

Sullivan Community Unit School District No. 300

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IHSA Stage 1 of Return to Play

Beginning June 6th 2020, Illinois High School Association (IHSA) member schools are allowed to open for volunteer strength and conditioning sessions. Sullivan High School will begin to allow voluntary strength and conditioning workout sessions beginning on Monday June 15th with the highest priority being given to maintaining the health and safety of all students and staff members. To do this, Sullivan High School will institute the following IHSA and Illinois Department of Public Health (IDPH) recommendations below:

- Maintain social distance by being 6 feet apart. Masks shall be worn when social distance cannot be maintained.
- Workout groups will be predetermined and made up of no more than 10 individuals including the coach and medical personnel. These groups will not interact with each other and once determined, students may not switch from one group to another based upon sport.
- Volunteer strength and conditioning sessions will only include weightlifting, running, and exercises designed to promote physical fitness. Sport-specific drills will not be permitted and sport-specific equipment will not be used.
- Diligent and effective cleaning and disinfecting of frequently touched objects and surfaces following the guidance of the Centers for Disease Control (CDC) and IDPH will be conducted.
- Coaches will maintain a daily record of what athletes are participating. Coaches will also monitor athletes at the start of workouts for a temperature greater than 100.3F/38C through conducting a temperature check. Coaches will also monitor athletes for symptoms of COVID-19 such as fever, chills, cough, muscle aches, headache, sore throat, runny nose, nausea, vomiting, diarrhea, or loss of taste or smell. Coaches will document all of this information daily on a Google form. Any athlete with a temperature greater than 100.3F/38C or in possession of any of the above COVID-19 symptoms will not participate in workouts and be sent home from the school with a call being made to the parent/guardian of the athlete recommending a referral be made to a physician for evaluation and testing.
- Free weight exercises that require a spotter cannot be conducted.
- Athletes must bring their own water bottles, shoes, towels, and other personal equipment. The use of locker rooms, shared water coolers with cups, water bottles, and water fountains will not be allowed.