

PARENTS & GUARDIANS OF WABAUNSEE ATHLETES:



Hello All! For those who do not know me, my name is Jess Rutledge and I am a teacher and coach at Wabaunsee High School. I am also one of the people leading the summer weights program for all USD 329 Jr. High & High School athletes. I am sending out this letter to the parents & guardians of our athletes to let you all know more about the specific safety procedures that will be in place this summer.

• Who is running the summer program?

- Jess Rutledge (WHS Social Studies teacher, Head WHS Football & Assistant WHS Boys' Basketball coach)
- Garrett Eck (WHS PE/Strength and Conditioning teacher, Assistant WHS Football, Assistant WHS Boys' Basketball, & Assistant WHS Softball coach)
- Dakota Soderlund (WJHS PE/Strength and Conditioning teacher, Head WHJS Football, Assistant WHS Girls' Basketball, & Assistant WJHS Track coach)
- Kolby Harris (PMS 5th Grade, Assistant WHS Football, Head WJHS Boys' Basketball, & Assistant WHS Baseball coach)

• What type of work outs take place?

- I want you all to understand this: our summer program is specifically designed to help ALL types of athletes for ALL types of sports. There is not a single day or session that is created specifically for one sport. We are here to help any and all student-athletes of WHS/WJHS that want to improve their athletic abilities by voluntarily coming to the summer program. The four program instructors have made a commitment to this and we take helping all of our athletes and all of the programs very seriously. The workouts that involve the weight room and speed/agilities are in place to work all aspects of the body, flexibility, and overall movement. With that said, we do not create specific instructions for an individual or individual program. That is for each athletic program and its coaches to design and operate at their own designated time.

- **What is the schedule for the summer program?**

Summer Weights Schedule:

Start and End date: June 15th -August 7th

	High School Boys: 6:00-6:45 am	High School Girls: 6:45-7:30 am	All Junior High: 7:30- 8:15 am
Monday	<i>Lifting/Speed & Agilities</i>	<i>Lifting/Speed & Agilities</i>	<i>Lifting/Speed & Agilities</i>
Tuesday	<i>Lifting/Speed & Agilities</i>	<i>Lifting/Speed & Agilities</i>	<i>Lifting/Speed & Agilities</i>
Wednesday	<i>Lifting/Speed & Agilities</i>	<i>Lifting/Speed & Agilities</i>	<i>Lifting/Speed & Agilities</i>
Thursday	<i>Lifting/Speed & Agilities</i>	<i>Lifting/Speed & Agilities</i>	<i>Off Day</i>
Friday	<i>Off Day/ Make Up Day</i>	<i>Off Day/ Make Up Day</i>	<i>Off Day/ Make Up Day</i>

Fridays- Because of the safety guidelines being put into action, and because there will only be 1 session on Fridays, it is NOT open to just any athlete but those who want to make up a previous session they have missed. In the past, it had been open to anyone that wanted to attend, but as I mentioned, we are limiting that until the Covid-19 safety procedures are no longer required.

Buses- the buses only need to be run for Jr High drop off & pickup.

ATTENTION PARENTS OF JUNIOR HIGH ATHLETES: *We need to know by Thursday, June 11th if your child will be needing transportation for the summer program. We also need to know what town your child will need to be picked up in. The transportation department needs to know how many kids to plan for so that they can get buses and drivers set up as soon as possible.*

- **How will this summer be different from previous years?**
 - As you are all aware, the Coronavirus has wreaked havoc on what we would consider a normal lifestyle. Regardless of your position on the virus or precautions surrounding it, our main job as educators, coaches, schools, and administration is the safety and wellbeing of your child. On Monday, June 8th, all coaches met with the USD 329 administration from all buildings as well as the Wabaunsee county health director. We were given the guidelines and procedures that NEED to be put in place in order for our

athletes to return to a safe and sanitary setting. This includes a start date, limitations in place (until they are phased out), and health board approved regulations in order to give them a safe and sanitary setting.

- **What are these procedures?**

- Hopefully, you received the email yesterday explaining the basics of what will be required. I would like to talk more about them and how they will be specifically utilized in our summer program. I will start with the arrival and check-in procedures.
 - 1) All student athletes **MUST** have the parent consent and contact information form completed **BEFORE** they are allowed to do anything school related in regards to the summer program. They may bring the completed form on the first day (Monday, June 15th) and turn it in to one of the 4 instructors for the summer program. Again, they will **NOT** be allowed to doing anything until we have that release and contact information. The form was included in the email you received on Monday evening. If you are unable to print one, please contact me (that information is at the end of this letter) and I will make you a copy for you to pick up at the high school in Alma.
 - 2) Once the release is completed and turned in, we will begin our check-in procedure. **NOTE:** this will be done every day your child attends until we are instructed that it is no longer required by the school and/or health board. Before any athlete is allowed to enter the building, they will have the following done:
 - a. Electronic forehead temperature reading (anything above 100.3 will not allow student to partake in the morning's activities). Also, please have your child refrain from wearing a hat to the summer program. This tightness of the hat can cause the head's temperature to rise and could read at a level that is not acceptable for them to participate for the day.
 - b. They will also be asked if they have any of the following symptoms, which they will be required to answer- coughing, sore throat, shortness of breath, and/or loss of smell/taste. If the athlete is positive for **ANY** of the aforementioned symptoms, they will be sent home for the

day and the primary phone contact from the release form will be called to notify them and why the child was sent home. If the primary is unavailable, the secondary phone number will be called. If neither can be reached, a message on both phones will be left. **NOTE:** if the athlete begins to exhibit any of the aforementioned symptoms, they will be pulled from the instruction and reassessed by a program instructor. It will ultimately be the instructor giving the assessment who makes the decision to either allow the athlete to resume the activity or send them home. You need to be aware that if there is any doubt, we are going to err on the side of caution and send them home. If they did not drive themselves, they will be removed the remaining activities and away from the other athletes, but still in view and under the supervision of the instructors. Also, all readings/answers for each day will be recorded and stored in our records in case the need arises to review them because of health concerns. PLEASE, help us maintain a safe and sanitary setting by monitoring your child at home. If they are showing signs of any of the above mentioned symptoms, keep them home.

- c. Once the athlete has passed check-in, they will be sent to an area to wait in until all athletes for that timed session have been checked in. **NOTE:** They MUST keep 6 feet of distance between themselves and any other student athlete during this waiting period. Also, this specific type of check in will only be in place the first week of the summer program because we are required to be outside until Monday, June 22nd. We have chosen the football game field in Alma, as it allows us access to the surfaced track, restrooms and plenty of open space.
- d. After the first week, we will be allowed to utilize the indoor weight room and gym. They will use the same check-in procedure as the week before, but an additional step will be introduced. After the athlete passes the check-in for the inside portion, they will be required to enter the locker room to wash their hands with soap for no less than 20 seconds. After that has been done, then

they will report to the designated waiting area until all athletes for the session have been properly checked-in and the session will then commence. NOTE: Because this check-in process will take time, there is also a designated check-in time frame for each group and they are as follows:

- i. HS Boys- 5:45 to 5:55 am
 - ii. HS Girls- 6:35 to 6:45 am
 - iii. All JH- 7:20 to 7:30 am
- e. If any athlete misses the designated check-in time for their session, they will NOT be allowed to participate in that morning's activities. We do not have time to check athletes that are tardy, as all program operators will need to be in the timed session monitoring safe and sanitary activity guidelines, as well as proper form in the weight room. Once the time limit for check-ins has ended, the only entrance to the facilities will be closed and locked and will not be opened again until the next session's check-in time frame.

3) The four program instructors will be the people doing the check-in system. There will be 3 of us outside doing temperatures and asking the symptoms questions, while 1 will remain inside monitoring the hand washing and social distancing in the specified waiting area for the first session. For the next two sessions, 2 of us will be outside doing temperatures and symptoms, 1 will be inside monitoring handwashing and social distancing in the waiting area, while 1 of us will be wrapping up the previous group's session.

4) As stated previously, there will be three sessions each day. You may have noticed on the check-in portion that there is an overlap of 10 minutes between the first and second, and the second and third sessions. Why is this happening? Because the summer program only has the gym reserved each day until a certain time and to guarantee that we have time for all three sessions, a slight overlap must take place. HOWEVER, at no point will any of the groups come into contact with one another and here is an example how that will happen:

- a. 6:00 am-HS boys will start their dynamic stretching in the gym.

- b. 6:05 am-they will begin their structured strength portion in the weight room.
- c. 6:30 am- strength portion will conclude and sanitation of the weight room starts.
- d. 6:35-6:44 am-as the HS boys are finishing their speed and agilities in the main gym, the girls will be getting checked-in, washing their hands, and then sent into the weight room to wait while being 6 feet apart.
- e. 6:45 am- the HS boys will exit the gym through the southeast doors and head straight out of the building to leave for the day. As the boys are leaving, the girls will be taken into the gym through the southwest doors.
- f. This process and time frames for everything will be the same for the overlap in the HS girls/JH sessions.

Additional Guidelines & Requirements:

- Athletes are NOT permitted to use the water fountains at the school. They may use the water bottle refilling station, but we only have one. It is imperative that you send your child with plenty of water. I would personally suggest a gallon jug of water with their name on it. They are NOT allowed to share their personal water with anyone else.
- Athletes are also REQUIRED to bring their own personal hand towel that they will use to wipe down any equipment they use. The school is providing the sanitary spray to put on the towels, but we do not have the resources to provide each kid a towel. If they show up with no personal towel, they cannot do anything that requires them to touch the equipment. They also need to have a clean hand towel each day, meaning that it needs to be washed after its use the previous day or having a new hand towel each day. If an athlete shows up with a towel that is not clean, they cannot use it, therefore, they cannot partake in any activity that requires them to touch any equipment with their hands.
- Students are NOT allowed to park on the streets next to the high school. They may use the parking lot or the adjacent streets. Once your child's session is over they are REQUIRED to get in their vehicle and leave. If they have a sibling or are providing transportation to another athlete, they still must leave the school property. This is to reduce the number of students in the area and help limit the potential contact between session groups.

• **ALL ATHLETES ARE TO FOLLOW EVERY HEALTH & SAFETY GUIDELINE SET FORTH BY THE DISTRICT AND COUNTY HEALTH DIRECTOR.**

This includes any and all eradicate behavior, and any violation of the health guidelines. This includes, but is not limited to; not keeping 6 feet distance at all times, not washing hands, not sanitizing equipment after use, excessive bad language, bullying, not following instructions, not leaving school premises immediately after their session has ended, or any behavior/actions that could result in either themselves or another athlete becoming injured. These types of actions are not allowed on ANY school property which includes, but is not limited to, the fields, parking lot, gyms, weight room, or any other part of this school's property. Failure to follow these guidelines will result in the following:

- *First offense: verbal warning from program instructor(s)*
- *Second offense: athlete will be REQUIRED to leave the session and school property. Also, I will be using the primary phone contact number on their release form to notify that parent/guardian that they were required to leave and what offense took place that resulted in their removal. If they did not provide their own transportation, they will not be allowed to partake in the remaining activities, but still be in view of and under the supervision of the instructors. **NOTE:** If they are sent home from a session and issues persist when they return to the next day's session, they will not be allowed to participate in the summer program for one week from the time of the second time being removed. If they are required to leave a third time, they may not be allowed to partake in the remaining days of the summer program.*
- **PLEASE UNDERSTAND THIS:** We are using all of these procedures and guidelines because they were set for by the county health director. The governor of Kansas dictated this responsibility to them, and he has told us what we need to do. As I mentioned earlier, regardless of your personal views on any or all of this, it is what we are going to do. If we cannot or do not follow these instructions, we can and will be SHUT DOWN IMMEDIATELY. Another outbreak could even result in fall sports being canceled. As a parent/guardian, please help us make sure that we are doing everything possible to not let that happen.

****If you have any questions, please email me; jrutledge@usd329.com***