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**Return to In-Person Athletics and Activities with Students**

**Phase II**

Phase II: Begins June 22, 2020 and will continue until further notice.

Beginning Monday, June 22nd, Adams 12 coaches and sponsors may continue with in-person, ***voluntary***, individual conditioning workouts or group meetings with high school students.  The purpose of Phase II will be a continual re-introduction of physical activity for all students with a focus on positive interactions to promote mental health and a safe return to physical activity.  Phase II will introduce more sport-specific activities and the use of equipment as well as access to indoor facilities.

The following conditions will be exercised for all activities:

* Must adhere to all state, county and CDC guidelines/rules.
* All activities will be strictly voluntary; participation cannot be required or mandatory.
* Activities can be completed indoors or outdoors-
  + For **outdoor** activities- Established groups of 25 or fewer, scheduled with the same cohort of students.
    - Multiple groups of up to 25 students can be allowed with multiple coaches overseeing workouts held at the same time but in a different location of the school or facility.
    - Staggered times must be used.  Ex: Football team begins with three groups at different locations (Field 1, Field 2, indoors) at 9:00 a.m., 9:15 a.m. and 9:30 a.m.
  + For **indoor** activities- Established groups of 10 or fewer, scheduled with the same cohort of students.
    - Multiple groups of up to 10 students can be allowed with multiple coaches overseeing workouts held at the same time but in a different location of the school or facility.  (Ex: curtains may be dropped in gymnasiums to create separate practice space).
    - Staggered times must be used.  Ex: Basketball team begins with three groups at different locations (Gym 1/court A, Gym 1/court B, small gym at 9:00 a.m., 9:15 a.m., and 9:30 a.m.
  + Weight room workouts- Established groups of 10 or fewer, scheduled with the same cohort of students.
    - Staggered times must be used.
    - Weight equipment will be wiped down thoroughly before and after an individual’s use of equipment.
    - Free weight exercises that require a spotter cannot be conducted while honoring social distancing norms. Safety measures in all forms must be strictly enforced in the weight room.
* ***Appropriate physical distancing of 6 feet must be maintained at all times.***
* Stagger drop-off and pickup times to avoid large groups and allow time for appropriate pre-screening.
* All students, including coaches/sponsors will go through a home health screening and a temperature check using the attached form prior to each workout/meeting. [Student Health Self-Screening Log](https://docs.google.com/document/d/1nJPqHbU7saR8frKSt4FHVJzIGzRlIZqLVcwab1S2zZw/edit)
  + If a student’s temperature is 100.4 or above the student will be sent home.  Any person with COVID 19 related symptoms will not be allowed to take part in the workout.  Students will not be allowed to return to participate until they are symptom-free for seventy-two hours without the use of fever-reducing medications and ten days have passed since their first symptom unless they have medical clearance from a medical provider.
  + Any individual who has had close contact with a person who has tested positive for COVID 19 will not be permitted to participate in any school-sponsored athletic programs for 14 days. Any individual who has had close contact with a person who has COVID 19 symptoms and is in the process of getting tested or awaiting test results shall quarantine for 14 days or until the test results come back negative.
* Coaches and sponsors will be required to complete a sign-in sheet for students who are participating each day so we can successfully keep track of each cohort.
* Face masks may be worn but are not required due to physical activity.  Please see attached information on the District’s protocol regarding student face coverings.  [Face Mask protocol](https://drive.google.com/file/d/1YkI49RkMvoxdaUZdr1mcQrEElibO7-CR/view?usp=sharing)
* There will be a limit on all workouts/meetings.  Students will not meet more than 1.5 hours per day, maximum of 4 days per week (Monday-Friday).
* No contests, scrimmages, or 7 on 7 of any kind will be permitted during Phase II.
* No family members or guests will be permitted at these workouts/meetings.
* Students will be required to depart the district facilities immediately after their scheduled workouts/meetings.
* Use of equipment will be allowed in Phase II.  All equipment, including balls and instruments (drums/flags), should be cleaned intermittently during workouts.  Athletic equipment such as bats, batting helmets and catchers gear should be cleaned between each use.  Students may bring their own personal equipment, i.e. gloves/bats, but this equipment cannot be shared under any circumstances.
* All indoor facilities will be thoroughly cleaned once a day by custodial staff.  Coaches and sponsors will be responsible for wiping down all frequently touched surfaces between workout groups with bottles of disinfectant and microfiber towels that will be provided.
* Students should wear their own appropriate workout clothing (do not share clothing); individual clothing/towels should be washed and cleaned after every workout.
* Coaches, sponsors and students will be asked to bring their own hand sanitizer to workouts/meetings as well as their own water bottle, but some will also be provided on site. No sharing or using water fountains or other sources of water/fluids/beverages.
* Coaches and sponsors will be required to submit a detailed Phase II workout/meeting schedule with specific plans for each workout/meeting to their Athletic/Activity Director for approval prior to Phase II beginning.
* Adams 12 High School summer baseball programs will be able to rent our fields, but must follow these same guidelines.