

Avon Athletics Resocialization Guidelines

Phase 1: Hybrid Stage July 20 - August 17th

- Student-athletes must pre-register for fall sports, complete all APS forms, and have a current physical on file (valid within 15 months of last physical) prior to beginning any **voluntary** activity. Workouts are not mandatory!
- Beginning on Monday, July 20, 2020 - in-person contact may begin under the following guidelines/conditions:
- Student-athletes must self-screen with a parent-guardian prior to arrival on campus.
- Any student-athlete displaying any symptoms, illness, or has been in contact with an individual who is ill or quarantined should refrain from attending in-person sessions.
- Student-athletes and parent/guardians must follow the guidelines for arrival to campus, access to the designated area, mask guidelines, sign-in/out procedures, as well as departure from campus procedures as provided by the AHS Athletic Department, through the coaching staff. These procedures must be strictly adhered to.
- In-person sessions will be limited to the following number of team members:
- **Outdoor Activities** - Cohorts of student-athletes not to exceed 10 per coach/ 30 athletes maximum per staff.
- **Indoor Activities** - Cohorts of student-athletes not to exceed 25.
- In-person sessions will be limited to 3x per week, and sessions will be capped for cohorts at 60 minutes.
- As a reminder, in-person sessions on campus (indoor/outdoor) are restricted to AHS/APS Administration, AHS Athletic Department Staff, AHS Athletic Coaches, Student-Athletes of the specific team, and the Athletic Training Staff.
- As a reminder, all summer training sessions conducted by AHS coaches are limited to members/potential members of the particular team, and are voluntary.
- Each team who elects to participate will have a scheduled time, separate from other teams.
- In-person sessions will be limited to Fall athletic programs only.
- Winter and Spring programs may conduct virtual conditioning sessions only.
- Student-athletes who do not participate in on-site sessions will be provided with copies of workouts and encouraged to participate individually as they see fit.
- Below is specific information pertaining to guidelines to support in-person participation during the period of July 20th - August 17th.

Gathering Limitations

- Workouts are to be scheduled with cohorts of student-athletes in small groups of 5-10, Maximum of 30 total outside and 25 indoors(Fitness center.)
- Students will remain in the same cohort for the entire summer.
- Activities include physical conditioning to acclimated to exertional activity in warmer weather and skill development
- Workouts: 3 x per week, no more than 60 mins per session.
- Maintain 6 feet distance during breaks and drills.
- No high fives, fist bumps, hugs, handshakes

Facilities: Indoor or Outdoor activities

- The district will clean areas in accordance with the district's cleaning and sanitizing procedures.
- Indoor areas will have cleaning supplies for student-athletes and coaches to wipe down equipment after each use.
- Bathrooms in the building are not to be used. Students will have to use outdoor portable facilities on campus.
- Students will enter and exit from the same door each session for indoor activities.
- Indoor use of the fitness center is restricted to that area only. No one will enter the old gym or hallways accessible to the fitness center.

Screening:

- Student-athletes and parents/guardians will self-screen at home prior to departing for the location of the training session. Any student-athletes who displays a fever or symptoms of COVID-19, is otherwise ill, or have been in contact with an infected or quarantine person should refrain from attending the session, until all monitoring procedures have been completed.
- The Coach or Supervisor will chart the self-screening, which will include the student's name, arrival time, screening questions, and departure time. This will be completed for all in-person sessions and filed with the APS Athletic Director in accordance with shared procedures.
- Anyone who becomes ill when on site will be isolated from others, and will be released to their parent/guardian only. Student-athletes who become ill will not be permitted to drive themselves, and will need to be picked up. A determination to cancel the remainder of the session will be made by the staff onsite. Student-athletes and parents/guardians should ensure they can have access to a cell phone in order to receive information regarding these items.

Face Coverings

- Should be worn by student-athletes when not engaging in vigorous activity, such as sitting on a bench, chalk time, time with an athletic trainer etc. Facemasks are not required to be worn outdoors when social distancing can appropriately take place.
- Student-athletes should wear their own facemask from home.
- Coaches and other staff shall wear their facemasks at all times indoors. Coaches and staff may remove facemasks only when outdoors and appropriate social distancing can be achieved.
- Coaches should refrain from using whistles. Air horns are preferred

Hygiene Practices

- Student-athletes and coaches are reminded to wash their hands with soap and water for at least 20 seconds whenever possible.
- Hand sanitizer will be available and should be used when hand washing cannot occur.
- A reminder that coughs and sneezes should be directed into the elbow and away from others.
- Athletes will be expected to wear appropriate workout attire for the duration of the training session, including footwear. Clothing should limit skin exposure and minimize the transfer of sweat and other bodily fluids.
- Student-athletes are reminded to shower and wash their workout clothing upon returning home.
- As a simple rule, the principle of “Hydrate and Sanitize” shall be employed, meaning that when coaches give student-athletes opportunities to hydrate, this is a good time to also utilize hand sanitizer.
- Student-athletes are required to bring their own hand-sanitizer.
- All equipment must be sanitized before, during and after workouts by the coaching staff.

Hydration/Food

- Student-athletes are reminded to bring their own water bottle and snacks. Sharing of items and food will not be permitted.
- Student-athletes should refrain from using indoor water dispensers located in school hallways.

Travel:

- During this phase, student-athletes should limit travel to/from the location of training.
- Student-athletes are permitted to drive themselves in accordance with the laws of the state of Connecticut, passengers should be limited to those of the same household/family.
- Parent/guardians should be prompt for drop-off/pick-up times.
- All activities during this phase will take place at AHS, no off site training is allowed.
- Upon arrival to indoor workouts, please follow the directional signals and signage.

LockerRoom/Athletic Training Room:

- No locker room/training room usage is allowed at this time.
- Students must report in appropriate attire and take all belongings home with them upon completion of the workouts.
- Attire should be washed, athletes should immediately shower upon returning home from workouts.

Weight Rooms:

- Body-weight resistance training should be emphasized.
- All equipment must be wiped before and after use.
- Spotting for lifts will be from the side only not behind or in front.
- Hand sanitizer must be used before and after any exercise.
- Coaches will have a training session on rules of usage on the first day of training.