

# **Flatonia Athletics**

**2020 Summer Conditioning/Sports  
Specific Guidelines**



**What's the Goal?  
Next Level!**

## SUMMARY

On behalf of Flatonia ISD Athletics, we are pleased to present this outline for the Phase 1 plan to return our student-athletes to in-person on campus training. The health and safety of our student-athletes is our number one priority and the following guidance is based on what is currently known about the coronavirus disease (COVID-19). With social distancing requirements, it will take many more HOURS and AREAS to provide our student-athletes a quality summer strength and conditioning experience.

### A. Key Principles:

- **Limiting personal interaction** – Face-to-face interaction and person-to-person contact will be limited to essential activities that cannot be performed in an alternative (virtual or remote) fashion. When such activities are required, social distancing and other infection-spreading mitigating measures will be emphasized.
- **Cleaning and sanitation** – Routine and enhanced cleaning and sanitation measures will be implemented.
- **Safe access to facilities** – Facility entry and exit points will be coordinated to minimize personal interaction and facilitate social distancing.
- Flatonia Athletic Staff will keep a 1:20 coach to student ratio at all times.

# Girls Workout Times and Dates

## Flatonia Lady Bulldog Grades 8-12

### Summer Dates (2020)

June 8-11 (Mon-Thurs)

June 15-18 (Mon-Thurs)

June 22-25 (Mon-Thurs)

June 29-July 2 (Mon-Thurs)

July 6-10 (Closed)

July 13-16 (Mon-Thurs)

July 22-24 (Wed-Fri)

July 20 & 21 (CLOSED)

July 27-30 (Mon-Thurs)

August 3 (Monday) Volleyball & Cross Country Practices Begin

August 3-6 (TBA)

August 10-13 (TBA)

August 19 (Wednesday) First Day of School

### Daily Workout Times

**June 8-11 & June 15-18**

8:00-9:00 am **OUTDOOR** Strength & Conditioning Training

5:30-6:30 pm **OUTDOOR** Strength & Conditioning Training

6:45-7:45 pm **SPORT SPECIFIC** Workout

(Basketball / Softball / Volleyball)

(Coaches will lead a specific sport drill workout 4 days per week for one hour each day.)

**June 22-25 thru July 27-30**

8:00-9:30 am **INDOOR** Strength & **OUTDOOR** Conditioning

5:30-7:00 pm **INDOOR** Strength & **OUTDOOR** Conditioning

7:15-8:15 pm **SPORT SPECIFIC** Workout

(Basketball / Softball / Volleyball)

(Coaches will lead a specific sport drill workout 3 or 4 days per week for one hour each day.)

## Boys Workout Times and Dates

### 2020 Flatonia Bulldog Boys Summer Conditioning Schedule

#### Summer Dates (2020)

June 8-11 (Mon-Thurs)

June 15-18 (Mon-Thurs)

June 22-25 (Mon-Thurs)

June 29-July 2 (Mon-Thurs)

July 6- 10 Closed

July 13-16 (Mon-Thurs)

July 22-23 (Wed-Thurs)

July 20 & 21 (CLOSED)

July 27-30 (Mon-Thurs)

August 3 (Monday) Football & Cross Country Practices Begin

#### Daily Workout Times

##### June 8-11 & June 15-18

8:00-9:00 am **OUTDOOR** Strength & Conditioning Training

5:30-6:30 pm **OUTDOOR** Strength & Conditioning Training

6:45-7:45 pm **SPORT SPECIFIC** Workout

(Basketball / Baseball)

(Coaches will lead a specific sport drill workout 4 days per week for one hour each day.)

##### June 22-25 thru July 27-30

8:00-9:30 am **INDOOR** Strength & **OUTDOOR** Conditioning

5:30-7:00 pm **INDOOR** Strength & **OUTDOOR** Conditioning

7:15-8:15 pm **SPORT SPECIFIC** Workout

(Basketball / Football/ Baseball)

(Coaches will lead a specific sport drill workout 3 or 4 days per week for one hour each day.)

## OVERALL GUIDELINES AND RESPONSE STRATEGIES

### SANITATION

#### A. Disinfection and Sanitation

- Facilities Cleaning – athletic facilities will be disinfected and sanitized per industry guidelines, before, during, and after strength/training and skills. Emphasis will be given to ensuring disinfecting high touch surfaces and surfaces that are used by multiple student-athletes, disinfecting between users.
- Equipment like bar bells will be sanitized after each use, and before a new athlete uses it. Spray bottles and paper towels will be at each station so that athletes can spray and wipe after they use the bar.
- Sanitizing all balls after use during all skills sessions.

#### B. Athletes and Staff

- Both athletes and staff will sanitize their hands before, during, and after workout. There will be multiple hand sanitizing stations spread out at all conditioning and skills areas.
- There will be no high fives, back slaps, or any other physical encouragement.
- 6 foot social distancing will be kept when not actively exercising.
- 10 foot social distancing will be kept when actively exercising.

## STUDENT ATHLETE REQUIREMENTS

- A. Physical Contact** – Limit physical contact with others. Do not shake hands, hug, fist-bump or high five.
- B.** Athletes will use hand sanitizer before entering the facility, during workouts, and when exiting skills.
- C. Restrooms** – Student-athletes are required to wash hands; utilize the “one in one out” model; sanitize hands after exiting; trash cans will be placed near doors to encourage student-athletes to open the door with the paper towel used to dry hands. Other than RR, locker room use is not allowed for any reason.
- D. Hydration** – Water will not be provided for student athletes. Student-athletes will be required to bring their own individual labeled water bottles. They are prohibited from sharing water bottles.

## WORKOUT / SKILLS GROUPS

- A. Athletes workout and skills groups will be coordinated by Flatonia Athletics staff to minimize exposure.
- B. If an athlete develops symptoms, all athletes in his/her group will be removed until the athlete is cleared.

## **INDOOR REGULATIONS**

- A. Groups limited to no more than **10** athletes. Groups have to stay 10 feet away from other groups.
- B. Capacity is 25% of building
  - a. Weight room and gym allows no more than thirty athletes at a time.

## **OUTDOOR REGULATIONS**

- A. Groups limited to no more than **15** athletes. Groups have to stay 10 feet away from other groups.

## **WORKOUT PROCEDURES/POLICIES**

- A. Both athletes and staff will sanitize their hands before, during, and after workouts.
  - a. There will be multiple hand sanitizing stations spread out at all conditioning and skills areas.
- B. There will be no high fives, back slaps, or any other physical encouragement.
- C. 6 foot social distancing will be kept when not actively exercising
- D. 10 foot social distancing will be kept when actively exercising
- E. Spotting is allowed but recommended that the spotter cover their mouth and nose.
- F. Bars and other equipment will be sprayed and wiped after every use.
- G. Students may attend only up to 2 hours per day of Strength and Conditioning
- H. Students may attend only up to 90 min/day of skills with no more than 60 min/day in one sport
- I. Sport specific skills may include specific sports equipment, but not contact equipment
- J. Any equipment should be regularly disinfected during sessions.
  - a. Equipment should not be shared between groups.
- K. No competitive drills involving one or more students on offense vs defense in skills
  - a. No 1-on-1, 3-on-3, 5-on-5, 7-on-7 etc

## **EXIT PROCEDURES**

- A. Student-athletes must exit the route predetermined and learned during orientation, while practicing social distancing, avoiding contact with other student-athletes and staff.
- B. Students must sanitize their hands when they exit the facility

- C. Parents **must** stay in their cars during pick up process

## **COVID-19 SYMPTOMS, TESTING & MANAGEMENT**

### **A. COVID-19 Symptoms or Positive Test**

- a. Student-athletes who appear to have symptoms or who become sick during the day will be immediately separated from other student-athletes/staff and instructed to return home.

### **B. Positive Test Confirmed:** If a student-athlete tests positive for COVID–19, they are to self-isolate until 10 days from onset of symptoms AND 72 hours of being symptom free without medications

### **C. If a student-athlete has been in **close contact with someone who has tested positive** for COVID–19 or has a family member that lives with them that has tested positive for COVID -19:**

- a. Student-athlete should inform the Athletic Director or High School Principal and quarantine for 14 days.
- b. The Athletic Director will notify student-athletes who may have been exposed to COVID-19. Fellow student-athletes may be sent home to self-quarantine for at least 14 days or until a confirmed negative test result is received.