



Covid-19 Return to Athletic Training Guidelines

Phase One:

- Training sessions should continue to be held in outdoor spaces whenever possible.
- Steps to maximize fresh air flow in indoor spaces (i.e. weight rooms) should be taken.
- Workouts should be strength and conditioning only, no balls or sport specific equipment.
- Schools will prepare an Infectious Disease Prevention Plan prior to staff and athletes returning to conditioning.
- Staff and athletes will be screened prior to each workout.
- Groups of 20, including coaches, for workouts per sport at any given time at the campus/facility.
 - Athletes training in weight rooms should be put into pods of 3. These pods should remain the same throughout this guidance.
- Groups should be the same individuals (including coaches) for each session to limit risk of exposure. Students or coaches CANNOT change groups for the duration of this guidance. Athletic Directors and Head Coaches are allowed to monitor all workouts. Schools that employ a Strength and Conditioning coach may use that individual to direct all workouts. These individuals count in the group limit of 20 persons.
- No use of locker rooms or shower facilities. Students should report to the facility dressed to train and shower at home.
- Equipment should be cleaned prior to each workout and sanitized between use by each student.
- Each student should have their own personal water bottle. No use of water fountains or other shared sources is allowed.
- Social distancing should be adhered to at all times.
- At least 15 minutes should be scheduled between groups to allow for disinfecting the facility and equipment.
- No visitors are allowed at conditioning sessions.

All summer work is voluntary. Any coach or athlete that feels ill should not attend training sessions.



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If you answer YES to any of these questions do not attend training today.

Do you or have you had a fever in the last week?

Have you been diagnosed with COVID-19?

Have you been in contact with anyone diagnosed with COVID-19?

Have you traveled to a “hot spot” for COVID-19?

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