

Summer Weight Room/Open Gym Guidance

Weightroom

- Temperatures will be taken
- Summer Athletes must lift together
- Can not switch or mix group
- All workouts will take place outside
- Students who are absent will be tracked and contacted
- Students must bring own water bottle & restrooms only available for emergencies
- Coaches will sanitize workout equipment between groups

Basketball Open Gyms

- Temperatures will be taken
- Students must bring own water bottle & hand sanitizer
- Students will participate in activities that allow social distancing
- Group work will be with same individuals each open gym

Wrestling Open Mat

- Temperatures will be taken
- Mats will be sterilized before and after each practice by coaching staff
- Students are required to bring own water bottle & hand sanitizer
- As much individual work will be done as possible to help with social distancing
- Must workout with same partner each time

Cross Country Workouts

- Temperatures will be taken
- Students are required to bring own water bottle & hand sanitizer
- All activities will take place outside
- Social distancing is required while running & warming up

“Our top priority will be the health and safety of our students athletes. Students that are not feeling well or have a temperature greater than 100.3 will be sent home. Students not attending workouts will be called and monitored.”