

# Acceptable Activities Starting 8/10/20



## Pre- workout Screening:

- An up-to-date physical is required for participation.
- Athletes must sign up through [www.familyid.com](http://www.familyid.com) .
- All coaches and students will be screened for signs/symptoms of COVID-19 prior to a workout. Screening includes a temperature check.
- Responses to screening questions for each person will be recorded and stored so that there is a record of everyone present in case a student develops COVID-19 (see attached Monitoring Form).
- Any person with positive symptoms reported will not be allowed to take part in workouts and will contact his or her primary care provider or other appropriate health-care professional.
- Vulnerable individuals will not oversee or participate in any workouts during this phase. Accommodations for students with serious health conditions may be provided.

## Limitations on Gatherings:

- No gathering of more than 12 people at a time.
- All activities will take place outside.
- Locker rooms will not be utilized during Phase 1. Students will report to workouts in proper gear and immediately return home to shower at end of the workout.
- Workouts will be conducted in “pods” of students with the same group of students and coaches always working out together. This ensures more limited exposure if someone develops an infection.
- Arrival/Departure times of each pod will be staggered. Congregating before/after workouts is strictly prohibited.
- There must be a minimum distance of 6 feet between each individual at all times. If this is not possible, cloth masks must be worn.
- All personal belongings and water bottles should be kept at a minimum of 6’ apart.
- Physical contact, such as handshakes and fist bumps are prohibited.
- Coaches must wear masks.
- Participants should limit their participation to only one sport/activity (e.g., training for either baseball or soccer, but not both).
- No spectators are allowed.

## Facilities Cleaning:

- Adequate cleaning schedules will be created and implemented for all athletic facilities to mitigate any communicable diseases.
- Individuals will wash their hands for a minimum of 20 seconds with warm water and soap, or with hand sanitizer, before participating in workouts.
- Appropriate clothing/shoes will be worn at all times.
- Students are encouraged to shower and wash their workout clothing immediately upon returning to home.
- Restrooms will be available and will be cleaned several times per day.

## Physical Activity and Athletic Equipment:

- It is preferred that activities focus on conditioning, body weight exercises, flexibility, and individual fundamentals.
- It is preferable for all participants to bring their own equipment and not share equipment during the activity. If equipment must be shared (e.g., a ball), it must not be shared between groups and must be disinfected after each training session.
- sports that cannot be played with sufficient distancing and cohorting are not permitted.

## Hydration:

- All students shall bring their own water bottle. Water bottles must not be shared.
- Hydration stations (water cows, water trough, water fountains, etc.) will not be utilized.