

.Lawrence Free State Athletic Department.

2020 Free State Summer Weights & Conditioning Program

Effective Wednesday, July 08, 2020, we will require that all Free State Summer Weights & Conditioning participants (student-athletes and coaches) follow the Kansas State High School Activities Association's guidelines on wearing masks to all Summer workouts. Please see below for the KSHSAA's guidelines. If a student-athlete checks-in without a mask, he/she will be asked to either secure one immediately or leave campus for the day.

Additionally, the Free State Summer Weights & Conditioning Program was scheduled to transition into the second phase of the program's offering, including the opening of the Weight Room and allowance of indoor workouts on Monday, July 13, 2020. However, with the Douglas County Health Department's extension of Phase 3, we will continue with outdoor workouts only. Information regarding indoor camps will be shared via the sport's Twitter account, so please make sure you are checking the account(s) on a regular basis.

Please see below for the updated schedule, protocol/guidelines for continued outdoor workouts, and helpful FAQs to provide clarification on several topics. With the exception of Fall sports, the Summer Weights & Conditioning Program will conclude on Thursday, July 30, 2020. Please note that all dates are subject to change and additional requirements may be added later.

2020 Free State Summer Athletics | Outdoor Workout Protocol (07.07.20)

- Student-athletes will continue the COVID screening upon their arrival to campus.
- Student-athletes and coaches will be required to wear masks and maintain 6' of distance.
- On Monday, July 13, 2020, sport-specific equipment may be used outdoors with limited sharing amongst student-athletes.
- Free State will provide clean towels and disinfectant for coaches to clean equipment before and after student-athlete use.
- In addition to bringing their own water, student-athletes need to bring a towel to use for personal use (i.e., wiping their face with their own towel versus touching their face with their hands).

KSHSAA's Considerations for Masks/Face Coverings



Based on Governor Kelly's Executive Order 20-52 (released July 2, 2020), and unless specific guidance within your county indicates otherwise, masks or other face coverings should be worn by participants in any organized sports activity anytime participants are around others and unable to maintain 6-foot physical distancing. Per CDC guidelines, individuals who are engaged in high intensity activities, like running, may not be able to wear a mask or face covering if it causes difficulty breathing. Additionally, masks should not be worn during activities that cause the mask to become wet. The KSHSAA encourages coaches to consider alternative activities if adequate physical distancing cannot be maintained in the absence of the participant wearing a mask. All non-participants in workout activities such as coaches, staff and non-participating students should wear a mask or face covering at all times when around others and 6-foot physical distancing cannot be maintained. [07.02.20]

Updated: 07.07.20

2020 Free State Summer Athletics | FAQs

What is the last day to enroll my student-athlete in the 2020 Summer Weights & Conditioning Program?

Wednesday, July 01, 2020.

What are the dates of the Summer Moratorium?

Friday, July 03 – Tuesday, July 07.

Is there conditioning on Friday, July 10?

Yes. Due to the Summer Moratorium from July 03-July 07, we are allowing workouts to take place on Friday, July 10.

Can the sport-specific workouts after July 10 count towards the mandated number of workouts to participate in team camp?

Yes. As long as a student-athlete participates in ten/fifteen school-sponsored workouts prior to the start of team camp, he/she is eligible to participate in camp. Free State team camps are eligible to start on Monday, July 13. Please check the “More” tab on the Free State Athletics website for team camp information.

Can my student-athlete attend a different sport’s conditioning workout to meet the mandated number of workouts to be eligible to participate in team camp?

No. In an effort to limit the cross-exposure of our student-athletes while on campus, student-athletes may not attend a “new” session just to meet the mandated number of workouts.

If my student-athlete is unable to meet the mandated number of workouts prior to team camp, will it have an impact on their ability to make a team during the school year?

No. Summer camps are *optional* for all Free State student-athletes; therefore, whether or not a student-athlete participates in a Summer team camp cannot have an impact making a team during the school year.

2020 Free State Summer Athletics | Reminders

- In order to protect the health and safety of all participants, student-athletes and staff must be completely honest with symptom reporting and appropriate follow through, or risk jeopardizing the ability to continue the Summer program for themselves and others. ANYONE feeling sick should stay home and contact their healthcare provider.
 - Anyone who has experienced any of the signs or symptoms of COVID-19 within the previous 14-days should not attend workout activities unless they receive a negative COVID-19 test. If this applies to your student-athlete, please communicate this information with myself or your student-athlete's head coach.
 - Anyone who has had contact with a person who has tested positive for the Coronavirus should not participate in any workout activities for 14-days from the time of exposure unless they themselves have tested negative (after the initial exposure). If this applies to your student-athlete, please communicate this information with myself or your student-athlete's head coach.
 - Anyone diagnosed with COVID-19 will not be allowed to participate without a written release from their healthcare provider.
- It is imperative that we maintain appropriate social distancing as directed by the state of Kansas and the Douglas County Health Department. In an effort to assist, we are asking that student-athletes do not carpool with anyone outside of their immediate family.
- If you travel outside of Kansas at any time this Summer (or did so within the last 14-days), please make sure you reference the Kansas Department of Health and Environment’s list of states that require a mandatory travel-related quarantine.