
 - Be aware of and disclose any potential contact with affected individuals
 - *Stay at home if showing any signs of illness!*
2. Those infected must stay at home for 14 days before returning to campus.
3. Organize into groups and do not merge or interchange groups.
4. Only essential personnel may be present during workouts (no parents or spectators).
5. Due to the highly structured activities of these sessions, students must arrive on time...students that are late cannot participate.
6. There will be a minimum of 30 minutes between sessions for cleaning and to allow students to leave and arrive without interactions.
7. There will be designated drop-offs for athletes...please observe and follow these guidelines.
8. As soon as athletes finish their workout there will be no congregating on campus...ALL must LEAVE.
9. Wash and sanitize hands often.
10. Do not touch your face, eyes, or mouth with unclean hands.
11. Practice social distancing at all times.
12. Cover your mouth and nose with a tissue or your elbow if you cough.
13. Locker rooms will be closed indefinitely...athletes must come prepared to start their workout.
14. No sharing of personal belongings! Since locker rooms cannot be used do not bring items of value.
15. Be aware that there will be only one...maybe two restrooms available and cannot be used for dressing purposes.
16. Please label and bring a filled water bottle large enough to avoid having to refill. Individuals may use their water bottle ONLY...no SHARING!
17. Facial coverings are required when social distancing is not possible. All students must bring their own facial covering and wear as instructed as well as in all common areas. No exceptions!
18. Compliance to these guidelines are expected...violators will be warned and “reeducated” one time only. More violations will result in loss of privileges to attend the workouts.
19. It is required that both parents and students sign the summer compliance statement.