

Team Activities May Include (*all activities must adhere to social distancing guidelines)

- Virtual Team meetings, regardless of coop or cohort
- Inter-cohort Individual physical workouts outdoors (drills and skills)
- Inter-cohort small group workouts.
- Inter-cohort small group practices.
- Interscholastic scrimmages (limited to 2 teams)
- Interscholastic competition

Team Activities May NOT Include

- Competitions with Tier 3 individuals present.
- Large-scale events, such as invitationals, tournaments, and special events.

Screening Procedures

- The SDP Screening survey must be completed the same day as the workout pursuant to the SDP Health & Safety Plan. Students and staff may not remain on campus if the screening survey is not completed.
- Any person who has had a fever of 100.4 F or symptoms of COVID-19 in the previous 24 hours should not be permitted to take part in workouts and should contact his or her primary care provider.
- Students should complete the SDP screening in consultation with parents/guardians at home.
- A record will be kept of attendance.
- Students who were previously diagnosed with COVID-19 and have since recovered must adhere to the procedure outlined in the SDP Health & Safety Plan.
- Appropriate notification and protocols pursuant to the SDP Health & Safety Plan will be initiated when a person tests positive for COVID-19. It is possible that activities will need to be canceled based on guidelines from authorities.

Gathering Limitations

Outside Facility: In accordance with PDPH guidelines.

Gymnasium: In accordance with PDPH guidelines.

Fitness Center/Weight Room: In accordance with PDPH guidelines.

- Workouts should be contained in pods of 10 or less. These pods remain together for all activity and intermingle with other pods as little as possible.
- Some equipment may need to be taped off for non-use, to help with distancing, or to facilitate cleaning.
- Fitness Center activities will be limited to those that allow for social distancing (side-spotting should be utilized when needed) and equipment will be wiped after each use.
- The fitness center and all team areas will be monitored and cleaned by members of the coaching staff and will be sanitized by SDP Facilities personnel at the conclusion of each day.

Equipment

- Student-athletes should refrain from sharing clothing/towels and should be washed after each practice, including pinnies.
- Athletic equipment that may be used by multiple individuals (balls, shields, tackling dummies, shot put, discus, pole vault, etc.) should be cleaned intermittently during practice and events.
- Student-athletes should take frequent breaks for handwashing or hand sanitizer use.
- Spotters for maximum weight lifts should be stationed at each end of the bar.
- Coaches, officials, and student-athletes will wear a face-covering in accordance with the state and city orders