

COVID-19 Strength and Conditioning and Sport Specific Instruction

Weld RE-4 schools and teams may, but are not required to, begin Summer Strength and Conditioning and Sport Specific Instruction beginning June 15, 2020 under the requirements described below. Weld RE-4 will continue to work with state officials and monitor CDC and other federal guidance to determine any potential modifications.

Requirements for All Workouts

Consider having an individual wholly or partially dedicated to ensuring health protocols are being successfully implemented and followed. Schools must follow all requirements of state and local authorities in addition to the requirements below:

- Attendance at workouts must be **optional** for students and in compliance with the rules for Summer Strength/Conditioning Programs & Sport Specific Skill Instruction noted below. In addition to on-campus workout options, schools should consider providing students guidance for working out at home or remotely away from school. This can include virtual workouts, emailed or otherwise electronically delivered workout instructions, or any delivery model approved by the RE-4 school district.
- Before the start of summer workouts, students will bring completed screening form from home with them to each practice session and will not be allowed to participate unless a completed, signed form is delivered to the coach prior to the beginning of the workout session.
- The completed participation form will also serve as an attendance record and shall be kept for each session until otherwise instructed by the Athletic Director. Students shall not be required or allowed to make up missed days or workouts.
- Students may not be given access to locker rooms or shower facilities. Students should report to workouts in proper gear and immediately return home to shower at the end of the workout. Coaches will wipe down/disinfect sink areas when workouts are completed.
- During workouts, schools must have at least one staff member per ten students in attendance to ensure appropriate social distancing, hygiene, and safety measures are implemented.
- Schools must have hand sanitizer or hand-washing stations readily available in the workout area. Students and staff should be encouraged to use it frequently.
- All surfaces in workout areas must be thoroughly disinfected throughout and at the end of each day.
- No clothing or towels may be laundered on site or shared during workouts. Coaches and athletes will provide their own towels if desired for use.
- There can be no shared water or food. Coaches and athletes will provide their own food and water.
- Schools should plan for entry and exit procedures that reduce the number of students and parents congregating outside and/or mixing around the workout areas and parking areas. Consider staggering start and end times, assigning students to entries and exits to ensure even distribution of students entering/exiting at each entry point, providing guidance to students to enter one at a time and wait six

feet apart outside the entrance.

* Students will remain with a single group or cohort to minimize the number of students and staff that must isolate if a case is confirmed.

Strength and Conditioning Workouts (PHASE 1a)

In addition to the above requirements for all workouts, the following applies to strength and conditioning activities:

- Sessions for strength and conditioning may be conducted by school coaches for students in grades 9-12 from that coach's attendance zone.
- A strength and conditioning session shall be no more than two consecutive hours per day, Monday through Friday.
- A student shall attend no more than one session per day.
- Strength and conditioning sessions shall include only strength and conditioning instruction and exercises. No specific sports skills shall be taught and no specific sports equipment, such as balls, dummies, sleds, contact equipment, etc., shall be used. Medicine Balls, Tires, etc may be used when sanitized after each user and not used for at least 15 mins after sanitizing.
- Except for reasonable safety considerations students and staff must maintain at least six feet of distance from all sides when not actively exercising. When actively exercising, students and coaches must maintain at least ten feet of distance from all sides when possible.
- Schools should limit the total number of participants based on available space to allow for the appropriate distancing between students and staff.
- No inactive/non-participating individuals shall be present in the workout area(s) during the time of activity.
- Workout stations must be spaced to allow for at least ten feet of distance between them in all directions. Some exercises may require more than ten feet of distance.
- Any equipment must be thoroughly disinfected before and after each use. If a student uses a piece of equipment, that equipment must be thoroughly disinfected before another student uses it. Schools should limit the use of equipment to further reduce the risk of spreading the virus.

Sport Specific Instruction (PHASE 2)

In addition to the above requirements for all workouts, the following applies to sport specific instruction:

Limitations & Rules

- Sessions for sport specific instruction may be conducted by school coaches for students in grades 9-12 from that coach's attendance zone.
- Sessions may be conducted in addition to the strength and conditioning session(s), and a student shall attend no more than 2 hours per day of sport specific skill instruction/strength and conditioning in total, Monday through Friday.
- Sport specific skill sessions may include specific sports equipment, but contact equipment (helmets, pads, sleds, tackling dummies, etc.) is not allowed.
- Competitive drills involving one or more students on offense against one or more students on defense may be conducted, up to 7 on 7, without physical contact at any time. Groups must still be 25 or fewer and cohorts must remain together.
- Students and staff must maintain at least six feet of distance from all sides when not actively exercising. When actively exercising, students and coaches must maintain at least ten feet of distance from all sides when possible.
- Schools should limit the total number of participants based on available space to allow for the appropriate distancing between students and staff.
- Students may be placed in working groups no larger than 25 total students. Once assigned to a group/cohort, athletes will remain with that group until the end of the phase. Each working group should maintain appropriate distance from other working groups.
- Any equipment, such as sports balls, should be regularly disinfected during workout sessions and must be sanitized at the end of any workout. This equipment must not be shared between workout groups. After a group has used such equipment, that equipment must be thoroughly disinfected before being used by a different group.
- More than one group of 25 participants may be at the same outdoor site at the same time, provided that proper supervision and distancing measures are in place and followed. If there is no supervision for a workout group, then that group must not be allowed to practice until the coach can be present. Indoor spaces will have a cap of 12 athletes and one coach per gym during this phase.

Aug 10 - CHSAA determines the rules and guidelines

- Weight room - cannot do heavy lifting that requires a spotter (high rep/low weight), however, lifts should still be observed by a coach or lifting partner. Emphasis SHOULD NOT be placed on doing maximum weight lifts. Sanitize as students move from one machine to the next. Free weights may be taken outside to increase numbers and should be brought back inside and sanitized after each use.

Positive Cases and Staff or Students Showing COVID Symptoms

- If a positive case is identified among a participant in these summer activities, either staff or student, the group to which that staff or student was assigned and in contact with must be removed from the sessions while all members of the group self-isolate. If the confirmed individual regularly had close contact outside a single group, then all of the students and staff with whom the confirmed individual had close contact shall be removed from workouts for two weeks.
 - Schools should consider having students remain with a single group or cohort to minimize the number of students and staff that must isolate if a case is confirmed.
 - For example: If a student in one cohort tests positive for COVID, the student and that one cohort must isolate. If that student was part of several cohorts, then the student and all of the cohorts they were a member of would have to isolate.
- Any staff member or student who experiences any of the symptoms of COVID (listed below) should self-isolate until the below conditions have been met.
 - In the case of an individual who was diagnosed with COVID-19, the individual may visit when all three of the following criteria are met: at least three days (72 hours) have passed since recovery (resolution of fever without the use of fever-reducing medications); and the individual has improvement in respiratory symptoms (e.g., cough, shortness of breath); and at least ten days have passed since symptoms first appeared; or
 - In the case of an individual who has symptoms that could be COVID-19 and does not get evaluated by a medical professional or tested for COVID-19, the individual is assumed to have COVID-19, and the individual may not return to work until the individual has completed the same three-step criteria listed above; or
 - If the individual has symptoms that could be COVID-19 and wants to return to work before completing the above self-isolation period, the individual must obtain a medical professional's note clearing the individual for return based on an alternative diagnosis.
- Any student or staff member living with someone who experiences any of the symptoms of COVID, whether they have a positive COVID test or not, should self-isolate for two weeks. If they do not experience any COVID symptoms during that period, they can return to summer workouts. If they experience symptoms, they must self-isolate until the conditions outlined above have been met.

COVID Symptoms for Screening

- Cough
- Shortness of breath or difficulty breathing
- Chills
- Repeated shaking with chills
- Muscle pain
- Headache
- Loss of taste or smell
- Diarrhea
- Feeling feverish or measured temp \geq 100.0 F
- Known close contact with a person who is lab confirmed to have COVID-19