



6/1/20

Summer 2020 Participation Guidelines

All summer work-outs are voluntary

Must follow Federal, State, Local, FHSAA and CDC Guidelines

- Must have current EL2, EL3, insurance and adhere to FHSAA Policies 40, 41, 42 and 43.
- Must also adhere to FHSAA Policy 20.1.1

Phase I: June 15 - June 26 - Return to Activity (Outdoors only with no equipment)

*Limit of 1 hour per workout per day.

- a. Groups of 10 max. (1 coach with 9 students) (Phase I-II)
- b. There can be several groups in the same facility depending on the size of the facility and group separation. (Phase I-III)
- c. Groups should stay the same each day. (All Phases)
- d. No one may stay on campus after their workout. (All Phases)
- e. No Saturday or Sunday workouts. (Phase I-III)
- f. Limit to 4 workouts per week. (Phase I-III)
- g. Workouts can be between 7-11am or 5-9pm depending on the school. (Phase I)
- h. All student-athletes must bring their own water bottle and towel. No use of water fountains or water cows. (Phase I-III)
- i. Locker rooms will not be available for use. (Phase I-III)
- j. Only badged SCS coaching staff and enrolled students in grades 9-12 are permitted. (All Phases)
- k. No spectators or visitors permitted. (Phase I-III)
- l. One restroom for males and females will be available. (Phase I)

Phase II: June 29 - July 10 - Weight-Room and Gym use - Evaluate equipment use

*Limit of 1 hour in weight-room and 1 hour outside of weight-room per day.

We will reevaluate CDC guidelines and adjust accordingly

Phase III: July 13 - July 24 - Weight-Room and Gym use - Evaluate equipment use

*Limit 3 hours total of workouts on campus per day.

We will reevaluate CDC guidelines and adjust accordingly

Phase IV: July 27 - 1st day for fall sports practices per the FHSAA

Adhere to 2020-2021 FHSAA Rules & Regulations

Additional Information:

- All participants must follow CDC guidelines and practice social distancing maintaining 6 feet spacing when possible. (Phase I-III)
- Coaches and students should wash hands frequently or use hand sanitizer. (Phase II - IV)
- Coaches should sanitize equipment after every use. (Phase II - IV)
- Certain lifts and activities may be changed or eliminated. The use of side spotters may be necessary during bench press and back squat. (Phase II – IV)
- Shirts (no tank tops) must be worn always. (All Phases)
- Parents must remain in their cars during drop-off and pick-up (Phase I-III)
- Coaches are responsible for ensuring social distancing is maintained between players as much as possible. (All Phases)
- Coaches should be knowledgeable of their students with pre-existing health conditions and work with school nurses or other health officials to take additional precautions as needed. (All Phases)
- No one with cough, cold or fever can participate. (All Phases)
- All students will have a signed participation waiver that includes health procedures and protocols. (All Phases)
- Contact public health if a positive case of COVID-19 is reported. (All Phases)

Recommendations and restrictions are fluid and subject to change

Safety must be our top priority

