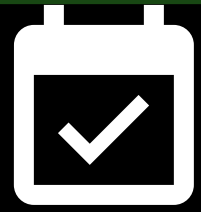


WILDCAT FOOTBALL

JUNE IHSA COVID STAGE I

STRENGTH AND CONDITIONING GUIDELINES

In accordance with [Restore Illinois](#) and [IHSA Stage I Guidelines](#)



SCHEDULE

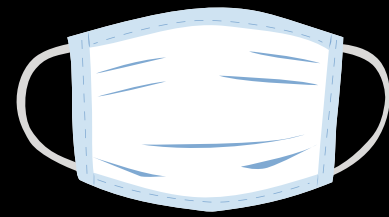
MON, TUES, THURS

Time schedule provided to players on Google Classroom and parents.

Prompt ARRIVALS and DEPARTURES with no congregating in the building or parking lot.*

SMALL GROUPS

9 Players : 1 Coach



FACE MASKS

Players will not be required to wear a mask while exercising under the guidelines. Bringing a mask is recommended for transitions, and in the event of unexpected instances where social distancing is not possible.



PROCEDURES

Pre-Workout symptom survey and temperature check required for attendance.

This will be a Digital Survey = Bring a Phone

PAPERLESS Workouts = Bring a Phone

No Water Provided = Bring Your Own Bottle

No football drills; socially distanced groups of 9 will be separated outside by more than 30 feet apart on the athletic fields; same basic guidelines mentioned above; no reservation needed.

Hand Sanitizer Provided.

Minimal-to-No Equipment Sharing
Equipment Disinfected between uses.
No rubber gloves - football gloves only



DISTANCING



6 FEET APART

For all Warm-Ups,
Workouts, & Interactions
No Handshakes or Horseplay



DISINFECTING

