

Safety Protocol for Bishop Stang Optional Offseason Summer Workouts 2020

Pre-Workout Check-in Protocol

1. Student-athletes register in advance for the workout sessions, so planning of groups may take place. Incoming Grade 9 students are certainly invited to join. We will keep a log of all persons on site each day. This allows for contact tracing if need be.
2. The Permission Form and Liability Waiver must be signed by parents or guardians, in order for students to participate. Sign this Permission Form and Liability Waiver in Family ID while registering for workouts.
3. Workouts are voluntary sessions for student-athletes – nothing is mandatory.
4. Student drop off will be in the front parking lot. Only students will be allowed outside the vehicles. Parents and guardians who provide transportation should remain in cars in the parking lot.
5. Coaches will check the students in at a table by the corner of the building and the front parking lot. Students will answer seven health monitoring questions. If an athlete answers “yes” to any of the questions, then he or she will not be allowed to participate on that day. We ask that parents wait until the screening process is complete before leaving school grounds.
6. Athletes and coaches will be required to follow state regulations concerning the wearing of face coverings. **“Face Coverings:** Participants may remove face coverings while participating in training and drills, provided they are able to maintain at least 6 feet of distance from all other persons present. Face coverings **should otherwise be worn by coaches, volunteers, other staff, officials, youth chaperones, and spectators** in accordance with MA guidelines to prevent against the transmission of COVID-19 throughout the duration of the activity.”
<https://www.mass.gov/doc/outdoor-adult-sports-supervised-youth-sports-leagues-summer-sports-camps/download>
7. Student-athletes must provide their own full water bottle and towel. Yoga mats are recommended as well.
8. Hand sanitizer will be available & required upon entry.
9. 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.

Workout Protocol

1. Groups of no more than 9 with one coach. Groups will remain consistent for the remainder of the off season workouts.
2. All exercises are set up to maintain social distancing – 6 feet spacing. All persons remain 6 feet apart. There will be no contact between participants, coaches or anyone present. No high fives, no fist bumps etc.
3. Groups will be spaced far more than the required 20 feet apart. We have more than enough room for this.
4. Cones and any other equipment will be sprayed with Lysol or disinfectant after each session. Athletes will bring their own jump ropes or training aids when possible, and coaches will be the only ones touching cones.
5. There will be one person at a time inside the bathroom.
6. We will hold 60-minute maximum training sessions, 3 days a week.
7. We will have medical kits on hand in case any injuries occur. The medical kits will be outside with us. In the case of injury, only coaches will attend to student(s) involved. The entire idea of training is to build students up gradually to reduce injury, so we do not anticipate problems with this.
8. Students with asthma or allergies must bring appropriate inhalers or apparatus (epi-pen) to each workout.

Post Workout

1. Cones and any other equipment will be sprayed with Lysol or disinfectant after training sessions.
2. Pick up for students will be in front of the school. Students may not congregate in the parking lot for any reason. There can be no loitering after the workouts.
3. We will keep cleaning logs for the bathrooms as well.