



Summer Strength and Conditioning and Sport-Specific Skill Instruction

The Stafford Athletic Department has developed a plan to offer SMSD athletes the opportunity to participate in a voluntary strength and conditioning program and sport-specific skill instruction during the summer of 2020. The plan complies with the applicable orders and regulations from state and local health and governmental authorities and the guidance from the University Interscholastic League (UIL).

Click on the link below to view the UIL/TEA guidelines for Strength and Conditioning and Sport-Specific Skill Instruction:

[https://www.uilTEXAS.org/files/athletics/Summer_2020_SC-Sport_Specific_Document_FINAL_\(10\).docx](https://www.uilTEXAS.org/files/athletics/Summer_2020_SC-Sport_Specific_Document_FINAL_(10).docx)

Information for Parents

SMSD is committed to providing a safe and healthy environment for all athletes and coaches. We recognize that the COVID-19 pandemic crisis has caused many changes to our daily lives. SMSD wants you to feel confident and comfortable during these uncertain times if you elect to allow your student to attend a voluntary, optional Strength and Conditioning (S&C) session. We have included below some information about the planned S&C sessions to assist you to make a decision about your student's attendance. An FAQ also is attached to the end of this document.

The Athletic Department has developed a plan and will set the schedule for all strength and conditioning (S&C) and sport specific skill instruction sessions at a campus. All schedules will comply with UIL rules.

On the first day of strength and conditioning, athletes will not work out. The coaches will explain all rules and expectations and athletes will complete an educational walk through of a typical S&C session.

Registration. Students who wish to participate in S&C must return a completed sign-up sheet, signed by the parent/guardian. All athletes must have a current physical on file from last school year in order to participate in S&C. If an athlete does not have a physical on file, one will be required before participating.

Entrance and Exit Procedures. We have developed entrance and exit procedures for S&C participants to ensure a well-managed process. Parents, siblings or other non-SMSD visitors will not be admitted to any facility. Visitors who wish to observe outdoor workouts must remain outside the perimeter fence and should observe all social distancing requirements.

Daily Health Screening. Each student and staff member must complete a daily COVID health screening and temperature check before he/she may participate or work. Staff or students who answer any screening question "yes" must stay home or, if completing the screening on site, will be sent home. A participant whose temperature is 100 or above, will be sent home and may not enter the facility. Any student or staff member who receives a positive COVID-19 test must report the results immediately to the Athletic Department who will notify SMSD Health Resources.

Participation Limits. SMSD will limit enrollment in each session to ensure no more than 25% of the occupancy capacity of any indoor facility is used during S&C and sport specific skill instruction.

Social Distancing. During workout activities, students and staff must maintain at least ten feet distance when actively exercising. Staff may have a brief period of closer contact with a student if a shorter distance is required for safe participation. When not working out, students and staff must maintain at least six feet distance.

Staff to Student Ratios.

For sport specific activities conducted outdoors, students may be placed in working groups of no more than 15 total students with one staff member. For sport specific activities conducted indoors, students may be placed in working groups no larger than 10 total students with one staff member. For S&C activities, there must be one coach for every 20 students

Students will remain in the same workout group throughout the S&C program and sport specific skill instruction to the extent possible. If a participant develops symptoms of COVID-19, all participants in the workout group will be removed until the participant has been cleared to return.

PPE/Sanitation.

Students must report to S&C in their exercise clothing. Locker rooms and shower facilities will not be available to students or staff before or after workouts. Restroom facilities will be available.

Students may but are not required to wear masks during active exercise. Students are strongly encouraged to wear masks when not actively exercising. Staff will wear masks at all times (unless actively exercising).

Hand sanitizing stations will be available throughout the workout facility. All participants will be encouraged to wash/sanitize hands throughout the session.

Athletic facilities and equipment will be disinfected before, during and after work out sessions. Disinfectant spray and/or wipes will be available.

Only one person will be on a rack at a time. The athlete will disinfect the equipment after each use. All balls used during a sport specific skill workout will be sanitized after each session.

Food and Drink.

We will provide a water station with disposable cups. It will be supervised by a trainer or coach. Food or drink may not be shared.

Please visit with your student athlete about the importance of following all social distance guidelines and all rules for S&C. We want all athletes to feel comfortable participating in this voluntary activity. Students who repeatedly disregard rules and expectations may be removed from the program.



If you have questions about the strength and conditioning program, please contact the Athletic Department:

Coach Savanah ksavanah@staffordmsd.org (281) 261-9200 x9360, cell (832) 302-3521

Coach Hinojosa hinojosas@staffordmsd.org (281) 261-9200 x9209, cell (281) 627-4330

Athletic Office (281) 261-9200 x6140

Frequently Asked Questions: Summer Strength and Conditioning and Sport-Specific Skill Instruction

- Q. Are students required to have a physical on file to participate in strength and conditioning and sport-specific skill instruction?
- A. *Yes. (If one is on file from last year, the student athlete is in compliance)*
- Q. What is the maximum length of a strength and conditioning session?
- A. *No more than two consecutive hours per day, Monday through Friday*
- Q. What is the maximum length of a sports-specific skill session?
- A. *Sessions may be conducted in addition to the strength and conditioning sessions. A student shall attend no more than 90 minutes per day of sport specific skill instruction with no more than 60 minutes per day in a given sport, Monday through Friday.*
- Q. Is the strength and conditioning program and sport-specific skill instruction required for my student athlete to participate in athletics during the school year?
- A. *No. Participation is voluntary, but strongly encouraged.*
- Q. Are parents or visitors allowed to watch workout sessions?
- A. *Parents/visitors must remain outside the perimeter of the fence if they wish to watch outdoor activities. Parents and visitors are not allowed to enter the facility.*

Q. How many strength and conditioning sessions may a student athlete attend per day?

A. *One*

Q. Whom should I contact with questions about strength and conditioning or sport-specific skill instruction?

A. Contact *the Athletic Office or Coach Savannah or Hinojosa.*