



June 18, 2020

Bishop Stang Students, Parents, and Guardians,

In accordance with the Commonwealth of Massachusetts Reopening Plan, as declared by Governor Charlie Baker, our athletic plan is as follows for off season sports workouts at Bishop Stang during the summer of 2020.

By offering this program, we are hoping to provide positive routines for students, while working towards positive outcomes. We want the best for our students in mind, body, and spirit. We will also do this while upholding the current principles of social distancing, to further teach students to respect those guidelines. Coaches from our teams will work together to supervise the students who wish to work out. These workouts are 100% voluntary on the part of the students. Student-athletes who choose not to participate in these workouts will not be penalized in any way.

There are a number of guidelines that we will follow, and participants and families should be aware of them:

- All Commonwealth of Massachusetts Department of Public Health guidelines and protocols will be observed.
- With parent or guardian permission, student-athletes will work out in groups of 10 (this includes 9 students and one staff member). These groups will not rotate during the workout sessions. We will keep them consistent. Once a student is placed in a group, that is the group that he or she will stay in.
- Student-athletes cannot attend workout sessions if they have a fever, determined by a thermometer reading 100.4 or higher, or by subjective signs such as flushed cheeks, fatigue, extreme fussiness, chills, shivering, sweating, achiness, headache, not eating or drinking.
- All student-athletes are subject to a health screening, including questions and a temperature reading.
- Parents and guardians will drop-off students in the front of Bishop Stang in order to limit contact. The workouts will take place on some of the fields and the back parking lot. We do not encourage students to ride together who have not been quarantined together.
- Workouts will take place in 60 minute blocks. We will stagger the group times, keeping them 90 minutes apart. This will assist with traffic flow and to eliminate students overlapping in the parking lot.
- Workouts will be body weight type workouts, as we will be outside. We will emphasize core strength, body strength, agility, cone drills, and change of direction drills – important for athletes regardless of sport.
- Students-athletes will need to bring their own water, clearly labeled. If a student does not bring water, then he or she will not be allowed to work out and train. There is no sharing of water bottles, or water jugs.
- We will sanitize and disinfect between athletes' usage of equipment (cones, or any equipment that we use). We encourage athletes to use soap and water and/or hand sanitizer before touching their face or nose.
- We will sanitize and disinfect common spaces, such as bathrooms. All workouts will be outdoors. Student-athletes will not be allowed inside Bishop Stang High School, except to use the bathroom in case of emergency. We will use the bathrooms in the Gymnasium foyer. There will be hand sanitizer and wipes available, and the bathrooms will be cleaned throughout the training periods, and throughout the day. We encourage students to use the bathroom before they arrive.