

Hardin Northern - Return To Play Guidelines

June 1 - June 14, 2020 Phase 1

**Prior to Workout:**

- Participants will be screened for Covid-19 signs/symptoms within the past 24 hours (recorded each workout - forms kept in folder).
- Athletes should not arrive more than 10 minutes prior to workout and should maintain social distancing until the workout begins.
- Arrival and departure of athletes will be controlled by coaches so as to maintain social distancing.
- Athletes and coaches with positive responses will not take part in workouts - will be referred to their medical provider.
- Athletes/Coaches will wash hands upon arrival at the facility. Athletes will be admitted into the restrooms one at a time.
- Vulnerable individuals should not oversee or participate in any workouts. Athletes with prior conditions should notify their coaches.
- Locker rooms will not be used, athletes should have proper gear upon arrival.
- Athletes should bring their own water bottle for hydration - Players will **NOT** be allowed to use water fountains.
- Coaches will determine groups and locations - will be noted on the symptoms sheet.

**During Workout:**

- No spectators will be allowed.
- No physical contact between athletes - no games or scrimmages.
- It is recommended that coaches will wear a mask/face covering - Athletes will have the option to wear masks.
- Hand sanitizer will be available in the weight room, outside FB concession stand, and in each gym.
- Players should use the hand sanitizer upon arrival and before leaving each workout session.
- Weight room will be wiped down and sanitized prior to and after each workout session.
- No shared equipment - all equipment will be wiped down and sanitized prior to and after each session.
- There should be a minimum distance of 6 feet between each individual at all times. If this is not possible, the number of individuals in the room should be decreased until proper social distancing can occur.
- A max of 8 athletes and 1 Coach per group. Each group will remain together and separate from other groups during the workout. If possible, members of the same household will be placed in the same group and groups should remain the same for each session.
- Only one athlete will complete each drill at a time (cone drills/speed ladders/etc.)
- When possible, cones and/or tape will be used to mark the areas for social distancing (no touching of cones).
- Each athlete will use the same rack the entire time they're in the weight room.
- Recommend that athlete's have a face cover in the weight room.
- There will be absolutely **NO SHARING** of any personal equipment (water bottles, shoes, towels, etc.) between student athletes.
- Gym doors will remain open so players do not have to have any contact with door handles.
- Players **Must** wear shirts and proper shoes at all times.
- Any equipment such as weight benches, athletic pads, that have holes with exposed foam should be covered.
- Weight equipment should be wiped down thoroughly before and after each individual uses the equipment.
- There should be a focus on resistance training with bodyweight, sub-maximal lifts, and use of resistance bands.
- Free weight exercises that require a spotter should not be conducted, as they cannot be conducted while observing social distancing.

**After Workout:**

- It is recommended athletes shower immediately upon arriving home and wash their workout clothes.
- Athletes who develop Covid-19 symptoms outside the 24 hour period before or after workouts should notify their head coach.
- It is recommended that athletes maintain these guidelines when working out at locations outside of the school workouts.
- Cleaning supplies will be provided to wipe down equipment and a cleaning schedule will be created for all facilities.

June 15 - TBD, 2020 Phase 2: (If there is a downward/flat trajectory of documented cases, Phase 2 may begin.)

**All Phase 1 guidelines will be followed except outside groups may be increased up to 50 and limited shared equipment may be used.**

By signing below we acknowledge that we have read the above guidelines and that we will adhere to the standards outlined in order to practice proper social distancing during each workout. Furthermore, we acknowledge the risk involved in gatherings due to Covid-19 and we are voluntarily participating in these workouts despite the risks.

Signature of Parent/Guardian

Date

Signature of Athlete

Date

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Print Name of Parent/Guardian

Print Name of Athlete

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