

Lamphere Summer Athletic Activity and Conditioning Protocol

This document will be fluid as covid 19 research is developing daily and changes will be made as new evidence and guidelines update.

Protocols being followed were given to high schools as a guidance to help allow athletes to work out but to limit exposure to Covid 19. Lamphere will be following recommendations made from the following Groups:

Michigan High School Athletic Association (MHSAA)

National Federation of State High School Associations (NFHS)

MHSAA Sports Medicine Advisory Committee (SMAC)

NFHS Sport Medicine Advisory Committee (SMAC)

These recommendations will help reduce the spread of Covid 19 but athletes and parents need to understand there is no full proof guidance to completely stop the spread of covid 19.

Points of Emphasis:

1. Decreasing potential exposure to respiratory droplets is the guiding principle behind social distancing and the use of face coverings. It is also the basis of the stratification of risk by sport presented later in this document. The use of cloth face coverings is meant to decrease the spread of respiratory droplets. As state and local COVID-19 prevalence decreases, the need for strict social distancing and the use of face coverings will lessen.

The Lamphere Athletic department continues to closely monitor COVID-19 and is taking proactive measures to mitigate the impact of the virus. When it comes to decision-making, our commitment is this: protect the health and safety of our athletes and community.

In order to promote the **points of emphasis**, all Lamphere athletes participating in summer conditioning must do the following:

- Athletes will go through pre- workout screening. During Step 1 and 2 of MHSAA Guidelines, athletes will have temperature checks before workouts. Anyone 100.3 or higher **will not** be allowed to participate and will be isolated. Parents or Guardians will be notified of their athlete's fever. Step 3 Athletes must acknowledge they have not had a fever in the past 24 hours.
- Athletes will follow all social distancing and face covering guidelines from the Michigan Health Department.
- Athletes will stay home when feeling sick.
- All workout sessions and activity will be done outdoors until MHSAA gives the okay to use indoor facilities.
- Athletes will bring their own **easily identified** water bottle and will not share with others.
- Athletes will sanitize hands prior to and as directed during workouts. There will be ample supply of hand sanitizer provided by the Athletic Department.
- Athletes will come only at designated times and will leave immediately after. Athletes will come to practices fully dressed. (Locker Rooms **will not** be available). Athletes will respect social distancing in entrance and exits of practices.
- Athletes will not share individual equipment. All shared equipment must be school issued.



**LAMPHERE HIGH SCHOOL
SUMMER ATHLETIC CONDITIONING PERMISSION SLIP**

By signing below, I acknowledge I have read the **Lamphere Summer Athletic Activity and Conditioning Protocol** and am aware of the guidelines and points of emphasis provided in order to limit the exposure to Covid 19.

Athlete's Name: _____

Sport: _____

Date: _____

Athlete's signature: _____

Parent signature: _____