

**Simsbury High School**  
**Athletics Summer Programs**  
**2020**

Phase I - Outside only, no access to locker rooms, building.

Phase II - Outside and weight room/gymnasium access.

- Program Administrator – Jeff Pinney
  - Strength & Speed Staff (1 coach per group of 10)
    - Tyler English
    - Patrick Lawler
    - Cami Molinare
    - Tim Talbot
    - Nick Critz
  
- Hours of Operation
  - See Appendix A
  
- Participant/Athlete Requirements
  - Health Screening upon arrival by staff
  - Campers must come dressed in workout clothes
  - Campers must bring a filled water bottle. There will be NO SHARING of water bottles allowed. There will not be a filling station.
  - Campers should arrive with a mask on and should wear the mask unless engaged in their designated activity. While engaged in the active play of sports or strenuous activities, campers do not need to wear a face covering. However, campers shall wear face masks at all other times including during arrival, during transition between activities/stations and while waiting to depart.
  
- Transportation
  - Athletes and families must follow social distancing guidelines regarding transportation. Only members of a household should be in the same vehicle. Athletes who are able to drive can drive themselves, but must follow the arrival procedures below and be screened prior to parking and exiting their vehicles.
  
- Arrival and Dismissal Procedures
  - Campers who arrive in cars will be asked to line up along their designated location and wait to be screened by staff before exiting their cars. Students who drive themselves will need to be screened prior to parking and exiting their vehicles. Once they have been screened and cleared to participate, they will be directed to park.  
\*Campers are not to leave their cars until they have been cleared by staff.
  - Campers who arrive by bike will park their bike in an assigned area. They are to stay in the spot until they have been cleared by staff.

- Once they have passed the health screening they will be directed to their spot in their area with their staff coach.

\*See Appendix B for drop off/pick-up locations

- Health Screenings

- Health forms need to be filled out and temperature taken, temperature must be under 100.
- All staff and campers must conduct daily symptom assessments (self-evaluation) prior to joining their groups.

- PPE

- All employees are required to wear a facemask or other cloth face covering that completely covers the nose and mouth.
- Employees may utilize their own cloth face covering over that provided by their employer if they choose.
- Gloves and eye protection are required when using cleaning chemicals.
- Campers should arrive with a mask on and should wear the mask unless engaged in active play. While engaged in the active play of sports or strenuous activities, campers do not need to wear a face covering. However, campers shall wear face masks at all other times

- Social Distancing

- All stations for strength training or conditioning exercises will be placed 8' apart. Each athlete will be assigned to a designated area at the start of each day and told when and where to transition to.
- There will be "X" on the ground making off 8' part so athletes will know where it is appropriate to stand.
- When weight training, spotters should stand at the end of each side of the bar for safety purposes.

- Water Station

- Athletes, coaches, and customers shall be required to bring their own FILLED water bottles.
- There will not be a water bottle filling station available.

- Cleaning Procedures

- Bathrooms – Simsbury High School will be off-limits during Phase I of our summer programs. Should a camper need to use the bathroom, staff will escort students to the port-a-potties located outside the building. When they are done, staff will clean the bathroom. During Phase II - indoor programs will be allowed to use only assigned bathrooms with the same procedure and must be cleaned after each use.
- Weight training stations and equipment will be cleaned prior to each session beginning and at the end of the session.

- As much as possible, athletic equipment will be assigned to individual athletes and not be shared. Each item will be cleaned prior to the beginning of the session and after each use. When equipment must be shared, it will be in as small a group as possible and will be cleaned in between individual uses.
- Hand sanitizer shall be made available at entrance points and common areas, where possible.
- Employees will wash their hands routinely using soap and water for at least 20 seconds.
- Staff Cleaning Day
  - There will be a staff meeting prior to the start of camp to train all staff in proper cleaning procedures and protocols specific to State guidelines regarding summer programs this year.
- Employee Log
  - There will be an employee log that staff must sign into and out of every day, which will include a self-screening and temperature check.
- Signage
  - Post clear signage that reinforces new policies
    - Social distancing protocols
    - Cleaning and disinfection protocols
    - Personal protection protocols (face masks, gloves)
    - Employees shall stay home if sick/experiencing symptoms
    - Athletes shall not enter if they are experiencing symptoms
    - Summary of Phases (Appendix C)

## **Appendix A - Summer Schedule 2020**

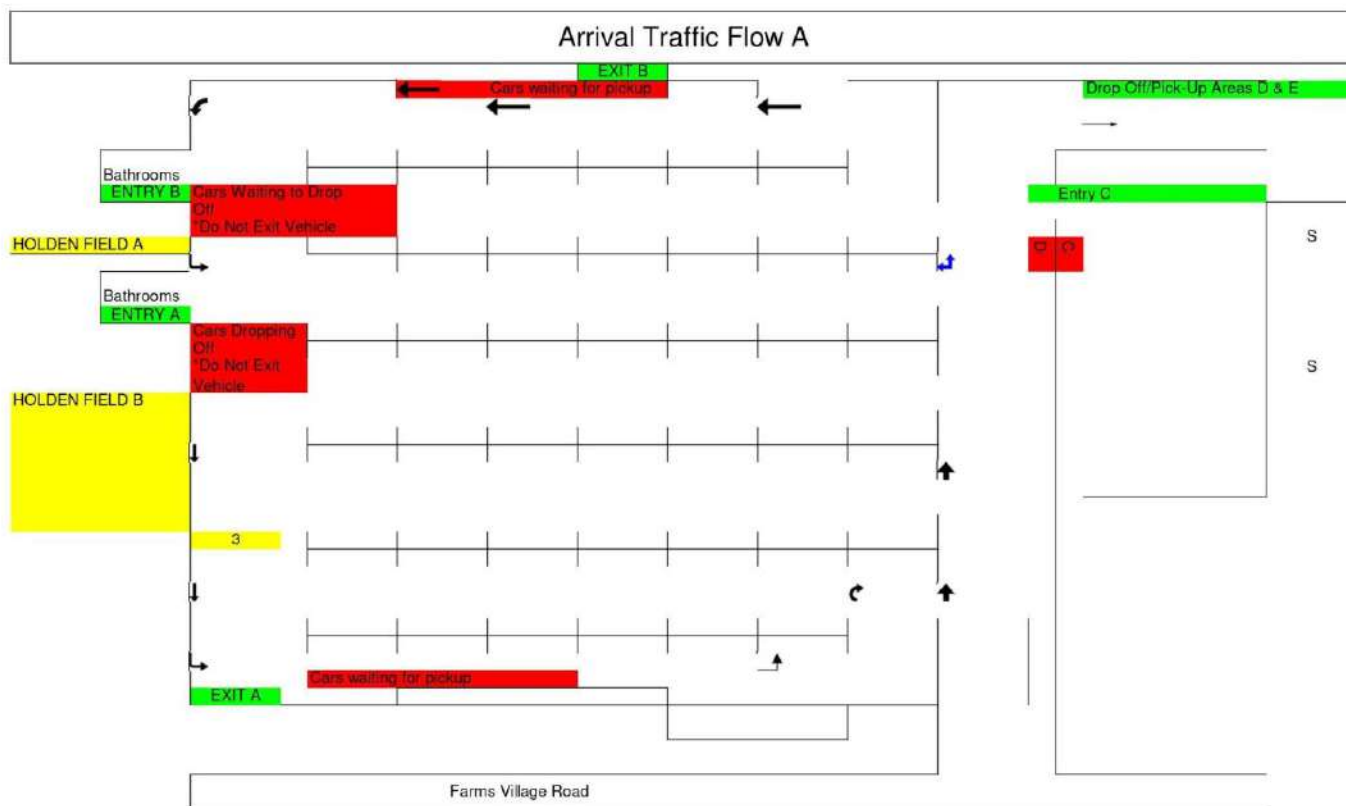
### **Strength and Speed - Phase I**

**\*Due to group sizes being limited, participants may be asked to join a different group. When signing up please indicate your top two preferences. Prioritization will be based on grade level and prior participation in strength and conditioning at SHS.**

- **AM Female A - 6-715am (M/W/F Grades 11 and 12)**
- **AM Female B - 6-715am (T, Th Grades 9 and 10)**
- **AM Male C - 730-845am (M/W/F Grades 11 and 12)**
- **AM Male D - 730-845am (T, Th Grades 9 and 10)**
- **AM Male E - 9-1015am (M/W/F Grades 11 and 12)**
- **AM Male F - 9-1015am (T, Th Grades 9 and 10)**

- PM Female G 4-515pm (M/W/F Grades 11 and 12)
- PM Female H 4-515pm (T, Th Grades 9 and 10)
- PM Male J - 530-645pm (M/W/F Grades 11 and 12)
- PM Male K - 530-645pm (T, Th Grades 9 and 10)

## Appendix B - Drop Off/Pick-Up Locations



\*All athletes/participants must be health screened by coach prior to exiting vehicles. All drivers must remain in vehicles while waiting.

\*All vehicles must wait in designated areas when dropping off/picking up and all athletes/participants must exit/enter through designated areas.

\*All athletes/participants must wear masks while in transition (waiting for pick-up or moving between areas)

\*All participants will be communicated with as to their drop-off and pick-up locations by coaches.

## Appendix C - Summary of Guidelines

### Phase I Summary - to be posted

July 6 - Aug 2

- Small group in-person contact allowed
- Max of 10 people in the group. Must stay with the same 10.
- Groups can meet on different areas of campus, no more than 2 per field, as long as groups don't co-mingle. There is to be NO crossover between groups.

- Max of 3 days a week for each group.
- Max 60 minutes per session
- 6 feet between athletes at all times. No physical contact.
- No locker room access
- Only outdoor activities
- Can use weights outdoors, but must be wiped down after every individual use.
- Social distancing guidelines apply to transportation to and from the site.
- **Coaches always in masks**
- **Athletes in mask when not exercising**
- **Mandatory daily self-screening & record keeping of results**
- **Need to be able to contact trace. Keep records of interactions.**
- **No sharing of food / water**
- **MUST ONLY RUN/WORK WITH THE SAME People**

**Phase II Summary - to be posted when CIAC approves transition to Phase II  
Aug 3- Aug 17 (start of fall sports)**

- All of Phase I guidelines still apply except:
  - Group sizes are allowed to increase to 50 outdoors, 25 indoors. Groups should still be broken into smaller groups in order to maintain social distancing.