



## **Guidelines for Summer Conditioning 2020**

Summer is defined as, beginning the day after the last day of school, and concluding with the Saturday prior to Fall sports starting.

**All summer work-outs are voluntary.**

- **Phase I (June 15 – June 28)** - Outdoor facility workouts only. Gymnasiums, locker rooms and weight rooms will not be open. No more than 30 participants at the facility one time, with a maximum of 10 in each group (Ex- 9 athletes and 1 coach).

(Facility is defined as all athletic fields, courts, training rooms, and gyms on campus.)

- **Phase II (June 29 – July 12)** - Re-evaluate conditions and adjust guidelines accordingly. Weight room and gym use will be considered. The number of participants allowed at the facility at one time will be reviewed and adjusted as needed.
- **Phase III (July 13 - July 26)** - Re-evaluate conditions and adjust guidelines accordingly.
- **July 27-** 1st day for fall sports practices per the FHSAA. Adhere to 2020-2021 FHSAA rules and guidelines

**General requirements-** (Must follow all Federal, State, Local, and CDC Guidelines)

- All participants must have a current pre-participation evaluation, (EL-2) and consent and release forms (EL-3), insurance and adhere to FHSAA Policies 40, 41, 42, and 43.
- All students must have a signed summer work-out waiver to participate.
- Staff and athletes must be screened prior to each workout. A daily monitoring questionnaire and monitoring form will be used for screening athletes and coaches.
- If a student answers “yes” to any of the screening questions, the student-athlete will not participate in any work-outs until cleared by a physician or student stays home for 14 days prior to return.
- Coaches are responsible for tracking attendance for the purposes of noting potential COVID-19 cases.

- No use of locker room, gym, or training room during Phase I.
- Each student participating in workouts should bring their own personal water bottle and towel. There will be no use of water fountains.
- All participants must wear masks/face cover to enter the facility.
- Hand Sanitizer will be plentiful and readily available.
- Conditioning sessions can be held between 7-11am and 4-8pm.
- No Friday, Saturday, or Sunday workouts.
- Students cannot remain on campus following their workout.
- Time should be scheduled between daily workout sessions, to allow athletes to exit before the next group of students enters campus.
- Designated parking areas and student drop-off /pick-up areas will be developed. Parents and other non-screened individual should not leave their cars to meet their students.
- Contact the Pinellas County Health Department if a positive case of COVID-19 is reported

### **Outdoor Facilities: (including stadium, practice field, track, baseball and softball field)**

- All athletes and coaches will be screened before they enter the athletic facility. (Using monitoring questionnaire)
- Athletes will report to the facility dressed to participate.
- Directional signage will be used to enter and exit the facilities.
- No more than 10 individuals including coaches in each conditioning group (ex- 9 athletes, 1 coach). In addition, no more than 30 total individuals at the facility at one time during Phase I.
- Conditioning pods/groups should be the same individuals (including coaches) for each session to limit exposure. Athletes or coaches cannot change groups.
- Social distancing of 6 feet will be kept.
- Any equipment used will be disinfected before students move to their next station/drill.
- Students will bring their own water and towel. Water coolers or hydration systems can only be used by coaches wearing gloves to refill athletes personal bottles or cups.
- One set of restrooms will be utilized and cleaned daily.
- Schools will designate a safe inside area to shelter in case of lightning. This area should be large enough for coaches and athletes to social distance.
- No visitors or unscreened individuals are allowed at conditioning sessions.

## **Weight room (Tentative - Phase II)**

- Athletes and coaches will be screened each day before entering facility. (using monitoring questionnaire)
- No more than 10 individuals in the weight room at one time. (ex: 9 students and 1 coach)
- Directional markings should be established for entering/exiting and movement in the weight room.
- Cover any weight benches or pads that have exposed foam.
- Weight equipment should be wiped down by the athlete after their use of the equipment, using provided disinfectant.
- Mask/ Face covers must be worn in the weight room by all individuals.
- Side spots only in weight training, safety bars are preferred.
- Individuals will stay in the same workout groups for the entire weight room session.
- Water fountains will not be used. Students will bring their own water and towel.
- At least 15 minutes should be scheduled between groups using the weight room to allow for disinfecting of the weight room equipment. The coaches will be responsible for the cleaning of the weight room between sessions.
- No visitors or unscreened individuals are allowed in the weight room.

## **Additional Information**

- Cheerleaders may not practice partner stunts or pyramids. (Chants, jumps, dances without contact is permissible)
- If teams use an off-campus facility for summer conditioning they still must follow district guidelines, in addition, to other guidelines established by the facility they are using.
- The Assistant Principal for Athletics will develop a weekly schedule for the facility, following district guidelines. Fall sports will be the priority when scheduling for summer conditioning.
- Monitoring Forms will be submitted weekly to the APA or designee.

**\*\*Safety is our top priority so dates and guidelines are subject to change\*\***