



USD 208 Summer Weights and Activities Reminders



July 2, 2020

Parents and Students,

As we move into the second half of our summer break, please be reminded of the precautions we are taking regarding our summer weights and sports programs. As indicated in the waiver required by each participant, measures are being taken to ensure a clean and a safe environment. We please ask that you take a moment during this mid-point in the summer to review these guidelines. **Most importantly, if you know that you have been in a situation where you may have been exposed to COVID-19 or are exhibiting any symptoms of illness please do not attend any activities for the appropriate amount of time as advised by local health officials.** Taking these precautions will help ensure we are able to continue our summer programs uninterrupted. Below is a list of precautions coaches are taking along with expectations of participants. Thank you for your diligence and understanding during our summer programs.

- Screening all students for symptoms of illness
- Tracking of student attendance at each session
- Masks are encouraged but not yet required, students will need to provide their own at this point
- Hand washing immediately upon entering the building for any activity session
- Social Distancing at every opportunity possible
- Hand Sanitizing after using equipment (jump ropes, medicine balls, etc.)
- Wiping down of lifting stations, etc. after each use
- No shared towels
- No water fountain use
- Students should bring their own water bottles
- If students are playing on a travel team or in a league outside of Trego County please be mindful and aware of any potential exposure you have had. If you were at an event that has been identified as an exposure site, please contact the local health department for guidance.

Please be aware that there will be NO weights sessions the Week of July 6th, please enjoy a week off and we hope to see everyone when we resume on July 13th. With continued awareness and diligence, we hope to have a successful remainder of summer programs.