

Garretson School District

Summer 2020 Conditioning and Sport Workouts - Phase I

1. These rules have been established in consideration of SDHSAA Summer 2020 Contact Recommendations.
2. Initially, summer workouts are open to 2020-21 high school students only. Depending on the number of high school participants, the activities director may open the workouts to 7th and 8th grade students.
3. Attendance and participation in workouts is optional for students, and there can be no explicit or implied requirement that participation next school year is contingent upon participating in summer workouts. It is also recognized that those who participate in summer workouts may develop skills and athleticism that puts them at an advantage when the seasons start next school year.
4. No indoor sessions may have more than 10 people including students and coaches. Outdoor sessions may have up to 20 people involved.
5. All sessions must be supervised by a contracted coach or personnel from the Orthopedic Institute.
6. All participants including coaches, will be pre-screened before each session. A positive response will result in exclusion from the session. Pre-screening responses will be documented and saved for future reference.
7. All students and coaches must have their temperature taken upon entering a session. A temperature of 100.4 or greater is considered a "fever," and the person will not be allowed to participate. Participants must have their temperature documented each day, with the documentation saved for future reference.
8. All participants must use hand sanitizer upon entering and leaving sessions.
9. Sessions in Phase I will include Strength/Agility, basketball, soccer and volleyball.
10. For students who choose to participate, Strength and Agility sessions will be led by Orthopedic Institute Trainer John Shape (or another OI representative). The fee for these groups will be \$50 for 24 sessions. There will be no charge for Garretson Coach-led sessions.
11. Sessions may be no longer than 60 minutes.
12. Sessions are only allowed Monday-Friday.
13. A student may not participate in more than two sessions per day.
14. Sessions may take place in the Garretson Athletic Complex or school gymnasiums. The weight room and wrestling room areas will not be used during phase I.
15. Sessions should be conducted in "pods" of students with the same students working out together. Students may not travel between pods on different days. This ensures more limited exposure if someone develops an infection.
16. A record must be kept of all students in attendance at each session.
17. All facilities and/or equipment must be thoroughly cleaned upon completion of the session.
18. Drinking fountains will not be available during sessions. Everyone must bring their own water bottle, which shall not be shared.
19. Locker rooms / restroom facilities will not be accessible at any time before, during or after sessions.
20. Drills/activities must be no-contact, and social distancing must be practiced. No basketball scrimmages, etc.
21. Athletic equipment, including balls, should not be shared outside of a pod, and equipment must be sanitized before use by another pod.
22. Everyone must make an effort to maintain appropriate distancing between participants (minimum 6' separation) as much as possible. It is recognized, however, that it will not be possible maintain these distances in all circumstances, and individuals assume responsibility for their actions and the results thereof.
23. Any participant who has direct contact with a person who tested positive for the coronavirus must not participate for 14 days from the date of contact.
24. No participation in team camps, tournaments, etc. for any age teams or players.
25. The Garretson School District will remain in Phase I for at least 14 calendar days. If there is a downward/flat trajectory of documented COVID-19 cases in Minnehaha County within a 14-day period, we may progress to Phase II, where a new 14-day period of tracking of cases should begin. If there is another 14-day downward/flat trajectory of cases, we may progress to Phase III.
26. Garretson School administrators will consistently monitor case numbers in their school/community/county and adjust phases accordingly.

Adopted by Garretson Board of Education on 6-8-2020