

## Weight Room Student Protocol

1. Groups will enter the facility at different doors
  - a. Boys enter at door 14
  - b. Girls enter at door 15
2. Coaches will meet the athlete at the door and conduct a temperature check from behind the shield. Anyone with a temperature of 100.4° is not allowed to enter the building. Parents should be notified.
3. If the athlete does not have a fever, the coach will ask the athlete 2 screening questions:
  - a. Do you have any of the following symptoms?
    - i. Cough
    - ii. Sore throat
    - iii. Loss of taste or smell
    - iv. Chills
    - v. Unexplained body aches
    - vi. Unexplained shortness of breath
  - b. To the best of your knowledge have you or anyone in your home been exposed to COVID-19?
4. If the athlete passes the screening questions, the athlete should be directed to the designated locker room / bathroom to thoroughly wash their hands.
  - a. Girls in the girls' locker room
  - b. Boys in the single bathrooms next to the weight room
5. After hand washing, athletes should wait in the designated area until the coach arrives.
  - a. Girls in the gym
  - b. Boys in the hallway outside the weight room
6. Upon entering the weight room, the athletes should disinfect the equipment prior to use.
7. After each lifting session, the athletes should disinfect the equipment.
8. Once lifting/agility drills are completed, athletes should wash their hands again.
  - a. Girls in the single bathrooms next to the weight room
  - b. Boys in the boys' locker room
9. Girls can get milk and protein items after washing hands.
10. Once the girls have left the building, the boys can come up and can get milk and protein items.
11. Athletes should be encouraged to not congregate in groups after lifting (especially in the parking lot).