

Bishop O’Gorman Catholic Schools return to play summer procedures:

The Bishop O’Gorman Administration and Coaches have worked hard to identify training challenges, build a schedule, divide groups, provide safety precautions and cleaning protocols to ensure that our athletes and coaches are given the opportunity to enhance their strength and conditioning while providing a safe and structured environment that maintains compliance with Center for Disease Control (CDC) and Covid-19 Guidelines along with National Strength and Conditioning Association recommendations. The return to play procedures will begin June 15 and expire July 31.

The restrictions listed will evolve throughout the summer in phases. Those restrictions will be updated online. All registrations must be done online (no walkups). **Registration deadline for June camps and workouts is June 10. Deadline for July camps is July 8.**

Phase 1-June 15-28 All restrictions listed are being followed

Phase 2-June 29-July 12 Athletes will be restricted to 50 outside and 24 inside. More approved drills per sport. The SDHSAA does not allow workouts July 3,4,5.

Phase 3 July 3-August 2 Possible lifting of restrictions and allowing competition based on CDC guidelines. The SDHSAA does not allow coaches contact after Aug.1 until the start of fall sports.

General provisions: Face coverings are recommended entering and leaving indoor facilities. All students will maintain 6ft separation at all times. Temperature checks and screening will be taken at all entrance locations. Students will use hand sanitizer entering and leaving. Locker rooms and water fountains will be closed. No parents or spectators will be allowed inside the school or on the bleachers outside. Everyone will be asked a series of screening questions:

Have you had any close contact with a Covid-19 positive person in the community?

Within the last week, have you had any new or unexplained symptoms, including—Cough, shortness of breath, Chills, Muscle pain, Headache, Sore Throat, Vomiting or diarrhea, Loss of taste or smell?

Have you had a fever of 100 degrees or greater over the past week?

Girls and Boys BB Camps and Open Gym:

- *All players enter and screened through the main gym entrance
- *Coaches will be outside 15 minutes before session
- *Players bring their own water bottle (no sharing)
- *Use the same basketball the entire session (may bring your own or use OG ball)
- *Basketballs will be disinfected after each session
- *Limit of 10 players per session
- *Social distancing of 6ft will be maintained at all times

- *Hand sanitize before and after session
- *Coaches will leave with players after session to maintain social distancing
- *Camp T-shirts will not be given out this year

Volleyball Camps and Open Gym:

- *All players enter and screened through the main gym entrance
- *Players bring their own water bottle (no sharing)
- *Volleyballs will be disinfected after each session
- *Limited # of players per court
- *Social distancing of 6ft will be maintained at all times
- *Hand sanitize before and after session
- *Camp T-shirts will not be given out this year

Football Camp and Weight Room:

- *All players enter through the locker room entrance (locker rooms closed) to access weight room
 - *Players screened at weight room entrance
 - *Players bring own water bottle (no sharing)
 - *June schedule (tentative)
- 6:15 Varsity #1-Weight Room Varsity #2 Plyos /Agility-field Varsity #3 Core/Hips/skills-field
- 7:00 Varsity #3-Weight Room Varsity #1 Plyos /Agility-field Varsity #2-Core/Hips/skills Varsity #4-Core
- 7:45 Varsity #2-Weight Room Varsity #3Plyos /Agility Varsity #1-Core/Hips/skills Varsity #4-Plyos/Agility
- 8:30 Varsity#4-Weight Room Fresh/Soph #1 Plyos/Agility Fresh/Soph#2-Core/Hips/skills
- 9:15 Fresh #1-Weight Room Fresh #2 Plyos/Agility
- 10:00 Fresh #2-Weight room Fresh #1-Core/Hips/skills

- *Maintain 6ft distancing at all times in weight room and football field
- *Lifting station disinfected after each rotation
- *Players entering field that did not start in weight room will be screened
- *Players will be groups of 10 with 1 coach on field

- *Hand sanitize before and after session
- *Camp T-shirts will not be given out this year

O’Gorman Male and Female Summer Training/O’Gorman JH Summer Training

- *All players enter and screened at field entrance
- *Maintain 6ft distancing at all times
- *Workouts in groups of 10 outside
- *Players bring own water bottle (no sharing)
- *Hand sanitize before and after session
- *Athletes enter weight room through locker room entrance (locker rooms closed)
- *Equipment disinfected outside and weight room after session

Treadmill Workout at Avera Human Performance Center

- *Athletes screened and temperature check at entrance
- *Athletes must wear face covering entering, and leaving the building. Face coverings are also required if using restrooms or locker rooms
- *Social distancing of 6ft will be maintained at all times
- *Treadmills are cleaned after workout
- *No spectators allowed in building
- *Arrive no earlier the 10 minutes before your session
- *Hand sanitize before and after session
- *Bags and belongings are spread out along wall at your workout space
- *Bring your own water bottle—no sharing

Girls and Boys Soccer Camps

- *Athletes screened and temperature check when entering field
- *Social distancing of 6ft at all times
- *Players bring own water bottle (no sharing)
- *Hand sanitize entering and leaving field
- *No parents or spectators in stands or parking lot
- *Players will be groups of 10 with 1 coach
- *Pinnes only used by 1 player per session
- *No one can touch ball or equipment with hands
- *Equipment disinfected after each session

Competitive Cheer Tryouts (June 15,16 &17) and Summer Workout

- *Athletes enter through locker room entrance (locker rooms closed)
- *Athletes screened at Cheer room entrance
- *Tryouts are staggered groups of no more that 3 athletes 6ft apart
- *Sanitize mats between groups
- *Hand sanitize before and after session
- *Athletes bring own water bottle (no sharing)
- *Workouts Monday mornings in groups of 10 (same athletes in each group)
- *1 hour sessions for each group, 10 minutes between sessions to sanitize
- *No stunting
- *Open gym Monday and Wednesday morning beginning in July. Groups of 10
- *Routine Choreography will take place July 18-23 (up to 25 athletes with appropriate spacing)
- *Stunt Choreography will possibly take place July 27,28,29

Sideline CheerTryouts (June 15,16 & 17) and Summer Workout

- *Athletes enter through locker room entrance (locker rooms closed)
- *Athletes screened at Cheer room entrance
- *Athletes bring own water bottle (no sharing)

- *Material emailed out June 11 to those who have expressed interest
- *Tryouts are staggered groups of no more than 3 athletes 6ft apart at 15 min. increments
- *Video tryouts for those at risk (asthma, etc)
- *Sanitize mats between tryouts
- *Sideline team will not meet for the rest of phase 1 or phase 2
- *Begin full practice on Aug. 3 per CDC, SDHSAA guidelines

Cross-country/Track/Pole Vault

- *Athletes screened at field entrance
- *Maintain 6ft throughout workout
- *Same pole with each athlete—no sharing
- *Disinfect equipment after session
- *Hand sanitize before and after session

Competitive Dance Tryouts (June 15,16 & 17) and Summer Workout

- *Athletes enter through main gym entrance
- *Athletes screened at PAC entrance
- *Tryout material will be sent June 8 electronically to all expressing interest
- *Tryout workshops will be separated in time slots for each individual dance style (HipHop, Jazz & Pom) with groups of no more than 10 with social distancing
- *Sanitize floors and equipment between each group
- *Everyone brings their own water bottle (no sharing)
- *Open gym weekly starting June 18th-Tuesday, Wednesday & Thursday mornings to work on individual skills, strength and conditioning
- *Groups of 10 athletes and 2 coaches per session
- *Appropriate formations will be maintained/enforced to adhere to social distancing guidelines
- *2 hour sessions for each group—10mins in between to sanitize

- *Document open gym attendance
- *No partnering
- *Add in partnering choreography if able in phase 2
- *Dance Choreography Camp July 6-9 (if moratorium adjusted)
- *Up to 25 athletes in the PAC with appropriate spacing (if allowed)
- *Dance Team Cleaning Camp July 16,17 & 18 in Gymnasium
- *Poms sanitized after each use
- *Begin full practice on Aug. 3 per CDC and SDHSAA guidelines

Gymnastics Open Gym

- *Athletes follow Power and Grace restrictions

Procedure for diagnosis of positive Covid-19 case:

- *Notify Activities Director
- *Activities Director will contact Bishop O’Gorman Administration and Avera Representatives
- *Close contacts will be identified
- *Notifications and procedures will be based on the details of the situation

