

COVID-19 Guidelines Phase 2.5
Expectations that apply to
ALL PARTICIPANTS (items 2-5 are daily expectations)

1. MANDATORY FORMS (located on the OHS Athletics page under “forms”) to be completed by all participants:
 - a. **Prior to arriving** on the first day of workout, **complete/print and bring the COVID-19 initial screening** form. It will be required by the athletic training staff.
 - b. **Online submission** of the following documents **prior to arrival** but it is not necessary to print them
 - i. Consent to treat
 - ii. Concussion
2. **ARRIVALS:** Virtual learners may not arrive on campus before 2:45pm and must remain in their vehicles until they have been screened, submitted their CoVid prescreening form and cleared by the athletic trainer staff. **Walking participants must wait in the coned area** (maintaining social distance and wearing their mask and wait to be admitted to their work out area). Participants must **arrive in your own personal workout clothes, masks and bring your own water bottles**. Face to face learners will be directed to go directly to the auxiliary gym (masks on and socially distant) until they are released directly to their coaches. Locker and dressing rooms will not be available.
3. **Workouts are from 3-4:30pm.** In order to adhere to the state requirement of group gatherings, no spectators are permitted in the conditioning areas. Parents may remain in their cars if desired but will not be allowed to congregate openly in the parking lot or fields. Please have your participant on campus by 2:45. Also if a participant arrives late (after 3pm) for their work out, they will not be allowed to participate and will be instructed to leave the campus. Being

reassigned to a group, their late arrival will result in their removal from the group and possibly placed in a whole new group (per instructions from the head coach). For example: Danny's workout assigned group began working out at their scheduled time 9am but he arrived at 9:01. Danny will not be allowed to remain and will need to wait for notification from his coach if and when a new group will be available)

4. **WHILE INSIDE** the conditioning area:

a. Wear a face mask. It **MUST be worn when you are not being active in an exercise or movement**.

You may bring your own or purchase a school neck gathers (\$5 exact change)

b. Bring a **personal** towel and water bottle. There will be no sharing of ANY sports equipment.

i. Water jugs will be present to refill bottles but only staff members will be allowed to dispense water

ii. Sanitizing stations will be present

c. Maintain **social distancing at all times** - 6ft or double arm lengths between participants even while in your groups.

d. **No spitting or physical contact** - no handshakes, elbow touches, high fives or fist bumps... not even with the coach

5. **Departures**: Rides home need to **be present five minutes prior** to the end of their participant's workout time and remain in their vehicle. Athletes will be assigned a departure time and have **10 minutes to leave** campus.