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Summer Weightlifting/Conditioning

Students in Grades 9-12 for 2020-2021 School Year

Start Date: Monday, June 1st

With permission from the Governor's office, our local health department, and under guidelines set by the CDC and the NSAA, schools have been granted the permission to open weight rooms to students beginning June 1, 2020. The following information will pertain to our plan for opening the weight room and, of course, is subject to change based up the directed health measures sent out by our local health department. More information from the NSAA will be released after their board meeting on May 21st. We will inform you as information becomes available.

Dates of attendance:

June 1,2,3,4 - June 8,9,10,11 - June 15,16,17,18 - June 22, 23, 24,25 - June 29, 30

July 1,2 - July 6,7,8,9 - July 13,14,15,16 - July 20,21,22,23 - July 27,28,29,30

General Guidelines:

1. Lifting sessions will be limited to 10 athletes and coaches per NSAA Guidelines. No children or siblings of students are allowed to attend the sessions. Students must maintain 6-foot social distancing spacing at all times. Lifting spotters will required while maintaining social distancing guidelines. However if someone needs help, these guidelines will be void.
2. Groups will be same gender groups as with lifting practices in past years.
3. Activities/drills are designed by our coaching staff and will be consistent among groups. These sessions will be designed by our coaches to focus on conditioning and strength training activities that will benefit student-athletes in all activities. There will be no sport specific drills or activities performed at this time.
4. Lifting will be light for the first two weeks to re-acclimate student's bodies to working out. Regular summer lifting practices will resume the week of June 15th. No lifting will occur on Fridays to provide a rest/recovery day for all students. Our goal by providing this recovery day is to have lifting on Monday-Thursday is hard and meaningful. Students are required to attend 28 days to be considered for the Iron Man Teams. Students must download the Plt4m app on their phone as iPads will not be available for your workouts this summer.
5. Time for lifting/workout sessions will be:

Boys	Girls
6:00-7:00AM	7:00-8:00AM
8:00-9:00AM	9:00-10:00AM
10:00-11:00AM	11:00-12:00PM
4:00-5:00PM	5:00-6:00PM

Only students assigned to a specific time slot will be allowed to attend at that time. If you miss your assigned time, you will not be allowed to attend at a different time. Students will be required to leave at the end of their workout session. Students will be assigned to times after selecting their preferred times on a shared Google Form. Students are not guaranteed to receive their preferred workout time. Students need to sign-up for lifting times they are committed to attending the majority of the time. Once assigned to a workout time, students will not be allowed to switch to another group.

6. Sessions will involve approximately 45 minutes of stretching, conditioning drills, and/or lifting.
7. Time will be allowed for clean-up and exit of the building prior to the next group being allowed to enter.

Daily procedures:

1. Students and adults are asked to come to their sessions showered and clean. Students will use hand sanitizer upon entry.
2. The following information will be recorded for each person who enters the building. This information will be recorded by the adult responsible for the group of students.
 - a. Date of Entry into building
 - b. Temperature (>99, student will be sent home)
3. Each student will grab a clean towel and a spray bottle at the point of entry. If the student uses any equipment they must wipe that area down prior to the next person using that area or equipment.
4. Students and coaches must bring their own personal water bottle to use. These bottles are NOT to be shared. Water fountains are not to be used.
5. Use of the locker facility is not allowed at this time.
6. Coaches are responsible for maintaining social distancing between students as much as possible. This means additional spacing between players while performing a conditioning drill or lifting. If a student safety situation arises, distancing guidelines are void.
7. Students will place all towels in the collection bag upon exit and sit their spray bottle on the table to be cleaned prior to the next session. Towels will be laundered after use.