

AMPO SUMMER 2020 - VOLUNTARY ATHLETIC TRAINING OPPORTUNITIES

June 1 - June 9

Strength and Conditioning with social distancing (6 ft) and proper hygiene
Open gym/ hitting facility with social distancing and proper hygiene
No camps, leagues, scrimmage or pickup games during this time
A coach must be present AND supervising at all times while facilities are in use.

June 10- June 28 (Provided the OSSAA makes no changes at the June 9 board meeting)

Strength and Conditioning continues with social distancing and hygiene.
Open gym/ hitting facility continue with social distancing and hygiene.
Team camps, leagues, scrimmage and pickup permitted provided we are in Phase 3 of the OURS Plan. Continue social distance when possible.
*** Exception – No overnight camps.

June 27-July 5

OSSAA Dead Period – All contact prohibited. All facilities closed. If the OSSAA negates the dead period, then activities may continue as above.

July 6 – start of school year (follow the normal OSSAA summer dates and guidelines)

Strength and Conditioning continues with social distancing and hygiene.
Open gym/ hitting facility continue with social distancing and hygiene.
Team camps, leagues, scrimmage and pickup permitted provided we are in Phase 3 of the OURS Plan. Continue social distance when possible.
*** Exception – No overnight camps.

For all activities listed above:

- *A coach must be present AND supervising at all times while facilities are in use.
- *Cafeteria is OFF LIMITS. No access due to remodeling beginning soon.
- *Coaches should sanitize equipment and areas daily. Frequently touched items often. Weight equipment after each user. Keep workout partners the same and in small groups
- * Require hand sanitizing upon entry and exit and require frequent sanitizing while in facilities. (At least once every 60 minutes.)
- *Require students to arrive in workout gear.
- *No sharing of water bottles, towels etc. Athletes will provide their own water.
- *Parents should keep children home if they are feeling ill or have a temperature of 100.4 or higher.
- *Non-attendance by students will not result in negative consequences for the student. No questions asked.**

