



Spring High School

Phase 1 Covid Workouts

INDOOR REGULATIONS

- A. Groups limited to no more than 10 athletes. Groups have to stay 10feet away from other groups.
- B. Capacity is 25% of building

OUTDOOR REGULATIONS

- A. Groups limited to no more than 15 athletes. Groups have to stay 10feet away from other groups
- B. Restroom usage – Male athletes will used JV locker room one at a time. Female athletes will use Training room restroom one at a time.

LOGISTICS

4 Stations / 24 Athletes = 96 Athletes total

25 minute segments/ 5 minute rotation for water- Sanitization

Coaching Staff will address the following:

Establish drop off, pick up, Cov-19 screening, restroom use, hydration plan.

Social Distancing procedures

Cleaning Procedures

Grouping of Students

Facility tour

Rotation Pattern

ENTRY PROCEDURES

- A. All student-athletes are required to enter indoor facilities via the double doors on the North Side of the fieldhouse.
- B. Every Monday each student athlete will individually screened for Cov-19 symptoms.
- C. All Athletes will be screened on a daily basis for COV-19 symptoms.
- D. This is THE ONLY permissible entry for employees/student-athletes. All other entry points will be inaccessible.
- E. All Athletes must have own water – They will not be allowed to workout if they do not have own water.

Student-athletes are required to do the following:

Six feet social distancing indicators will be set up along the sidewalk. There will be 2 Coaches at table checking in student athletes for attendance. They will be filtered by coaches at the point to their specific areas to eliminate cross contamination.

EXIT PROCEDURES

- A. Student-athletes must exit through the doors on the North side of the Field house, learned during orientation, while practicing social distancing, avoiding contact with other student-athletes and staff.
- B. Students must sanitize their hands when they exit the facility
- C. Parents must stay in their cars during pick up process

Cov-19 symptoms for screening

Cough

Shortness of breath or difficulty breathing

Chills

Repeated Shaking with Chills

Muscle Pain

Headache

Sore Throat

Loss of taste or smell

Diarrhea

Feeling Feverish or a measured temperature greater than or equal to 100.0 degrees Fahrenheit.

Known close contact with a person who is lab confirmed to have COVID-19.

PPE's will be worn at all times.

Cleaning and Sanitation Guidelines S & C 2020

Any equipment, sports balls or implements, will be regularly disinfected.

After each group has used that equipment, that equipment will be thoroughly disinfected before allowable use by anyone else.

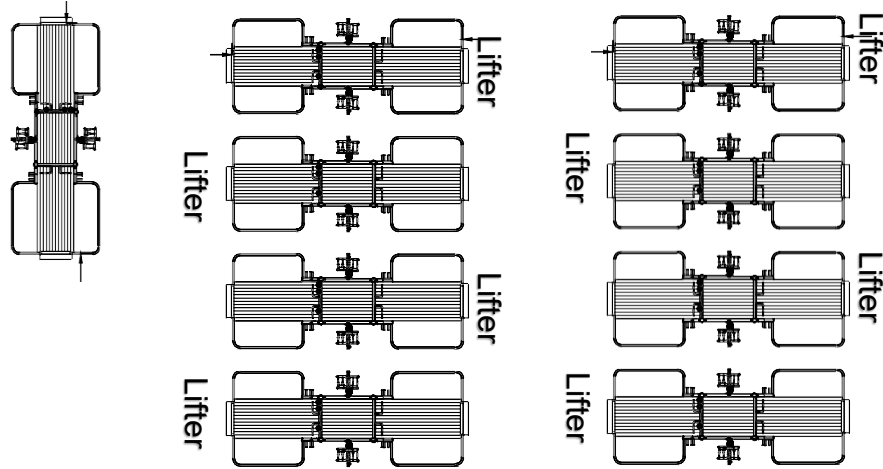
All Staff members will be trained and informed of proper cleaning expectation along with guidelines of SAC camp.

Every item or facility in contact with students or employees will be thoroughly sanitized following each session.

Phase 1 Covid Workouts

Weight Room

Entrance



-24 athletes Allowed

-10 Ft per group

-Every Other Rack being used

