

Athletic Workout Checklist

- Coaches, please note that these workouts are voluntary. There is No pay of any kind involved.
- You do not have to do this.
- Coaches – These workouts are intended for the physical, emotional wellbeing of athletes. This is not "Practice". Athletes/players do not have to come to the workouts, and they may choose to come every so often. That is why it is not organized practice. Those days are in the future if this goes well. When messages go out, they should say that voluntary workouts and conditioning will take place from _____ to _____. Students with a signed permission slip and completed physical may attend any session they want. These workouts are not mandatory, but this is an opportunity for athletes to begin working out. Students must bring their own water and face mask, or they will not be admitted to the workouts. Hand sanitizer will be on hand for students to use. Students **WILL NOT** be Accessed or Evaluated on their physical ability in any way and do not have to attend if they choose not to.
- All athletic workouts **MUST** be voluntary. No tryouts of any kind will take place. No evaluation of athletes is allowed.
- Upon arrival, athletes will be asked to self-asses/report their condition and answer the following questions or will turn in a self-assessment survey each day before being permitted to work out.
 1. Do you have a Fever?
 2. Do you have a cough?
 3. Do you have a Sore throat?
 4. Do you have a shortness of breath?
 5. Do you have a recent loss of smell or taste?
 6. Have you come in close contact or cared for someone with COVID 19?
 7. Do you have a temperature above 100.3F?
- Parents **MUST** sign a waiver/permission slip granting permission for students to attend workouts.
- Students who answer YES to any of these questions will not be permitted to work out and will be sent home. Students reporting two or more of these conditions will be asked to see their health care provider and provide written clearance before returning to workouts.
- You must schedule your workout time through your Athletic Director. At this time only 100 students are permitted on the campus each hour with ½ in between workouts to clear the campus and clean facilities.
- A plan must be in place for student arrival and departure.
- You may NOT charge a fee for the workouts. No camps at this time.
- Athletes must have a current physical examination on file.

- All in attendance **MUST** wear a mask when not working out. Coaches must wear a mask. Athletes wear a mask to check in and when leaving the workout.
- Hand sanitizer **MUST** be made available upon arrival, during workout, when leaving.
- Cohorts may be made up of 1 coach per 20 athletes. Coaches will keep a log and take attendance on the same 20 athletes. Coaches must oversee the same 20 athletes and must keep a record of who they worked out with.
- Social Distancing of a minimum of 6 feet **MUST** be maintained at all times.
- Athletes may not share athletic equipment (Balls, bags, parachutes, sticks, bats, helmets, boxes, jump ropes, etc.)
- Athletes **MUST** bring their own water to workouts.
- No Indoor workouts of any kind are permitted.
- Students may not congregate before or after workout. Ride arrangements must be made prior to workout.
- Students must stay in their cohort at all times.
- Workouts may only take place Mon – Fri after 2:30 pm. No workouts will take place during the school day.
- If any of the above are violated, that coach and program will be shut down.
- Work with your Athletic Director on schedule.
- This is voluntary for athletes and coaches.
- Questions? Contact your Athletic Director

Start Date – After contacting your Athletic Director and scheduling your times, workouts may begin as soon as September 9, 2020