

Hamilton County High School

Summer Workout Procedures



➤ Overview

- Our vision is that off-season conditioning is an essential first step to building a successful sports program; however, certain precautions must be followed;
- Student participation in these workouts is completely voluntary;
- Please note that these procedures and guidelines are subject to change at any time depending on circumstances surrounding the COVID-19 Crisis

➤ Requirements

- All participants must have a current physical on file;
- All FHSAA policies will be followed;
- Signatures confirming receipt and understanding of these guidelines and procedures are required prior to workouts;
- Workouts will be conducted following guidelines set forth by the Centers for Disease Control (CDC) and the National Federation of State High School Associations (NFHS)

➤ Phase 1 Guidelines (Adopted from NFHS Guidelines)

○ Pre-Workout Screening

- All coaches and students will be screened for signs and symptoms of COVID-19 prior to a workout. Each screening will include a temperature check and health related questions;
- Responses to screening questions for each person will be recorded and stored so that there is a record of everyone present in case a student is exposed to COVID-19 (see attached form);
- Any person with positive symptoms reported should not be allowed to take part in workouts and should contact his or her primary care provider or other appropriate health-care professional;
- Vulnerable individuals should not oversee or participate in any workouts

○ **Limitations on Gatherings**

- No gathering of more than 10 people at a time (inside or outside);
- Locker rooms will not be utilized during this phase;
- Students should report to workouts in proper gear and immediately return home to shower at end of the workout;
- Workouts should be conducted in “pods” of students with the same 5-10 students always working out together. Smaller pods can be utilized for weight training. This ensures more limited exposure if someone develops an infection;
- There must be a minimum distance of 6 feet between each individual at all times. If this is not possible indoors, then the maximum number of individuals in the room must be decreased until proper social distancing can occur.

○ **Facilities Cleaning**

- Adequate cleaning schedules will be implemented for all athletic facilities to mitigate any communicable diseases;
- Prior to an individual or groups of individuals entering a facility, hard surfaces within that facility will be wiped down and sanitized (chairs, furniture in meeting rooms, locker rooms, weight room equipment, bathrooms, athletic training room tables, etc.);
- Individuals should wash their hands for a minimum of 20 seconds with water and soap before touching any surfaces or participating in workouts;
- Hand sanitizer will be available to individuals as they transfer from place to place;
- Weight equipment should be wiped down thoroughly before and after an individual’s use of equipment;
- Appropriate clothing and shoes should be worn at all times in the weight room to minimize sweat from transmitting onto equipment or surfaces;
- Any equipment such as weight benches, athletic pads, etc. having holes with exposed foam should be covered;
- Students must be encouraged to shower and wash their workout clothing immediately upon returning to home

○ **Physical Activity & Equipment**

- There should be no shared athletic equipment (towels, clothing, shoes, or sports specific equipment) between students;
- Students should wear their own appropriate workout clothing (do not share clothing). Individual clothing/towels should be washed and cleaned after every workout;
- All athletic equipment including game balls should be cleaned after each use and prior to the next workout;
- Individual drills requiring the use of athletic equipment are permissible, but the equipment should be cleaned prior to use by the next individual;
- Resistance training should be emphasized as body weight, sub-maximal lifts, and use of resistance bands;
- Free weight exercises that require a spotter cannot be conducted while honoring social distancing norms. Safety measures in all forms must be strictly enforced in the weight room.

○ **Hydration**

- All students shall bring their own water bottle;
- Water bottles must not be shared;
- Hydration stations (water cows, water trough, water fountains, etc.) will not be used.

I have read the guidelines set forth for summer workouts at HCHS and plan to follow and support all safety protocols established. I also recognize the risks involved and understand that summer workouts are completely voluntary.

Student Signature

Date

Parent/Guardian Signature

Date

COVID-19 Athlete/Coach Monitoring Form

(Adopted from NFHS Guidelines)

Date: _____

		CIRCLE YES (Y) OR NO (N) BELOW					
Name	Time	Fever	Cough	Sore Throat	Shortness of Breath	Close Contact to Person with COVID19	Temp (If 100.4 F or Higher)
		Y / N	Y / N	Y / N	Y / N	Y / N	
		Y / N	Y / N	Y / N	Y / N	Y / N	
		Y / N	Y / N	Y / N	Y / N	Y / N	
		Y / N	Y / N	Y / N	Y / N	Y / N	
		Y / N	Y / N	Y / N	Y / N	Y / N	
		Y / N	Y / N	Y / N	Y / N	Y / N	
		Y / N	Y / N	Y / N	Y / N	Y / N	
		Y / N	Y / N	Y / N	Y / N	Y / N	

