

## RETURN TO PLAY - WEIGHT ROOM GUIDELINES PHASE - 3

The following guidelines govern social distancing and safety procedures for pupil activity programs that practice, train or compete during the summer of 2020. All of these activities must be performed in accordance with Ohio Department of Health (“ODH”) orders, OHSAA guidance, and the procedures described below. These procedures are intended to adhere to ODH and OHSAA requirements; if any of these procedures are in conflict with ODH orders or OHSAA guidance as they currently exist or as they may be modified in the future, those other sources will control.

- Phase 3 will begin on July 6
- Ensure that all students and parents/guardians have completed the google doc prior to working out. If not, the student will be sent home and not permitted to work out that day. The google form must be completed every day.
- Coaches must complete the google doc with temperature daily. If a coach has symptoms consistent with the illness, they must stay home.
- When coaches/students are traveling on vacation out of the state (or city) there is no longer the need to self quarantine for 14 days. When the student/coach returns, they can rejoin the workouts. When returning they should continue monitoring their health as we are doing daily and stay home if they are sick.
- Coaches will take attendance daily
- Common symptoms of COVID-19:
  - \*cough
  - \*shortness of breath or trouble breathing
  - \*fever - if a student or coach miss a workout with a fever of 100 or more, they must stay home and be fever free for 3 days without taking fever reducing medication (tylenol - advil) and must have a physician’s note clearing them to return
  - \*chills - repeated shaking
  - \*muscle pain
  - \*headache
  - \*sore throat
  - \*loss of appetite or smell
- Send students home if they are sick and notify the trainer immediately
- Medical conditions:
  - \*if sick, will need a note from a physician prior to returning to workouts
  - \*if a student or coach is exposed to someone with the virus the individual will quarantine for 14 days and notify the trainer immediately and the Franklin County Health Department

\*if a student or coach contracts the virus, the Franklin County Health Department will be notified immediately and the situation will be evaluated by an appointed medical committee to review our guidelines

- Students should not arrive more than 10 minutes early for their activity, and they should remain in their car until the previous group has left the same facilities if there are multiple sessions.
- 24 - 18 athletes allowed
- 2 - 3 coaches allowed
- All students and coaches will either wash hands with soap and water or use hand sanitizer when entering and leaving the room
- Traffic pattern will allow athletes to enter and leave without crossing paths or
- There will be a 20 - 30 minute break between groups
- Athletes will wipe down equipment prior to the next athlete using machine
- Coaches will clean all equipment before a second group enters
- Maximum lifts should be limited and power cages should be used for squats and bench presses. Spotters should stand at each end of the bar.
- **When not lifting, a 6' distance should be kept**
- **Limit time spent on activities/drills where players are in close proximity for extended periods of time**
- Air cleaning equipment will be added to weight room
- **Doors should be open during workouts to help with ventilation**
- Will take weight equipment outside as another option
- Neither family members nor alumni can participate in workouts or use weight room
- Masks are recommended for students and staff when not lifting or engaged in aerobic activity
- No touching rule is in effect - this includes no high fives, hand-shakes or other unnecessary touching.
- No gathering before or after workout
- Participants should arrive in clothing appropriate for their activity.
- Locker room facilities will not be used.
- Participants should bring their own water bottle, towel and other similar items. No sharing.
- Provide workout times - starting and ending to Athletic Administrator
- This continues to be a fluid situation. As the Governor, ODH and OHSAA change their guidelines, we will reevaluate our plan.

June 29, 2020