

Mitchell School District Activities Summer 2020 Guidelines

Mitchell School District facilities will reopen for summer activities under the following guidelines beginning June 1. Local conditions regarding COVID-19 will be continually monitored and adjustments made as necessary.

Pre-workout Screening

- Screen all coaches and students including temp – record on Monitoring Form – attendance will be recorded
- Any person with positive symptoms reported will not be allowed to take part in workouts and should contact his or her primary care provider or other appropriate health-care professional
- All attendance is voluntary – there will be no attendance expectations

Limitations on Gatherings

- No more than 10 people at a time inside or 25 people at a time outside
- Locker rooms and restrooms will not be available
- Workout groups will be assigned at beginning and maintained through initial phase of opening – this will ensure more limited exposure
- Minimum of 6 feet distance between individuals will be maintained at all times
- Participants are only allowed for their scheduled time
- Participants will not arrive more than 5 minutes before workout time – walk up individually maintaining social distance guidelines
- All participants will enter facilities at 1 designated entrance and will leave out 1 separate designated exit
- Participants must leave immediately following scheduled workout
- Do not sit on chairs, bleachers, benches, etc.

Facilities Cleaning

- Adequate cleaning schedules will be created and implemented for all facilities used to mitigate any communicable diseases
- All individuals will use hand sanitizer from provided station when arriving for workouts
- Equipment will be cleaned and disinfected
- Participants are encouraged to shower and wash their workout clothing immediately upon returning home

Physical Activity & Athletic Equipment

- No equipment will be shared among students during a drill
- Individual drills requiring the use of athletic equipment will be allowed but equipment will be cleaned prior to use by the next individual
- No activity will be allowed where there is direct physical contact (no scrimmages, no 1-on-1 drills, no stunting, etc)
- All strength & conditioning workouts during initial phase of opening will be conducted outside at Joe Quintal Field and will primarily be done with body weight and resistance bands
- No pinnies or vests will be used

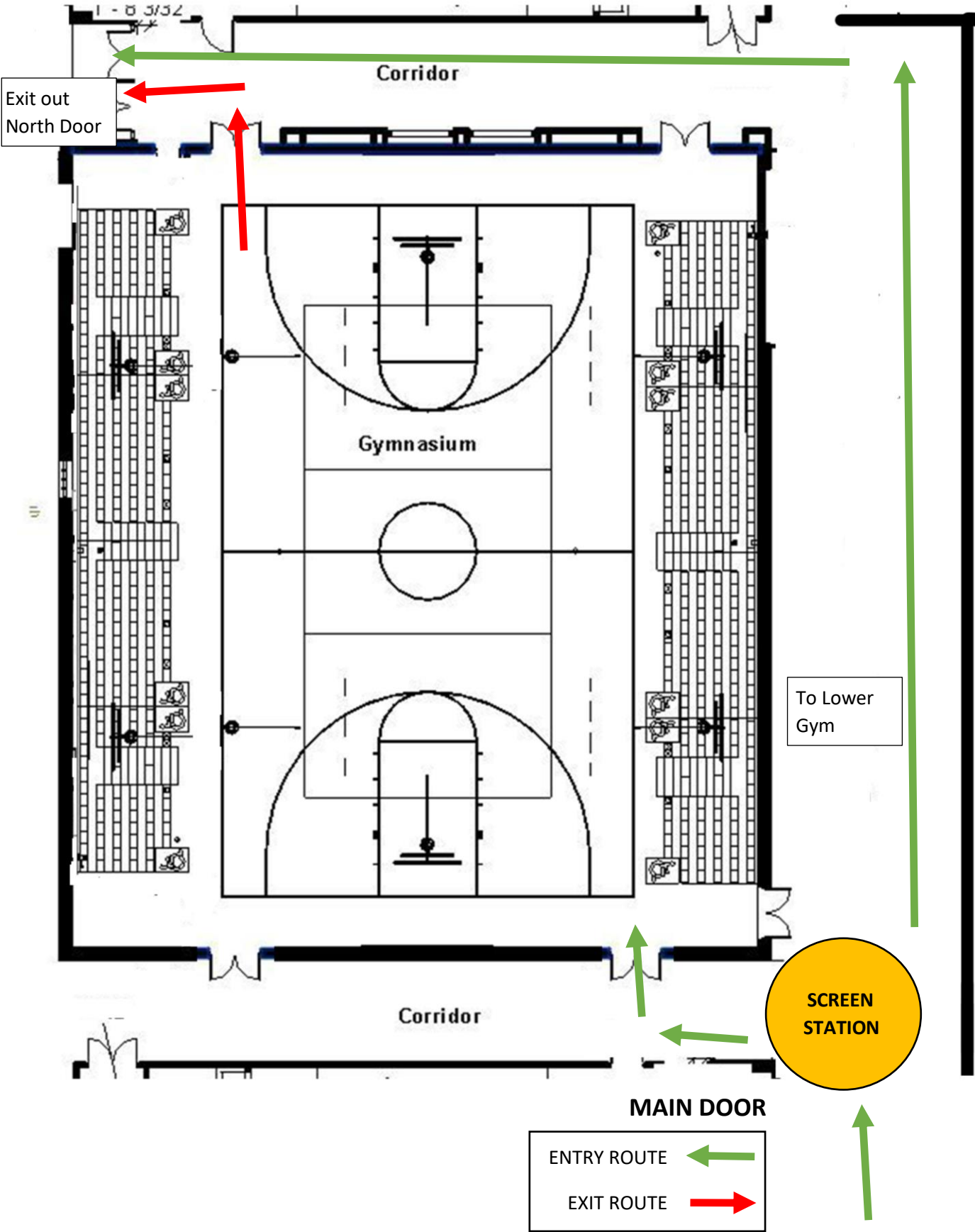
Hydration

- All participants shall bring their own water bottle. Water bottles must not be shared.
- Water fountains will not be used

No Parents or Visitors will be allowed to attend. Only Mitchell School District students and staff will be allowed.

Individual/Family out of state travel or to a “hot spot” is greatly discouraged
Individual/Family travel situations MUST be reported to the head coach

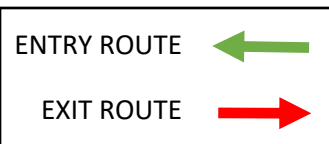
MITCHELL HIGH SCHOOL
MAIN & LOWER GYM



**MITCHELL HIGH SCHOOL
JOE QUINTAL FIELD**

All participants will enter through gate on the WEST end of the stadium

All participants will exit through gate on the EAST end of the stadium



COVID-19 Athlete/Coach Monitoring Form

Date: _____

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