

# Summer Workouts

for

**Bishop Stang Student - Athletes**



Beginning Monday, June 29th

Monday - Wednesday - Friday  
8:15-9:15 AM or 9:45-10:45 AM

# Important Information

In order to attend a session, students must register on “Family ID” under title “Summer Workouts”

[REGISTER HERE - Family ID - Summer Workouts](#)

**\*If you are an incoming student, or if you have never registered on Family ID, then you will first need to create an account in order to register. You will need to scroll down and click the "Create an Account" option**



Sections

8:15 am - 9:15 am Session - June 29, 2020 to August 14, 2020  
MWF 8:15 am - 9:15 am

9:45 am - 10:45 am Session - June 29, 2020 to August 14, 2020  
MWF 9:45 am - 10:45 am

Create Account      Log in

Create an account if you are new to FamilyID      Log in if you are already a member of FamilyID

# Before You Arrive

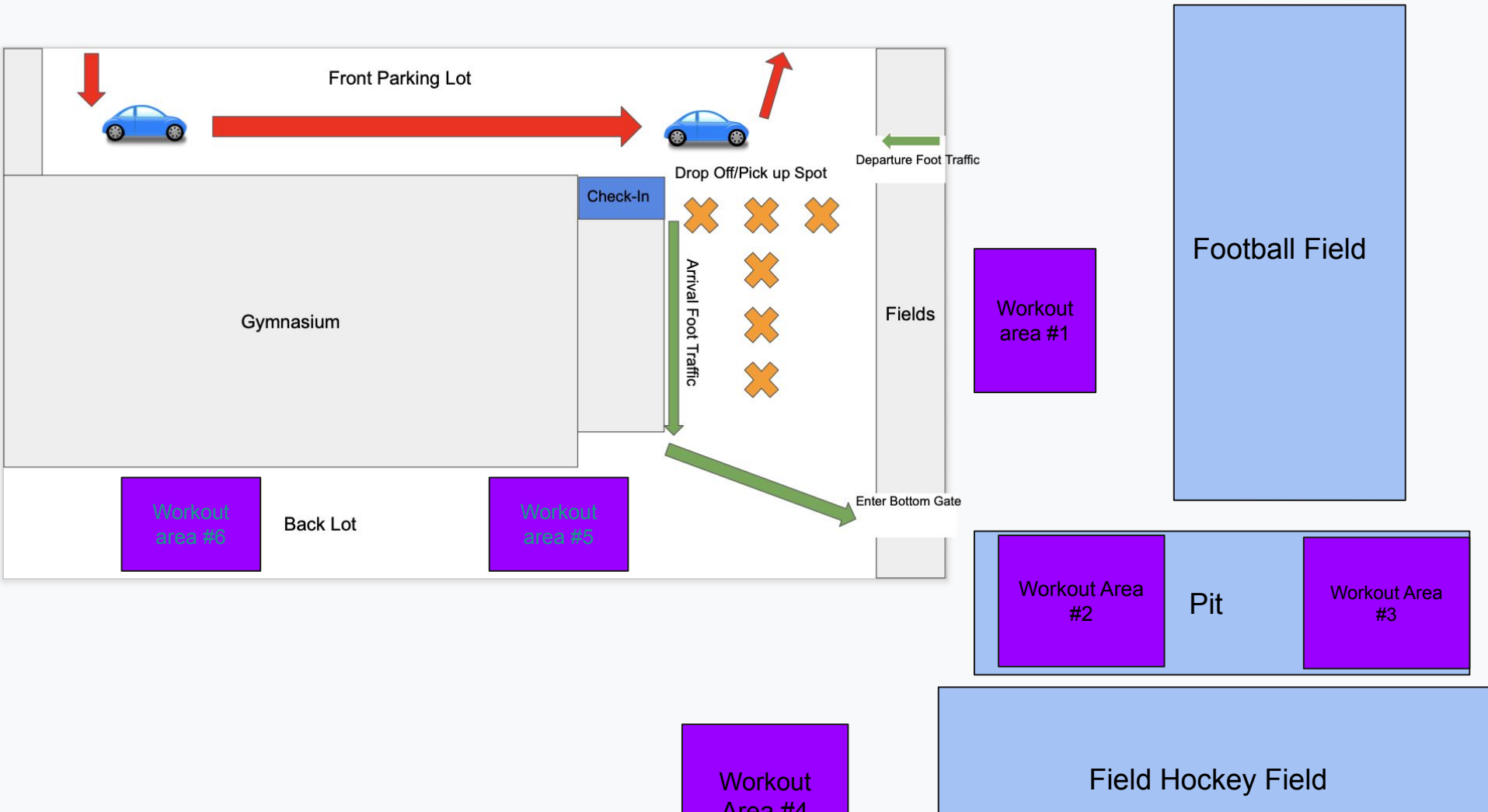
- ★ Monitor any possible symptoms (Take Temperature)
- ★ Bring clothes, sneakers/cleats, personal water, towel or yoga mat, and signed permission liability form
- ★ Try to use bathroom before leaving home



# As You Arrive

- ★ Remain in your car until 15 minutes before your workout begins, we will notify you when to approach check-in
- ★ Stop at check-in point to complete questionnaire
- ★ Proceed to assigned workout area

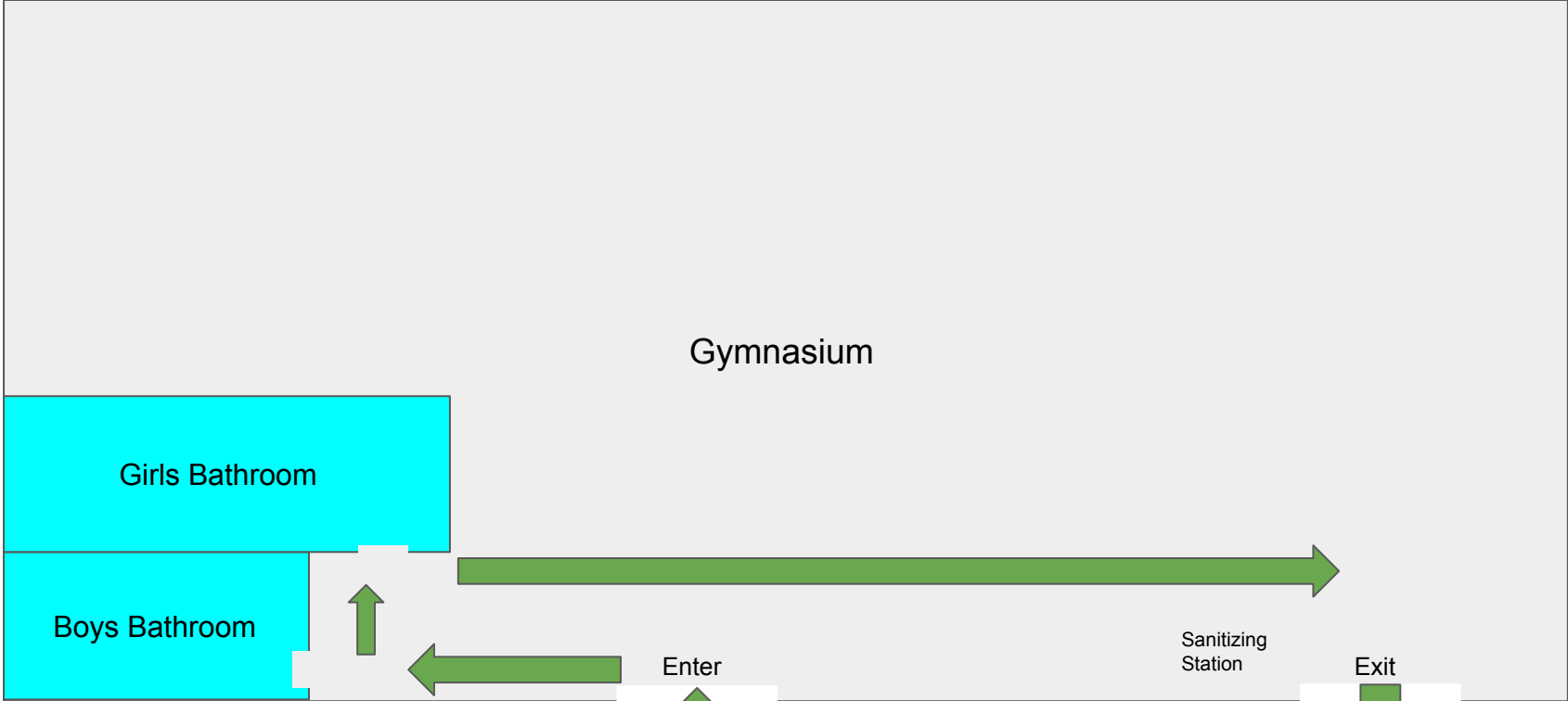




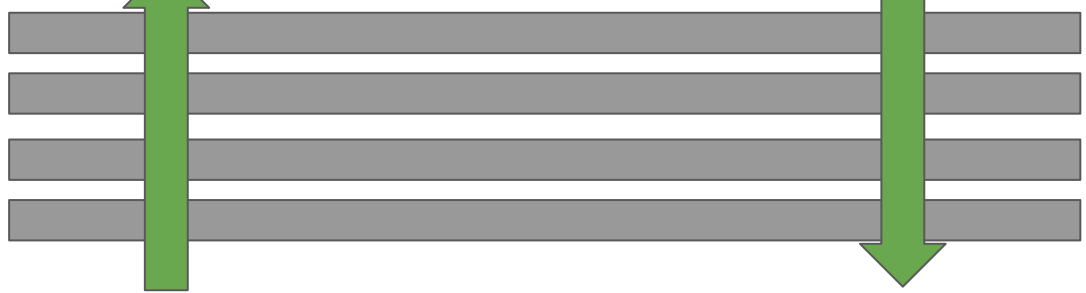
# During Workout

- ★ Maintain social distancing at all times
- ★ If needed, use bathrooms in the gymnasium foyer. Wash hands and use hand sanitizer afterwards
- ★ Work hard!





Indoor Bathroom Guidelines



# After Workout

- ★ Student athletes will collect belongings and exit workout area
- ★ Get into car and exit as quickly as possible to create room for incoming students
- ★ Avoid carpooling with others

