



ROSEVILLE AREA HIGH SCHOOL SUMMER PREPAREDNESS PLANS

Dates: June 15 through August 6, 2020

Cost: TBD (will vary per program)

Registration: All students must pre-register. In person registration is not accepted, due to tracking and tracing practices.

Failure to adhere to expectations/procedures/guidelines as outlined below will result in the student athlete being immediately dismissed from the program with no refund issued.

REGISTRATION GUIDELINES AND INFORMATION

- Students who are currently enrolled with RAS for the 2020-2021 School Year are eligible to register.
- Students must pre-register with the coach. No in person registration due to tracking and tracing purposes.
- Registration must include Covid-19 Release Form
- Students may attend only the session(s) for which he or she has registered.
- Each pod within the group will have a maximum of 10 participants.
- Ratio of 1 instructor per 9 student athletes.
- The 9/10 athlete training group (pod) will remain together throughout the duration of all summer training sessions.
- Students will rotate through skill and technique stations.

ON SITE EXPECTATIONS

- Students should wear a mask while checking in and again following their workout while leaving.
- Students will check in at Sports Specific Entrance, communicated by the coach 10 minutes prior to start of session.
- Check in will consist of MDH Covid-19 Screening Questionnaire.
- **Students who are late will not be allowed to participate.**
- Student must come dressed and prepared to train as locker rooms will not be available.
- Students must bring a large **filled** water bottle. Drinking fountains will be closed.
- Restrooms should be for emergency use only. If used, they must be used one at a time. Portable restrooms doors must be propped open between each use. You must follow all hand washing and sanitizing recommendations after use of bathroom.
- Do not share water bottles, clothing, shoes or towels.
- Students will be educated and expected to sanitize equipment following each use, if applicable.
- Students will follow instructions on traveling between stations. While still maintaining 6 feet of social distancing.
- Students must stay with their group for all sessions
- Students must exit the building and/or grounds immediately upon finishing their training session.

- Coaches are encouraged to wear masks and will maintain a 10' distance between themselves and the group members moving throughout stations.
- If student athlete is experiencing any symptoms of Covid-19, it is our expectation that parents make the student athlete stay home and contact their coach immediately.

DAILY PROCEDURES

1. **Enter via designated area (determined by coach)**
Report directly to your check in area, as communicated by your coach. *Do not wander around the building or grounds as they are still considered limited access.*
2. **Check In & Hand Sanitize**
Hand sanitizer will be provided for you.
3. **Complete MDH Covid-19 screening before you enter the building or facility**
4. **Complete workout or training while maintaining proper social distancing, 6 feet!**
5. **Leave RAHS grounds immediately following your workout**
DO NOT GATHER IN LOBBIES OR PARKING LOTS!

Check In Procedure for RAHS Athletic Facilities

1. **Outside: Stadium Turf Field**
Students will check in front of the visitors gate on the south wall of the concession stand.
2. **Outside: South Turf Field**
Students will check in at the southwest entrance nearest the construction trailer and new auto shop.
3. **Inside: Lower Gym**
Students should enter and exit the lower gym lobby doors facing the district office
4. **Inside: Upper Gym**
Students should enter and exit the lower gym lobby doors facing grace church

WHILE WAITING IN LINE or LEAVING THE FACILITY, 6 FEET OF SOCIAL DISTANCING SHOULD ALWAYS BE FOLLOWED. IF IT IS NOT FOLLOWED YOU WILL BE ASKED TO LEAVE AND POTENTIALLY BE DISMISSED FOR THE REMAINDER OF THE SUMMER!

Based on MDH and CDC and NFHS recommendations, we have established some guidelines on the use of our facilities under the current Stay Safe Minnesota Order. As always, please follow the recommended preventative measures in all instances:

- **Wash hands often:** Wash your hands often with soap and water for at least 20 seconds, especially after you have been in a public place or after blowing your nose, coughing, or sneezing. If soap and water are not readily available, use a hand sanitizer that contains at least 60% alcohol. Cover all surfaces of your hands and rub them together until they feel dry. Avoid touching your eyes, nose, and mouth with unwashed hands.
 - **Cover coughs and sneezes:** If you are in a private setting and do not have your cloth face covering on, remember to always cover your mouth and nose with a tissue when you cough or sneeze. If a tissue is not available, use the inside of your elbow. Throw used tissues in the trash, and immediately wash your hands.
 - **Stay home when sick:** The best way to prevent the spread of illness is to avoid exposing others and being exposed to the virus.
 - **Limit gatherings to 10 people or less:** No more than 10 people should congregate in a public space.
 - **Practice Social Distancing:** Stay at least 6 feet away from anyone who is not part of your household.
 - **Continue to wear a facemask while in public:** If a mask is not available, avoid touching your face as much as possible.
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PRE-WORKOUT SCREENING:

- All coaches and students will be screened for signs, symptoms and exposure to COVID-19 prior to a workout.
- Responses to screening questions for each person will be recorded and stored so that there is a record of everyone present in case a student develops COVID-19.
- Any person with positive symptoms reported will not be allowed to take part in workouts and should contact his or her primary care provider or other appropriate health-care professional.
- At this time, Vulnerable individuals will not oversee or participate in any workouts.

FACILITIES CLEANING:

- Adequate cleaning schedules have been created and implemented for all athletic facilities to mitigate any communicable diseases.
- Prior to an individual or groups of individuals entering a facility, hard surfaces within that facility will be wiped down and sanitized
- Individuals must wash their hands for a minimum of 20 seconds with warm water and soap before touching any surfaces or participating in workouts.
- Hand sanitizer will be plentiful and available to individuals as they transfer from place to place.
- All equipment must be wiped down thoroughly before and after an individual's use of equipment. If applicable.
- Appropriate clothing/shoes should be worn at all times in our facilities to minimize sweat from transmitting onto equipment/ surfaces.
- Any equipment such as weight benches, athletic pads, etc. having holes with exposed foam should be covered or not used.
- Students must be encouraged to shower and wash their workout clothing immediately upon returning to home.

LIMITATIONS ON GATHERINGS:

- No gatherings of more than 10 people at a time (inside or outside).
- Locker rooms will not be utilized until further notice. Students should report to workouts in proper gear and immediately return home to shower at the end of the workout.
- Workouts will be conducted in "pods" of students with the same 5-10 students always working out together.
- There must be a minimum distance of 6 feet between each individual at all times. If this is not possible indoors, then the maximum number of individuals in the room must be decreased until proper social distancing can occur.

PHYSICAL ACTIVITY AND ATHLETIC EQUIPMENT

- There will be no shared athletic equipment (towels, clothing, shoes, or sports specific equipment) between students.
- Students must wear their own appropriate workout clothing (do not share clothing) individual clothing/towels should be washed and cleaned after every workout.
- All athletic equipment, including balls, will be cleaned after each use and prior to the next workout. If applicable.
- Individual drills requiring the use of athletic equipment are permissible, but the equipment must be cleaned prior to use by the next individual.
- Resistance training will be emphasized as body weight, sub-maximal lifts and use of resistance bands.
- Free weight exercises that require a spotter cannot be conducted honoring social distancing norms. Safety measures in all forms must be strictly enforced in the weight room.

HYDRATION

- All students must bring their own, filled, water bottle. Water bottles must not be shared.
- Hydration stations (water cows, water trough, water fountains, etc.) will not be utilized.