

<b>PHASES</b>	<b>JULY 6—10</b>	<b>JULY 13—17</b>	<b>JULY 20—31</b>
<b>PARTICIPATION STATUS</b>	<b>VOLUNTARY</b>	<b>VOLUNTARY</b>	<b>VOLUNTARY</b>
<b>FACE COVERINGS</b>	<ul style="list-style-type: none"> <li>• Student athletes when NOT engaged in vigorous activity are encouraged to wear</li> <li>• may wear at all times if will not cause a health risk</li> <li>• Coaches/ medical staff/ school officials should wear at all times unless under rigorous activity</li> </ul>	<ul style="list-style-type: none"> <li>• Same recommendations</li> </ul>	<ul style="list-style-type: none"> <li>• Same recommendations</li> </ul>
<b>LOCKER ROOMS/ WEIGHT RM</b>	<b>CLOSED</b>	<b>CLOSED</b>	<b>CLOSED</b>
<b>GATHERING SIZES</b>	<ul style="list-style-type: none"> <li>• Athletes will be grouped in pods of 10 or less</li> <li>• Each pod will remain with same coach for entirety of day's workout</li> <li>• Coaching staff is limited to same 3 individuals for month of July</li> </ul>	<ul style="list-style-type: none"> <li>• Same restrictions</li> </ul>	<ul style="list-style-type: none"> <li>• May resume full team workouts</li> </ul>
<b>CONTACT</b>	<b>NO CONTACT DRILLS</b>	<ul style="list-style-type: none"> <li>• Small group contact drills of 6 or less (i.e. 1 on 1 or 3 v.3)</li> </ul>	<ul style="list-style-type: none"> <li>• May engage in intrasquad scrimmages</li> </ul>
<b>SCREENING</b>	<ul style="list-style-type: none"> <li>• Upon arrival student athletes will undergo symptom screening and temperature check per workout unless occur back to back for multi-sport athletes</li> </ul>	<ul style="list-style-type: none"> <li>• Same procedure</li> </ul>	<ul style="list-style-type: none"> <li>• Same procedure</li> </ul>
<b>SOCIAL DISTANCING</b>	<ul style="list-style-type: none"> <li>• Student athletes are to maintain social distancing of 6 ft. or more when not engaged in activity</li> </ul>	<ul style="list-style-type: none"> <li>• Maintain social distancing</li> </ul>	<ul style="list-style-type: none"> <li>• Maintain social distancing</li> </ul>
<b>HYDRATION STATIONS</b>	<ul style="list-style-type: none"> <li>• Student athletes are responsible for providing individual capped water bottle LABELED with name</li> <li>• Coolers are available to refill during workout sessions</li> <li>• NO water fountains are available</li> <li>• NO cups will be used</li> </ul>	<ul style="list-style-type: none"> <li>• Same requirements</li> </ul>	<ul style="list-style-type: none"> <li>• Same requirements</li> </ul>
<b>ATHLETIC TRAINING RM</b>	<b>By appointment only</b>	<b>By appointment only</b>	<b>By appointment only</b>