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2020 SUMMER STRENGTH &  
CONDITIONING & SKILL  
INSTRUCTION CAMP  
GUIDELINES

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## Northside ISD Summer Strength and Conditioning/ Skill Development (COVID-19 Regulations) Overview

- Day one of Strength and Conditioning/Skill Development will be **coach's orientation only**.
- Day two of Strength and Conditioning/Skill Development will be **athlete orientation only**.
- Before the start of summer workouts, and at the start of every week of summer workouts, schools will screen all students for COVID symptoms that they or others living in their house may experience. This questionnaire will be completed in person by assigned group (POD). Students and staff must **self-screen every day** for COVID-19 at home for symptoms for themselves and family members and report adverse symptoms immediately to the designated coach.
- Schools will plan for entry and exit procedures that reduce the number of students and parents congregating outside and/or mixing around the workout areas and parking areas.
- Schools will take the temperature of each student each day at the start of the conditioning sessions or complete a daily questionnaire.
- Schools will stagger start and end times, assigning students to entries and exits to ensure even distribution of students entering/exiting at each entry point, providing guidance to students to enter one at a time and wait six feet apart outside the entrance.
- During workouts, schools must have at least **one staff member per fifteen students** in attendance to ensure appropriate social distancing, hygiene, and safety measures are implemented. This group (POD) will stay together the entire workout. Note: indoor workouts allow for **one staff member per ten students**.
- Indoor workout activities can be conducted up to a maximum of 25% capacity.  
Determine square footage of your weight room or gym  
Divide square footage by 50  
Multiply this number by .25

Example: **Weight Room** is 3,200 sq. ft.

$$3,200/50 = 64$$

$$64 \times .25 = 16.00 \text{ max capacity}$$

16 TOTAL athletes and coaches in weight room at one time.

**Note: The number of athletes and coaches allowed at one time must be posted in each indoor facility that will be used.**

- Students may not be given access to locker rooms or shower facilities. Students should report to workouts in proper gear and immediately return home to shower at end of the workout.
- Schools must have hand sanitizer or hand-washing stations readily available in the workout area. Students and staff should be encouraged to use it frequently.
- All surfaces in workout areas must be thoroughly disinfected throughout and at the end of each day.
- Any equipment, such as sports balls, should be regularly disinfected during Sport Specific workout sessions.
- If a student uses a piece of equipment during Strength and Conditioning, that equipment must be disinfected before another student uses it. This equipment should not be shared between groups (PODS)
- All groups (PODS) will be documented by each participant name and the responsible coach will monitor for tracking purposes should an athlete or coach have symptoms or test positive for COVID-19.
- Each school will submit their Plan in writing to their campus principal and Athletic Department.

On behalf of Northside ISD Athletics, we are pleased to present this outline for the Phase 1 plan to return our athletes to in-person on campus training. This is our blueprint to return our athletes to Strength & Conditioning and Skills Development on our campuses. The health and safety of our athletes is our number one priority and the following guidance is based on what is currently known about the coronavirus disease (COVID-19).

NORTHSIDE ISD Athletics designed this guidance to help prevent workplace exposures to COVID-19 for all athletes, coaches, and staff and will be updated as additional information becomes available. The following guidelines were compiled with the assistance of NORTHSIDE ISD Athletic Administration, our NISD Licensed Athletic Trainers, and the guidelines of the University Interscholastic League, and Centers for Disease Control.

With social distancing requirements, it will take many more HOURS and AREAS to provide our athletes a quality summer strength and conditioning experience. Athletics will continue to work closely with the UIL, campus administration, the State of Texas, City of San Antonio health officials so timely and accurate information can guide appropriate responses.

Local conditions will influence the decisions that public health officials make regarding community-level strategies. We will expect staff and athletes to conduct themselves as if they are contagious. The policies in our plan are designed to minimize risk for yourself and others. It is vital to the health and safety of everyone that our athletes and staff are fully conscious of this at all times and take responsibility of following these guidelines seriously.

#### KEY PRINCIPLES:

- Limiting personal interaction – face-to-face interaction and person-to-person contact will be limited to essential activities that cannot be performed in an alternative (virtual or remote) fashion. When such activities are required, social distancing and other infection-spreading mitigating measures will be emphasized.
- Hygiene – hand washing will be emphasized before, during, and after team activities when possible.
- Cleaning and sanitation – routine and enhanced cleaning and sanitation measures will be implemented.
- Safe access to facilities – Facility entry and exit points will be coordinated to minimize personal interaction and facilitate social distancing.
- NISD staff will keep a maximum of 1:15 coach to athlete ratio outside and a 1:10 ratio inside.
- Screening Procedures for Athletes – Daily symptom questionnaire or temperature screening assessment will be required of athletes. Staff will continue to be screened daily.

### OVERALL GUIDELINES AND RESPONSE STRATEGIES

#### SANTIZATION

##### Disinfection and Sanitation

• **Facilities Cleaning** – athletic facilities will be disinfected and sanitized per Center for Disease Control guidelines, before, during, and after each workout session. Emphasis will be given to ensuring disinfecting high touch surfaces and surfaces that are used by multiple athletes, disinfecting between users.

- Custodial staff will do overnight fogging / disinfecting after every camp day.
- Equipment like bar bells will be sanitized after each individual use.

Any equipment, such as sports balls, should be regularly disinfected during Sport Specific workout sessions.

If a student uses a piece of equipment during Strength and Conditioning, that equipment must be disinfected before another student uses it.

## ATHLETES AND STAFF

- Athletes and staff will sanitize their hands before, during, and after workout.
- There will be multiple hand sanitizing stations spread throughout all conditioning and skills areas. **Outside sanitation stations must remain in the shade at all times.**
- There will be no high fives, back slaps, or any other physical encouragement.
- 6-foot social distancing will be kept at all times.

## ATHLETE REQUIREMENTS

- A. Athlete will stay home if they answered “YES” to any screening questions or if they do not feel well.
- B. Athletes will park or be dropped off in designated locations per individual campus set up.
- C. Athlete temperature will be checked prior to entry or a completed questionnaire.
- D. Athletes will be assigned to a POD and will remain in that POD for the remainder of the camp.
- E. **6-Foot Rule** – Maintain 6 feet of space between each other. This includes lift groups, run groups, and common areas including restrooms, drop off and pick up areas.
- F. **Physical Contact** – Limit physical contact with others. Do not shake hands, hug, fist-bump or high five.
- G. Athletes will use hand sanitizer before entering the facility, during workouts, and when exiting skills.
- H. **Restrooms** – Athletes are required to wash hands; utilize the “one in one out” model and sanitize hands after exiting. Doors will be propped open to eliminate contamination. Other than RR, locker room use is not allowed for any reason.
- I. **Hydration** – Athletes are required to bring an adequate amount of water for personal use during camp. (Recommended one labeled, gallon jug of water). Athletes are prohibited from sharing water bottles. Supervised refill stations will be allowed.

**\*FAILURE TO COMPLY WITH ATHLETES REQUIREMENTS MAY RESULT IN REMOVAL FROM THE PROGRAM.**

## NISD STAFF REQUIREMENTS

- A. Staff will stay home if they answered “YES” to any screening questions or if they do not feel well.
- B. Staff will get temperature checked by Northside Staff and maintain social distancing at all times.
- C. Staff will use hand sanitizer before entering the facility, during workouts, and skills.
- D. Staff will bring their own labeled water bottle.

## ENTRY PROCEDURES

- All athletes are required to enter facility via the predetermined entrance.
- Temperature check or Questionnaire before entering facility every day.
- This is THE ONLY permissible entry for Staff/Athletes.
- All other entry points will be inaccessible.

Athletes are required to:

- Maintain Six feet social distancing at all times.
- Signage will be posted to direct athletes.

## SCREENING PROCESS

A. Before the start of summer workouts, and at the **start of every week of summer workouts**, schools will screen all students for COVID symptoms that they or others living in their house may experience. This questionnaire will be completed in person by assigned group (POD).

B. BEFORE Arriving to Facility – Each day every athlete and staff will **self-screen**. If an athlete answers “YES” on any question they will stay at home and call their coach to let them know.

- Screening questions will be sent by school to all athletes attending.
- Any contact with person who is/was positive for COVID–19; or
- New or worsening cough or shortness of breath/difficulty breathing; or
- Fever (subjective or > 100); or
- Body Aches, headache, sore throat, new loss of taste or smell, diarrhea.

C. Any athlete arriving later than the designated start time of their POD, may not be allowed to enter or participate for the day.

D. A temperature check or Questionnaire will be completed daily upon arrival to their POD.

Temperature check station will be staffed by NORTHSIDE ISD staff. If any athlete has an elevated temperature, they must leave and cannot attend camp that day.

E. A hand sanitizing station will be set up outside the facility screening checkpoint where all athletes must sanitize their hands prior to entry/re-entry into the facility.

## PODS (Groups)

A. Athlete pods will be coordinated by NISD staff to minimize exposure.

B. POD must remain together through Strength and Conditioning and Sport Specific Workouts.

## INDOOR REGULATIONS

A. PODS limited to no more than 10 athletes.

B. PODS must stay 6 feet away from other PODS.

C. Only the number of PODS will be allowed inside according to square footage calculations for 25% capacity.

## OUTDOOR REGULATIONS

- PODS limited to no more than 15 athletes.
- PODS must stay 6 feet away from each other and/or other PODS.

## WORKOUT PROCEDURES/POLICIES

- Both athletes and staff will sanitize their hands before, during, and after workout.
- There will be multiple hand sanitizing stations spread out all conditioning and workout areas.
- There will be no high fives, back slaps, or any other physical encouragement.
- 6-foot social distancing will be maintained at all times.
- Spotting is allowed but recommended that the spotter cover nose and mouth.
- Any equipment should be regularly disinfected during sessions.
- Equipment should not be shared between PODS.

- No competitive drills involving one or more students on offense vs defense in skills
- No 1-on-1, 3-on-3, 5-on-5, 7-on-7 etc.

## EXIT PROCEDURES

- Athletes must exit the predetermined route learned during orientation, while practicing social distancing, avoiding contact with other athletes and staff.
- Students must sanitize their hands when they exit the facility.
- POD coach will remain with POD until all athletes are picked up.
- Parents must stay in their cars during pick up process.

## COVID-19 SYMPTOMS, TESTING & MANAGEMENT

- Athletes/staff member who appears to have symptoms or who become sick during the day will be immediately separated from other athletes/staff and instructed to return home. Before returning, athlete/staff member must obtain a medical professional's note clearing them for return based on a possible alternative diagnosis.
- If a positive case is identified among the participants in these summer activities, either staff or athlete, the group to which that staff or athlete is assigned and in contact with must be removed from the session while all members of the group self-isolate for a period of two weeks.
- If any athlete/staff member is positively identified to have contracted COVID-19, all camp participants will be notified.

## PARENT/GUARDIAN COMMUNICATION PLAN

Coaches will educate the athletes on first day of their attendance.

VISIT - [nisd.net/athletics](https://nisd.net/athletics) for guidelines.

## WEEK 1 Anticipated Schedule:

- Day One - Coaches only Orientation.
- Day Two - Athletes POD will have orientation session to include:
  - Walk thru the daily process for the check in process
  - Walk-thru the daily process for entry & exit of the facility.
  - Educational session about social distancing during workout.
  - Educational session about symptoms and preventative measures.
  - Educational session on disinfecting and cleaning.
- Day Three – First day of Strength and Conditioning/Skills workouts

## COVID-19 Strength and Conditioning and Sport Specific Instruction

UIL schools may, but are not required to, begin UIL Summer Strength and Conditioning and Sport Specific Instruction beginning June 8, 2020 under the requirements described below. UIL will continue to work with state officials and monitor CDC and other federal guidance to determine any potential modifications.

### Deciding Whether to Offer In-Person Summer Strength and Conditioning

Schools should take their local context into account when deciding whether to offer summer strength and conditioning on campus by monitoring the situation on the Texas Department of State Health Services dashboard. Schools should follow all local and state requirements when considering strength and conditioning activities.

<b>Requirements for All Workouts</b>
Attendance at workouts must be optional for students and in compliance with the rules for Summer Strength/Conditioning Programs & Sport Specific Skill Instruction. In addition to on-campus workout options, schools should consider providing students guidance for working out at home or remotely away from school. This can include virtual workouts, emailed or otherwise electronically delivered workout instructions, or any delivery model approved by the local school district.
Attendance records shall be kept, however, students shall not be required or allowed to make up missed days or workouts.
Fees, if any, shall be established by the superintendent and collected by the school. Any payment to coaches shall be from the school and from no other source.
Students may not be given access to locker rooms or shower facilities. Students should report to workouts in proper gear and immediately return home to shower at end of the workout.
During workouts, <b>schools must have at least one staff member per twenty students</b> in attendance to ensure appropriate social distancing, hygiene, and safety measures are implemented.
Schools must have hand sanitizer or hand-washing stations readily available in the workout area. Students and staff should be encouraged to use it frequently.
All surfaces in workout areas must be thoroughly disinfected throughout and at the end of each day.
No clothing or towels may be laundered on site or shared during workouts.
There can be no shared water or food.
Before the start of summer workouts, and at the start of every week of summer workouts, schools should consider pre-screening all students for COVID symptoms that they or others living in their house may experience. This can be completed by phone prior to the first day of workouts, in person or in writing. Students and staff must self-screen every day for COVID-19 symptoms for themselves and family members. Schools should consider taking the temperature of each student each day at the start of the conditioning sessions, if possible.
Schools should plan for entry and exit procedures that reduce the number of students and parents congregating outside and/or mixing around the workout areas and parking areas. Consider staggering start and end times, assigning students to entries and exits to ensure even distribution of students entering/exiting at each entry point, providing guidance to students to enter one at a time and wait six feet apart outside the entrance.
If the school is planning to offer transportation for summer activities, schools should follow all TEA guidance and local guidance related to such transportation.

\* Schools should consider having students remain with a single group or cohort to minimize the number of students and staff that must isolate if a case is confirmed.

Strength and Conditioning Workouts
A strength and conditioning session shall be <b>no more than two consecutive hours per day</b> , Monday through Friday.
Strength and conditioning sessions shall include only strength and conditioning instruction and exercises. <b>No specific sports skills shall be taught</b> and no specific sports equipment, such as balls, dummies, sleds, contact equipment, etc., shall be used.
Schools should consider requiring students who are not actively exercising, but are spotting, to wear cloth face masks.
A student shall attend no more than one session per day.
Any equipment must be thoroughly disinfected before and after each use. If a student uses a piece of equipment, that equipment must be thoroughly disinfected before another student uses it. Schools should limit the use of equipment to further reduce the risk of spreading the virus.

Sport Specific Instruction
Sessions may be conducted in addition to the strength and conditioning session(s), and <b>a student shall attend no more than 90 minutes per day of sport specific skill instruction with no more than 60 minutes per day in a given sport</b> , Monday through Friday.
Sport specific skill sessions <b>may</b> include specific sports equipment, but <b>contact equipment (restricted equipment) is not allowed</b> . School shorts, shirts and shoes may be provided by the school (local school option) but may not be laundered on-site.
<b>Sport Specific Activities Conducted <u>Outdoors</u></b> - Students may be placed in <b>working groups no larger than 15 total students</b> . Each working group should maintain appropriate distance from other working groups.
<b>Sport Specific Activities Conducted <u>Indoors</u></b> - Students may be placed in <b>working groups no larger than 10 total students</b> . Each working group should maintain appropriate distance from other working groups.
No competitive drills involving one or more students on offensive against one or more students on defensive may be conducted. (Example: Basketball players may participate in drills, but cannot conduct drills / activities against a defender)
Any equipment, such as sports balls, should be regularly disinfected during workout sessions. This equipment should not be shared between groups. After a group has used such equipment, that equipment must be thoroughly disinfected before being used by a different group.

Sessions may be conducted by school coaches for students in grades 7-12 from that coach's attendance zone.
<b>Indoor workout activities</b> can be conducted up to a maximum of <b>25% capacity</b> .
Schools should limit the total number of participants based on available space to allow for the appropriate distancing between students and staff.
Except for reasonable safety considerations, such as spotting, students and staff must maintain at least six feet of distance from all sides when not actively exercising. When actively exercising, students and coaches must maintain at least ten feet of distance from all sides when possible.
Workout stations must be spaced to allow for at least ten feet of distance between them in all directions. Some exercises may require more than ten feet of distance.





