



Waverly-Shell Rock High School Strength and Conditioning COVID-19 Standard Operating Procedures

Daily Check-In:

Student-athletes, coaches, and support staff will complete a daily questionnaire prior to entry:

1. Do you have a fever ($\geq 100.4^{\circ}$ F)? Temperature will be taken and recorded.
2. Do you have any of the following symptoms that are **NEW** in the last 14 days?
 - Cough
 - Shortness of breath or difficulty breathing
 - Fever
 - Chills
 - Repeated shaking with chills
 - Headache
 - Sore throat
 - New loss of taste or smell
3. Have you had over 15 minutes of contact with anyone with a confirmed case of COVID-19 in the last 14 days?

Any individual answering “yes” to questions 1 & 2 will be asked to immediately remove themselves from the premises. If the individual is a minor, parents/guardians will be contacted immediately by coaches or support staff. Any individuals answering yes to question 3 will be required to consult a health care provider to determine their level of exposure prior to entry to team facilities.

[Out of Season Pre-Participation Screen](#)

Event of Symptomatic Individual With Positive Case:

In the event an individual presents with symptoms or a fever, but has not yet been medically evaluated, the individual will be asked to immediately remove themselves from the facility. The individual will not be allowed for re-entrance until they have medical documentation for release to activity from their PCP **AND** at least 72 hours have passed since their recovery; defined as: resolution of fever without the use of fever reducing medications and resolution of respiratory symptoms **AND** at least 10 days have passed since individuals symptoms first appeared.

Daily Functioning:

Daily Hygiene:

-Student-athletes, coaches, and support staff will be asked to sanitize their hands with hand sanitizing gel after each successful daily check-in. Student-athletes, coaches, and support staff will be asked again to sanitize their hands with hand sanitizing gel upon completion of each daily practice/session.

-Student-athletes, coaches, and support staff will be asked to provide their own personal hand sanitizer for regular use. Hand sanitizer will also be distributed and made available at the facility.

-Student-athletes will be asked to use hand sanitizer after each individual use of shared equipment.

-Student-athletes will be required to wear freshly clean and laundered clothing for all practices and competitions. Student-athletes will be asked to launder clothing which was used for practices and competitions immediately upon arrival of their residence.

Cleaning of Facilities and Equipment:

-Hard surfaces of any and all shared equipment will be cleaned between each individual use with facility provided disinfectant wipes by the individual having last used the equipment.

-Community used facilities (bathrooms, entry ways) will be cleaned per typical routine maintenance as well as sanitized with a disinfectant solution cleaning agent at the conclusion of each practice/session.

Sharing of Equipment:

The use of shared equipment deemed appropriate will be tolerated but limited as much as possible.

-Permitted: racks, platforms, benches, barbells, dumbbells, kettlebells, sleds, free weights, cones, medicine balls, hurdles

-Not Permitted: reaction bands, resistance bands, bean bags

Social Distancing:

Student-athletes, coaches, and support staff should maintain social distancing guidelines throughout the duration of weightlifting sessions. Racks will be limited to one individual during times of use. Equipment and bags should be placed outside the GPEC while maintaining 6-feet of distancing between other's respective items.

Organizing Student-Athletes into Cohorts:

Student-athletes will train in cohorts of a maximum of 32 people. There will be three different cohorts that are allowed to train simultaneously in different locations. We plan to utilize the 32 platforms in the weightroom for free weights, the turf area for dumbbell and kettlebell work, and the track or gym due to inclement weather for conditioning. These cohorts will maintain further distance from each other than the minimum social distance standards.

There will be 6, 7:25, and 8am groups available for the online sign up. Student-athletes will be assigned their cohort within their time slot based on their level of training and age. Student-athletes will not be allowed to attend different sessions or join a different cohort within the same week.

After each group is done using exercise equipment they will disinfect and clean their area and equipment. Each cohort will exit their work area prior to the next cohort being allowed to enter the workout area.

Sessions will occur Monday through Thursday. The weightroom will remain closed to all after the last session on Thursday until the first session on Monday morning to help ensure a clean and safe environment to begin each week.

The first session will occur on Monday, July 6th. The last session will occur on Tuesday, August 4th.

Scheduling of Sessions:

- (detail your plan on scheduling of training sessions).
 - (times, dates, locations, etc.)
- (Allow delays between sessions to ensure time is allotted for cleaning/disinfecting, as well as ensuring there is no crossover between cohorts upon exit and entry).

Staff Members:

Chad Rinehart
Nate Steege
Austin Cole
Jordan Downing
Braden Holmquist
Peyton Draper
Destry Sperfslage