

# SCISA Summer Athletic Workout Guidelines for In-Person Return to Practice/Play

	Phase 1 - To begin no earlier than June 1, 2020	Phase 2 To Be Determined	Phase 3 To Be Determined
	Emphasis on Individual Skill Development and General Conditioning. Practicing Physical Distancing; No Contact with Others. No Sharing of Equipment; Group size restrictions		
Group size Social Distancing	Groups /Pods of 10 or less including coaches. <i>Players separated by 6 ft. or more within each group.</i>		
Pre-Workout Screening Enhanced Screening	Daily temperature check, screening questions. <i>If screening test is failed, not allowed to participate until cleared by healthcare professional.</i> If sick, stay at home.		
Vulnerable population	Identify students or staff. Stay home or modify activity/or grouping.		
Weight Room	5 per 1000 square feet or groups/pods no larger than 10 including coaches. Equipment set-up in or outdoors properly spaced or a combination of locations. Equipment spaced at least 10 ft. apart. Spotters may stand at the end of the bar only. Enhanced sanitation. <i>Equipment should be wiped down thoroughly before and after an individual's use of the equipment.</i>		
Outdoor Activities	Groups/Pods of 10 or less including coaches. Social distancing of 6 ft. required.		
Indoor Activities	5 per 1000 square feet. Social distancing 6 ft. apart. PPE requirements/recommendations. Enhanced sanitation. Recommend not using locker rooms (all activities). Players arrive in appropriate workout clothing.		
Equipment	No shared balls or sports equipment first 14 calendar days to minimize common contact points. Beginning the 15th day, balls and equipment may be utilized but must be properly cleaned and sanitized. No shared towels.		
Handwashing Stations	Handwashing stations for each group. Utilized following each activity.		
PPE: Personal Protective Equipment	Coaches/staff: should wear facemask or face covering <i>Recommended for players when not inhibiting.</i>		
Cleaning & Disinfecting	Clean & sanitize all areas, surfaces, chairs, etc. frequently.		
Hydration	Student-athletes should bring their own water bottle(s). Water bottles cannot be shared. Disposable cups can be used. Water cows/troughs, fountains should not be used.		
Logistics Recommendations	Stagger arrival time of groups/pods so that the players do not arrive at the same time to discourage socializing. <i>Keep the same students in each group/pod working out together.</i> <i>This ensures limited exposure if someone develops an infection.</i>		
Forms Requirements	<i>New Agreement for Participation / Warning of Inherent Risk required before allowed to workout</i>		

Some Activities carry a Lower Infection Risk because they can be done with physical distancing or individually with no sharing of equipment or the ability to clean the equipment between use by competitors. These activities include: **Cross Country** (with staggered starts), **golf, tennis, scholastic shooting sports, archery, equestrian, sailing, bowling, swimming** (relays maintain social distancing), and **track and field** (field event with an implement needs to be cleaned after each use by participants).

Other activities carry a moderate Infection Risk Activities because of their close, sustained contact, but with protective equipment in place that may reduce the likelihood of respiratory particle transmission between participants or intermittent close contact or group sports or sports that use equipment that can't be cleaned between participants. These activities include **volleyball, soccer, baseball, softball, and basketball**.

Activities that involve close, sustained contact between participants and a lack of significant protective barriers are the Higher Infection Risk Activities. These include: **football, wrestling, competitive cheerleading, and lacrosse**.

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Cross Country	Runners should maintain at least 6 feet of distancing between individuals, no grouping (starts and finishes).		
Golf	Maintain appropriate physical distancing 6 feet apart.		
Swimming	Swimmers should maintain at least 6 feet of distancing between individuals, no grouping ( <i>starts and finishes</i> ).		
Tennis	Conditioning, no sharing of balls, each player may use their own can of balls to serve and uses racket to pass other balls (singles only), ball machine use by individuals only. Players may do individual drills, wall volleys and serves. Wipe down rackets and balls after use.		
Football	Conditioning and individual drills. A player should not participate in drills with a single ball that will be handed off or passed to other teammates. Contact with other players is not allowed. Protective equipment prohibited. Groups/pods separated by at least 25 yards.		
Volleyball	Conditioning, individual ball handling drills, each player has own ball. A player should not use a single ball that others touch or hit in any manner.		
Cheer	Conditioning and individual technique/choreography work. Students may not practice/perform partner or group stunts. Chants, jumps, dance, tumbling without contact are permissible as long as physical distancing is adhered to.		
Basketball	Conditioning, individual ball skill drills, no contact or sharing of balls. A player may shoot with a ball(s), but a team should not practice/pass a single ball among the team where multiple players touch the same ball.		
Baseball Softball	Conditioning and tee work. Players should not share gloves or bats or throw a single ball that will be tossed among the team. A single player may hit in cages, throw batting practice (with netting as backstop, no catcher). Prior to another athlete using the same balls, they should be collected and cleaned individually.		
Track & Field	Runners should maintain at least 6 feet of distancing between individuals, no grouping (starts and finishes). No sharing of implements / equipment. Padded equipment/implements should be cleaned between use.		

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Soccer	Conditioning, individual ball skill drills, each player has own ball, feet only (no heading/use of hands), no contact.		
Scholastic Shooting Sports Equestrian	Maintain appropriate physical distancing 6 feet apart.		
Lacrosse	Conditioning and individual drills. Contact with other players is not allowed, and when permitted, there should be no sharing of sports equipment. Protective equipment prohibited.		
Bowling Archery	Maintain appropriate physical distancing 6 feet apart. Wipe down arrows and balls after use.		
Wrestling	Conditioning, mirror drills with spacing, no contact. Wrestlers may skill and drill without touching a teammate (as long as physical distancing is adhered to). Wipe down mat after each use.		
Meetings with Players Video/Chalk Talk	Maintain appropriate physical distancing 6 feet apart. Facemask or face coverings should be used.		