



WEIGHT ROOM SIGN-UP

Looking to sign up for a time slot in the weight room? Here's how it works in 3 easy steps:

- 1) Click this link to see our SignUp on SignUp.com: <https://signup.com/go/iXRMDGA>
- 2) Review the options listed and choose the spot(s) you like.
- 3) Sign up! It's Easy - you will NOT need to register an account or keep a password on SignUp.com.

Note: SignUp.com does not share your email address with anyone. If you prefer not to use your email address, please contact me and I can sign you up manually.

You may also find information and the SignUp link on [Mr. Cody Braun's classroom website](#) under the "Strength Program" page, via the following link:

<https://sites.google.com/d/1P8LYmfftveZii7VA6bILtpDwNfTuu4cr/p/1Yer0Qk0q-XObuLD6c5nGoYFxlGIBKzd1/edit>

Attention all La Crescent-Hokah Middle-High School students and families,

As we all prepare for the upcoming school year, we would like to provide you with an update regarding weight room accessibility. At this point in time, the weight room will be accessible for both staff and students at the beginning of the school year (September 14th). However, for the safety of our students and surrounding community and to adhere to the COVID-19 protocol set forth by both the state and school district, there are some guidelines and restrictions for access you should be aware of. Note: each of the following guidelines have been created, and will be enforced, with the desire to continue moving toward full, in-person learning and activities. For a more clear outline of the points below, see the schedule format on the next page.

First, weight room reservations/scheduling will be required. Only 10 individuals will be allowed in the weight room at a given time. To make this task more efficient, we will be utilizing the website <https://signup.com/> that our students, coaches, and staff must use to be able to access the weight room. There will be two sign up groups or designations:

1. Open Lift (for all students/athletes)
2. Coaches: Athletics (for Coaches and their athletes only)

Sign-up for “Open Lift” will be designated by a student’s Hybrid Learning Model Group (A or B). This was designed to be proactive for in the case of a potential breakout, the district can more effectively trace its origin and those that came into contact with the infected person(s).

Second, workout times will be limited to roughly 30 minutes per group in the effort to allow as many individuals into the weight room as possible. Workouts have been prepared to be done as efficiently as possible.

Third, we will consistently maintain sanitary conditions in the weight room, but to do so, we will require the help of athletes before and after their workout. Before and after access, individuals must wash their hands. Each piece of equipment must be wiped down before and after use as well. The weight room must be thoroughly cleaned before the next scheduled group can enter.

Fourth, the weight room has been organized and marked (via signage) to ensure social distancing measures. Workouts have also been designed to ensure students receive an efficient and effective workout while maintaining at least 6 feet of separation from others.

Finally, we understand that this format is not ideal, but please understand that the health and safety of our students and community members is our top priority and that there are COVID-related procedures we must follow. It is our hope and intention that by enforcing such measures, we can return to regular hours and procedures. We look forward to continuing to help our students/athletes on the road to growth and success!

Weekly Sign-Up Hours & Schedule –

See individual session for your Hybrid Learning Group below for a regular 5-day week*... You may not sign up for more than one session in a given day unless organized by a Coach.

*Shortened weeks subject to change.

	MONDAY (Group A only)	TUESDAY (Group A only)	WEDNESDAY (Coaches, Athletics only)	THURSDAY (Group B only)	FRIDAY (Group B only)
AM	Session 1: 6:15AM-6:50AM Session 2: 6:50AM-7:35AM	Session 1: 6:15AM-6:50AM Session 2: 6:50AM-7:35AM	Coaches/Athletics Only	Session 1: 6:15AM-6:50AM Session 2: 6:50AM-7:35AM	Session 1: 6:15AM-6:50AM Session 2: 6:50AM-7:35AM
PM	Session 1: 3:00PM-3:35PM Session 2: 3:35PM-4:05PM Session 3: 4:05PM-4:35PM Coaches Only: 4:35PM-	Session 1: 3:00PM-3:35PM Session 2: 3:35PM-4:05PM Session 3: 4:05PM-4:35PM Coaches Only: 4:35PM-	Coaches/Athletics Only	Session 1: 3:00PM-3:35PM Session 2: 3:35PM-4:05PM Session 3: 4:05PM-4:35PM Coaches Only: 4:35PM-	Session 1: 3:00PM-3:35PM Session 2: 3:35PM-4:05PM Session 3: 4:05PM-4:35PM Coaches Only: 4:35PM-

Condensed Outline:

Monday-Tuesday (Group A only):

- **AM Sessions**
 - Session 1: 6:15AM-6:50AM
 - Session 2: 6:50AM-7:35AM
- **PM Sessions**
 - Session 1: 3:00PM-3:35PM
 - Session 2: 3:35PM-4:05PM
 - Session 3: 4:05PM-4:35PM
 - Coaches Only: 4:35PM-

Wednesday (distance learning day):

- **Coaches/Athletics Only (AM & PM)**

Thursday-Friday (Group B only):

- **AM Sessions**
 - Session 1: 6:15AM-6:50AM
 - Session 2: 6:50AM-7:35AM
- **PM Sessions**
 - Session 1: 3:00PM-3:35PM
 - Session 2: 3:35PM-4:05PM
 - Session 3: 4:05PM-4:35PM
 - Coaches Only: 4:35PM-

***For Questions – Contact:**

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