DTHS Students and Parents,

Great news! The IHSA has recently announced the “Stage 1 Return to Play” policy, which allows student-athletes to get back into the weight room for strength and conditioning sessions this summer. In order to maintain students’ safety, we have developed a structured plan to comply with the requirements that the IHSA has provided.

Before sessions start, a google doc sign-up sheet will be sent out via school email to coordinate time slots for each student to commit to for the entire summer. We ask that all football players sign up for Group A sessions and all other sports sign up for Group B sessions. The schedule demonstrated below is an example of what we believe will accommodate each student to complete 2 days of training each week while still abiding by the recommendations from the IDPH. If there are more than 64 students who would like to sign up, additional time slots will be provided.

**Group A- Weight Room Monday & Wednesday (Football Players)**

Session 1: 8:00-9:15  
Session 2: 9:30-10:45  
Session 3: 1:00-2:15  
Session 4: 2:30-3:45

**Group B- Weight Room Tuesday & Thursday (All other Athletes)**

Session 1: 8:00-9:15  
Session 2: 9:30-10:45  
Session 3: 1:00-2:15  
Session 4: 2:30-3:45

*Student-Athlete Screening*

Prior to entering the school for training sessions, there will be designated positions marked with an “X” on the sidewalk by the gymnasium entrance. These positions will be set at 6 feet apart. Students will wait on these marked spots until they are called into the foyer for screening. If an athlete were to note any concerning symptoms or have a temperature above 100.4 during their screening, they would be sent home immediately with instructions to contact their primary care provider.

*Entering the Weight Room*

When the screening is complete, students will be directed straight to the weight room. To ensure social distancing, each student will be confined to a specific rack and set of equipment for the entirety of the session. Once all students are at their assigned rack, the session will begin (about an hour of training). When each group has finished their workout, the last 15 minutes of the session will be utilized to disinfect all equipment and ensure that the athletes have enough time to leave the facility prior to the next groups’ arrival.

Please Note,

The structure of the training sessions are to ensure we comply with IHSA requirements while under “Stage 1”. Once we enter “Stage 2”, more training sessions will be available due to our ability to have larger group sizes. Sessions will begin Monday, June 15th and will run until July 30th. The deadline to sign up will be Sunday, June 14th at 6:00 PM.