

# Greenon Athletics Guidelines for Using Athletic Facilities Summer 2020

This Document is concerning student use of the following areas at Greenon High School for Summer 2020:

- Gymnasium
- Locker Room
- Track
- Practice Fields
- Baseball/Softball Diamonds
- Tennis Courts
- Weight Room



**Basic Guidelines for ALL summer voluntary workout activities (until further notice):**

Six feet social distancing is in effect for everyone at all times - No Exceptions!!!

Below are common symptoms of Covid 19. Athletes and coaches should be aware of these symptoms and if three or more are present, a physician's note is required prior to returning to workouts.

**Symptoms to monitor are:**

Cough  
Shortness of breath or difficulty breathing  
Fever  
Chills  
Muscle pain  
Sore throat  
New loss of taste or smell

All student athletes and coaches will conduct at home health screenings before each workout.

Upon showing up at the facility, Coach will check for symptoms. Coaches will record attendance, any symptoms and that the temperature is less than 100.4 every meeting using Final Forms. Coaches should keep these forms for their records.

- There is to be no physical contact between students/coaches at any point (no high fives, no huddles, no team breaks).
- Hydration stations will NOT be used or available. Please bring your own water/fluids. Sharing of water bottles will **Not** be permitted.
- Athletes should report to workouts in proper gear and immediately return home to shower and wash all their workout clothing at the end of the workout.
- Locker rooms are off limits except to use the restroom - only 1 person at a time is permitted in the restroom.
- There should be no shared equipment (towels, clothes, sport specific equipment).
- All workout groups are to remain the same for every workout.
- Absolutely no spectators of any kind for voluntary workouts.
- No scrimmages or games for all contact sports until further notice (football, soccer, basketball, volleyball).
- Athletes are not required to wear face covering while working out. However, they cannot be denied the right to use face covering at any point.

-Coaches should not use a whistle (until further notice)

### **Weight Room**

-Six feet social distancing is in effect for everyone at all times - No Exceptions!!!

-Only 1 team at a time will be permitted in the weight room (must be reserved with Athletic Director in advanced).

-Upon showing up at the facility, players are to stay in their cars until a Coach opens the doors to begin taking the temperatures of all athletes while retaining social distance.

-Coaches will record attendance and that the temperature is below 100.4 every meeting on Final Forms.

-Upon entering the room, use hand sanitizer.

-No more than 10 people (including coaches) in the weight room at any time *during Phase One and Phase Two.*

-Groups will travel from exercise to exercise while keeping social distance. These will remain the same groups until further notice (cannot change groups).

-Athletes need to bring their own water. No sharing of water bottles.

-Doors are to be propped open during the entire lifting session.

-Bathrooms are open but social distancing is still in effect. Must wash hands when leaving the restroom.

-Employees of the district are recommended to wear face covering at all times while inside (until further notice).

-There will be no spotting and therefore no max lifts during Phase One or Phase Two.

-When a group completes an exercise, the equipment (bar, dumbell, bench, etc) will be disinfected and allow at least 2 minutes when using "Super Sani-Cloth"

between groups and per exercise to allow the disinfectant to dry (this time is needed to kill any virus on the equipment).

### **Practice Fields**

-Six feet social distancing is in effect for everyone at all times - No Exceptions!!!

-No more than 10 people (including coaches) at any time one time *during Phase One, can have up to 50 during Phase Two.*

-Upon showing up at the facility, players are to stay in their cars until a Coach signals to begin taking the temperatures of all athletes.

-Coaches will record attendance and that the temperature is below 100.4 every meeting on Final Forms.

-It is recommended that outdoor Coaches wear facemasks during instruction.

-Specific balls should be used for each person. Groups move to different drills/stations with their balls. No sharing of equipment/balls.

-Practice balls are to be sanitized every day prior to use. Once a ball is provided to a person/group that ball stays with that person. No one else should touch that equipment/ball.

-If uncertain who has used the ball, then the ball must be sanitized.

-Athletes should bring their own water. No sharing of water bottles.

-No Games or competitions between players until further notice.

-No Locker room facilities except for restrooms. Social distancing is in effect inside the restrooms.

-To sanitize equipment/balls: wipe the equipment down and allow at least 2 minutes of dry time prior to using the equipment. Do not sanitize on the gym floor.

-Shirts must be worn at all times

## **Gymnasium**

- Six feet social distancing is in effect for everyone at all times - No Exceptions!!!
- Upon showing up at the facility, players are to stay in their cars until a Coach opens the doors to begin taking the temperatures of all athletes.
- Coaches will record attendance and that the temperature is below 100.4 every meeting on Final Forms.
- Upon entering each person should sanitize their hands.
- No more than 10 people (including coaches) at any time *during Phase One and Phase Two*.
- Athletes will bring their own water. No sharing of water bottles.
- Employees of the district are recommended to wear face covering at all times while inside (until further notice).
- Doors are propped open the entire time.
- Specific balls should be used for each person. Groups move to different drills/stations with their balls. No sharing of equipment/balls.
- Practice balls are to be sanitized every day prior to use. Once a ball is provided to a person/group that ball stays with that person. No one else should touch that equipment/ball -No Games between players until further notice.
- Shirts must be worn at all times.
- Locker rooms should only be used for restroom purposes. Social distancing is still in effect.

-To sanitize equipment/balls: wipe the equipment down and allow at least 2 minutes of dry time using “Super Sani-Cloth” prior to using the equipment.

### **Baseball/Softball**

-Social Distancing will be expected at all times - practice or games.

- No more than 10 people (including coaches) at any time one time *during Phase One, can have up to 50 during Phase Two.*

-Upon showing up at the facility, players are to stay in their cars until a Coach signals to begin taking the temperatures of all athletes.

- Coaches will record attendance and that the temperature is below 100.4 every meeting.

-Once a group is formed, that group is to be together for every drill, every exercise for the remainder of the summer.

-Baseballs/softballs will be assigned to that group. Only those in the group will handle them

-Athletes may not share equipment (i.e. helmets, bats, gloves, catching equipment, etc).

-No team water coolers - each athlete is to bring their own water/drink.

-It is recommended that outdoor Coaches wear facemasks during instruction.

*If Games are allowed by outside entities (to be determined):*

-Spectators should be encouraged to wear face masks and maintain social distancing.

-Compliant game balls must be designated to each team for use while that team is playing defense.

-If a foul ball is hit, the defensive team will need to retrieve the ball.

-Umpires will be required to wear masks.

-No touch rule - No high fives, No shaking of hands, no unnecessary physical contact of any kind.

-No spitting or eating seeds, gum or other similar products.

-Only game personnel allowed on the field

### **Tennis Courts**

-Six feet social distancing is in effect for everyone at all times - No Exceptions!!!

-No more than 10 people (including coaches) at any time one time *during Phase One, can have up to 50 during Phase Two.*

-Upon showing up at the facility, players are to stay in their cars until a Coach signals to begin taking the temperatures of all athletes.

-Coaches will record attendance and that the temperature is below 100.4 every meeting on Final Forms.

-Once a group is formed, that group is to be together for every drill, every exercise for the remainder of the summer.

-Athletes should bring their own water. No sharing of water bottles.

-No sharing of equipment.

-It is recommended that outdoor Coaches wear facemasks during instruction.

-Games or matches may be played honoring social distance guidelines.

### **Golf**

-Six feet social distancing is in effect for everyone at all times - No Exceptions!!!

-No more than 10 people (including coaches) at any time one time *during Phase One, can have up to 50 during Phase Two.*

-Upon showing up at the facility, players are to stay in their cars until a Coach opens the doors to begin taking the temperatures of all athletes.

- Coaches will record attendance and that the temperature is below 100.4 every meeting on Final Forms.

- Athletes should bring their own water. No sharing of water bottles.
- No sharing of equipment.
- It is recommended that outdoor Coaches wear facemasks during instruction.
- Matches may be played honoring social distance and course guidelines.

### **Stadium/Track**

- Six feet social distancing is in effect for everyone at all times - No Exceptions!!!
- No more than 10 people (including coaches) at any time one time *during Phase One, can have up to 50 during Phase Two.*
- Upon showing up at the facility, players are to stay in their cars until a Coach opens the doors to begin taking the temperatures of all athletes.
- Coaches will record attendance and temperatures every meeting. Athletes should bring their own water. No sharing of water bottles.
- It is recommended that outdoor Coaches wear facemasks during instruction.
- Staggered starts

### **Phases**

School should start at *Phase 1* of this program and remain there for at least 14 calendar days. If there is a downward/flat trajectory of documented cases within a 14 day period in the state, then progress to *Phase 2* where a new 14 day period of tracking of cases should begin. If there is another 14 day downward/flat trajectory of cases, schools may progress to *Phase 3* (OHSAA).

Phase 1: No more than 10 people (including coaches) in one area, inside or outside.

Phase 2: No more than 10 people inside/50 people outside

Phase 3: Unlimited



## **Covid-19 Summer Conditioning Guidelines for Voluntary Workouts**

### Parent - Athlete Agreement

#### **Basic Guidelines for ALL summer workout activities:**

Six feet social distancing is in effect for everyone at all times - No Exceptions!!!

Below are common symptoms of Covid 19. Athletes and coaches should be aware of these symptoms and if three or more are present, a physician's note is required prior to returning to workouts.

Symptoms to monitor are:

Cough

Shortness of breath or difficulty breathing

Fever

Chills

Muscle pain

Sore throat

New loss of taste or smell

All student athletes and coaches will conduct at home health screenings before each workout.

Upon showing up at the facility, Coach will check for symptoms. Coaches will record attendance, any symptoms and that the temperature is less than 100.4 every meeting using Final Forms. Coaches should keep these forms for their records.

-There is to be no physical contact between students/coaches at any point (no high fives, no huddles, no team breaks).

-All drinking fountains - Hydration stations will NOT be used or available. Please bring your own water/fluids. Athletes should bring their own water.

-Athletes should report to workouts in proper gear and immediately return home to shower and wash all their workout clothing at the end of the workout.

-Locker rooms are off limits except to use the restroom - only 1 person at a time is permitted in the restroom.

-There should be no shared equipment (towels, clothes, sport specific equipment).

- All workout groups are to remain the same for every workout.
- Absolutely no spectators of any kind for voluntary workouts.
- No scrimmages or games until further notice (unless specified in the individual sport rules).
- I have read, understand and agree to follow the Covid-19 Summer Workout Guidelines and understand that participation is voluntary.

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Student Athlete

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Parent/Guardian

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Date

**Covid-19 Summer Conditioning Guidelines for Voluntary Workouts**  
Coach Agreement

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- No scrimmages or games until further notice (unless specified in the individual sport rules).
- Shirts must be worn at all time
- I have read, understand and agree to follow the Covid-19 Summer Workout Guidelines and understand that participation is voluntary.

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Coach

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Date