

Summer Weights 2020 Southeast High School

Safety of players first ----- get bodies back in shape ----

Gym / track – weight room

1. All athletes will come in through the south side of gym (lobby).
 - *A coach will meet athletes and work through the following steps before a player can go to participate.
 - A. Have you been around anyone that has had COVID -19?
 - B. Have you had a fever? (Athletes temperature will be taken at this time)
 - C. Have you had symptoms of shortness of breath, cough, difficulty breathing, lost of taste or smell, etc.?
 - D. Have you been on vacation? If yes, staff will check <https://www.coronavirus.kdheks.gov/175/Travel-Exposure-Related-Isolation-Quaran> for list of restricted geographic areas.

If no to all questions above – Go to summer sessions.
If yes to questions above student athlete will be asked to go home, contact a physician

2. No locker room use.
3. No use of water fountain.
4. Each athlete will need to bring their own water bottle.
5. When going to the weight room, athletes will use the south stairs in the gym and will need to stay six feet apart.
6. The group using the weight room racks and free weights will assist in disinfecting the bench, bar, and all weights they use. Athletes will work to maintain social distancing expectations.
7. The weight room group will rotate with groups in the gym or at the track.
8. All players will use the north stairwell when leaving the weight room and exit the gym through the north door at end of the hallway, staying six feet apart.
9. Players at the track will rotate to the weight room by entering the building lobby and using the south stairs, staying six feet apart.

Athletes need to leave campus when finished with their conditioning sessions.

All summer activities are voluntary at the school and student level. The guidelines are developed if a school wants to provide opportunities for their students over the summer. Participation by individual students is not required and there is no penalty for a student who does not attend.