

# Lutheran High Policies and Procedures for Summer 2020

## General Guidelines:

1. ***Please maintain social distancing guidelines whenever possible.***
2. Students and coaches are encouraged to wash their hands frequently and/or use hand sanitizer as needed. Hand sanitizer will be available outside of the gym, commons, and weight room doors.
3. Early arrivals and late pickups are restricted; details provided below.
4. Masks are allowed at all events but are NOT required.
5. Please do not come to campus if you are ill, particularly if you have a fever. If a student appears ill, or states they are not feeling well for any reason, they will be immediately separated from the group and the parents will be notified to pick up the student as soon as possible. Depending on the symptoms, particularly the presence of fever, the student should not return until symptom free for 48 hours or a note from family physician.

## Arrival and Departure Procedures:

1. Students should arrive ***no earlier than 5 minutes prior*** to their scheduled workout session and should ***leave immediately following***.
  2. Weight room arrivals should enter the main school building doors only and wait in the commons until their scheduled weight room session.
  3. Maintain a minimum of 6' social distance from anyone NOT in your workout group
  4. ***Gym Workouts***
    - Gym use arrivals should enter via the main doors of the gym lobby
    - Gym use departure from should be through the east doors at end of the hall leading to the athletic field parking lot
    - Maintain a minimum of 6' social distance from anyone NOT in your workout group
- Athletic Field Workouts***
- Arrivals for workouts on the fields should be dropped off at the top of the stadium lot and exit the same way. No entrance to the building is allowed unless for restroom use (gym hallway across from chemistry room)
  - Students are encouraged to carpool with the same group daily to limit exposure.

## Personal Belongings:

1. All students should bring their own bag, towel, and water jug/bottle ( $\frac{1}{2}$  gallon minimum); all jugs/bottles to be clearly marked with student name. Refill stations will be available; drinking fountains in the building are *off-limits*. ***Sharing of jugs/bottles is prohibited.***
2. All personal belongings should be stored in a bag marked with the student's name.
3. Bags must be ***taken home daily***. No items should be stored at LHS overnight; any items left behind are subject to disposal.

## First Day of Camp

1. Jana Leppien will administer registration and collect fees the first day of camp
2. An athletic trainer will be present the first day of each camp session to address any questions or concerns

### Locker Room Policy:

1. Locker rooms in the gym are to remain closed at all times.
2. Athletic Hallway locker rooms are limited to the following:
  - Restrooms for students in the weight room training
  - Football workout groups meeting space
3. Occupancy of the locker room should not exceed 14 students and 1 coach at any time
4. Coaches will supervise students in the locker room to ensure social distancing guidelines are being practiced.
5. NO personal belongings should be stored in locker rooms.
6. Interior doors to locker rooms to remain propped open at all times to limit contact with door handles
7. Locker rooms will be cleaned daily by maintenance staff.

### Weight Room Guidelines:

1. The weight room is **limited to 14 students plus 1 coach** at any given time.
2. **Groups/teams are responsible for cleaning all equipment as it is being used.**
  - The LHS maintenance staff will clean *the weight room* daily.
3. **Cleaning** of the equipment will be supervised by the coach on duty and completed by the students as follows:
  - **At the conclusion of each set/rep . . .** the student must spray and wipe the hand touch surface and bench (if applicable) when the set/rep is finished.
    - If students are working with a partner the spray/wipe may be done when both students have completed the set/rep
    - Spray bottles/rags will be provided near the equipment
  - **At the conclusion of the training session . . .** all equipment surfaces used must be sprayed with provided cleaner and left wet to evaporate.
  - There will be a mandatory 10 minutes required between group sessions in order to allow for sanitizing of the equipment.
4. **Restrooms:**
  - Students may use restrooms in their team locker rooms during training sessions.
  - *Main Entrance Lobby and Gym Lobby restrooms are off-limits during weight room sessions.*

These policies and procedures have been developed with health and safety of all involved as the top priority. You will be notified if and when any regulations are changed or modified. If you have any questions please do not hesitate to contact the following:

1. Team Related Issues
  - Head Coach of that sport or activity
  - Mr. Melvin Bethany, LHS Athletic Director
2. Medical/Injury Issues
  - Mr. Mark Daniels, LHS Athletic Trainer
3. Administration or Registration Issues
  - Mrs. Jana Leppien, LHS Activities Assistant