



## **Huron Valley Schools Return to Activity Guidelines for Strength and Conditioning Sessions**

### **Pre-Workout Screening:**

- All coaches and students must be screened prior to workouts on the same day for signs/symptoms of COVID-19 prior to participating, including a temperature check. This check may take place onsite or be completed and verified prior to arrival onsite (at home, for example).
- The following google form must be completed every time an athlete arrives for workouts-  
[HVS Athlete Screening Link](#)
  - **Anyone with a temperature of greater than 100.3 degrees should not participate and be sent home.**
  - **Anyone without water/proper hydration prior to practice will be sent home.**  
**There are no shared water bottles or water provided by Huron Valley Schools**
  - **Athletes will be stamped once they have completed check in**
- Responses to screening questions for each person should be recorded and stored so that there is a record of everyone present in case a student develops COVID-19. These records must be kept confidential.
- Any person with positive symptoms reported should not be allowed to participate, should self-isolate, and contact their primary care provider or other health-care professional.
- Involve local health departments if positive cases of COVID are discovered.
- Vulnerable individuals should not supervise or participate in any workouts. School districts will make the decision on vulnerable individuals

### **Limits on Gatherings:**

- No gathering of more than 100 people at a time outdoors (NO INDOOR ACTIVITY IS ALLOWED).
- Locker rooms may not be utilized during this step. Students should report to workouts in proper gear and immediately return home to shower at the end of the workout.
- Workouts should be conducted in “pods” of students with the same small group of students always working out together. This ensures more limited exposure if someone



develops an infection.

- There must be a minimum distance of 6 feet between individuals at all times.

### **Facility Cleaning:**

- Adequate cleaning schedules/plans should be created and implemented for all athletic facilities.
- Prior to an individual or groups of individuals entering a facility, hard surfaces within that facility should be wiped down and sanitized (benches, weight equipment, bathrooms, athletic training room tables, etc.) once indoor activities are allowed.
- Individuals should wash their hands for a minimum of 20 seconds with warm water and soap or hand sanitizer before touching any surfaces or participating in workouts.
- Hand sanitizer should be plentiful and available to individuals as they transfer from place to place.
- Appropriate clothing/shoes should be worn at all times to minimize sweat from transmitting onto equipment/surfaces.
- Any equipment such as 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

### **Entrance/Exit Strategies:**

- Athletes MUST wait in their cars until check in time, drivers should wait until their student-athlete is checked in before leaving
- Whenever possible students and coaches should leave a parking space between vehicles.
- Athletes will be stamped once they have completed the check in process
- Coaches/Athletic Director will organize a plan to prevent groups from gathering at entrances/exits to facilities and to limit crossover and contact, including staggering starting/ending times.
- Congregating in the parking lot after workouts is prohibited. Coaches will make sure athletes enter their cars and leave at the conclusion of workouts.

### **Hydration/Food:**



- Wash your hands with soap and water or use hand sanitizer, especially after touching frequently used items or surfaces.
- Sneeze or cough into a tissue, or the inside of your elbow. Avoid touching your face.
- Disinfect frequently used items and surfaces as much as possible.
- Do not spit at all - air, ground, equipment, hands, sunflower seeds, etc.
- **All students shall bring their own water bottle.**
- **Water bottles MAY NOT be shared.**
- Hydration stations (water cows, water trough, water fountains, etc.) should not be utilized.
- Food should not be shared.

### **Masks/Face coverings**

- All coaches should have a mask or face covering on them while at the facility. They will be required to use a mask during times (collecting of materials, helping an injured athlete, etc.) when social distancing cannot happen.
- Athletes are encouraged (not required) to have a mask on them while at the facility. Masks are not required during workouts as a 6 feet social distancing barrier will be required for all athletes.
- Any athlete who chooses to wear a mask must be allowed to do so unless they are participating in strenuous activity. At this point the mask will become a safety risk because it will limit the amount of air the athlete can take in.

### **Inclement Weather/Cancellations**

- In case of inclement weather students will be notified through various forms of communication and social media about cancellations. (twitter, team snap, instagram, huddle, text)
- **Workouts will not be moved to indoor facilities.**
- A call on cancellations should be made as soon as possible.

### **Severe Weather/Shelter in Place**

- In case of severe weather students will be directed to immediately go to their vehicles and



the workout will be cancelled. For students without a vehicle on site safety areas such as dugouts, storage areas, and inside hallway should be used. This is only in emergency situations.

- In case of extreme heat/humidity, all MHSAA heat and hydration rules must be followed.

### **Parking and Entering the Facility**

- Whenever possible students and coaches should leave a parking space between vehicles.
- Coaches/Athletic Director will organize a plan to prevent groups from gathering at entrances/exits to facilities and to limit crossover and contact, including staggering starting/ending times.
- Congregating in the parking lot after workouts is prohibited. Coaches will make sure athletes enter their cars and leave at the conclusion of workouts.