

SAFETY GUIDELINES FOR STRENGTH AND CONDITIONING TRAINING AND SPORTS SKILLS TRAINING

Daily Self-Symptom Check

- Coaches and students must do a self-symptom check before going to a training/practice session. Anyone experiencing symptoms of fever (> 100.4) cough, sore throat or shortness of breath must stay home.
- Temperatures will be checked when students arrive at the high school.
- If someone in the student's immediate family is being tested for COVID-19, they are not permitted to train until the results come in. Students may return if the test comes back negative. A positive result will require guidance from the Wood County Health Department.

Drop Off / Pick Up

- Students must arrive and train at their scheduled time unless cleared with the coach in charge.
- Students are not permitted to congregate together before or after training times. They are to remain in their vehicles until their time to report, and must depart after their sessions end.
- Parents who are dropping-off and picking-up their students should wait in their vehicles and not enter the athletic facility area(s).
- Students should not be dropped off early and need to be picked up on time. If a parent arrives early their student should remain in the vehicle with them until their time comes.

Daily Attendance Tracking

- Coaches will complete the OHSAA COVID-19 Athlete/Coach Monitoring Form for each day students report for Strength and Conditioning or Sports Skills Training. Students will not be permitted to fill in the information.

Student/Athlete Participation

- A no-touch rule is in effect. All individuals must avoid physical contact with others including high fives, fist bumps, huddles, or other close contact occurring before, during and after training/practice sessions unless the contact is for the purpose of safety.
- Students need to bring their own water/beverage bottles. They should not be shared. The use of school coolers, water fountains, and water stations will not be permitted.
- All students will be required to wash their hands and/or use hand sanitizer prior to starting a new activity.
- Equipment will be wiped down between each use.
- Students will receive two warnings for non-compliance with these guidelines. A third violation will result in the loss of privileges to attend.
- Students should come dressed for physical activity as all locker rooms will be locked and not available. Main hall restrooms will be available for emergency use only if needed.
- Due to the check in procedures students arriving late to their scheduled workout times may not be able to participate in that day's workout.