



COVID-19 PHASE 1 – Guidelines

Rationale

Student-athletes may be deconditioned, and this Phase 1 period provides student-athletes with the best opportunity to recondition before beginning more rigorous workouts. In addition, Phase 1 requires the smallest number of student groupings, and this will ensure, once workouts begin, that any confirmed COVID-19 case will impact the fewest number of student-athletes possible. Regardless of when a district or program begins workouts during the summer recess period, the Phase 1 guidelines must be followed for 14 calendar days before moving on to Phase 2.

Screening

No Additions - follow general guidelines.

Positive COVID-19 Procedure

No Additions - follow general guidelines.

Workouts

1. All workouts shall take place outside during Phase 1.
2. Only one workout per day is permitted.
3. There must be a minimum of 2 workouts for every 7 days totaling 4 workouts.
4. The maximum number of workouts is 6 for every 7 days totaling 12 workouts.
5. There must be one (1) day of rest per every seven (7) days.
6. Workouts shall be no more than ninety (90) minutes in duration and shall include a ten (10) minute warm-up, and a ten (10) minute cool down.
7. There shall not be any physical contact, of any kind, between student-athletes and coaches.
8. Workouts shall be limited to conditioning, skill sets, and sport-specific non-contact drills.
9. The 14-day count starts on the day of the program's first workout.
 - a. It is important that all student-athletes start on day 1 (workout #1) of the schools/programs decided start date.
 - b. Coaches must stress the importance of attending all workouts during phase 1.
 - c. If a student-athlete misses workout #1, then their 14-day count will not start until they show up for their first workout and must be separated from the pods that started on time.
 - d. If a student-athlete misses any workout after workout #1, their 14-day count is still in effect assuming they clear their next screening process and a makeup workout has been completed. The procedure for the make-up workout is up to the coach and athletic director.

- e. In the event that a student-athlete chooses to travel to one of the “hot spot” states, the district administration should advise the student-athlete that he/she cannot return to workouts until after a fourteen (14) day period of quarantine has been observed.

Face Coverings

No Additions - follow general guidelines.

Pods

1. No more than ten (10) student-athletes may be podded together in a single area.
2. More than one pod of student-athletes can be in a single area, provided there is twelve (12) to eighteen (18) feet between each pod.
3. Pods should be pre-determined by the coach prior to the start of the workout.
4. Pods must stay together throughout the entirety of Phase 1.

Sports Equipment

1. Sports equipment shall not be shared at any time during Phase 1.
2. No helmets or protective equipment is permitted during Phase 1.
3. Balls may be used in Phase 1, but they may only be used by individual student-athletes and cannot be shared between student-athletes even within their 10 person pods.
4. The following sports may pass the ball back and forth during Phase 1 as long as it is incorporated into conditioning drills and only one person in the pod handles the ball.
 - a. Soccer (no heading)
 - b. Field Hockey
 - c. Lacrosse
 - d. Ice hockey
 - e. Tennis

Locker Rooms/Restrooms

No Additions - follow general guidelines.

Hygiene

No Additions - follow general guidelines.

Forms

No Additions - follow general guidelines.