



## **2020 Lawrence High Summer Weights & Conditioning Program** (updated 7/9/20)

Please see below for the updated schedule, protocol/guidelines for continued outdoor workouts, and helpful FAQs to provide clarification on several topics. *Please note that all dates are subject to change and additional requirements may be added later.*

### **2020 Lawrence High Summer Athletics | Outdoor Workout Protocol**

- Student-athletes will continue the COVID screening upon their arrival to campus.
- Student-athletes and coaches will be required to wear masks when they arrive and leave workouts. They must also maintain 6' of distance.
- Students-athletes will be turned away if they are not arriving to the workouts wearing a mask.
- All strength and conditioning workouts will be held outside for the remainder of the summer
- 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).

### **Outdoor Strength and Conditioning Schedule Starting 7/13/20**

#### **Football, Baseball, Wrestling (Monday-Thursday)**

6:00am-7:30am

#### **Boys & Girls Basketball, Gymnastics, Spirit Squad, and Volleyball (Monday-Thursday)**

7:30am-8:45am

#### **Cross Country (Monday-Thursday)**

7:00am-8:30am

#### **Boys Soccer (Monday, Wednesday, Friday)**

7:00am-9:00am

*\*With the exception of Fall sports, the Summer Weights & Conditioning Program will conclude on Thursday, July 30, 2020*

## **2020 Lawrence High Summer Athletics | FAQs**

### **Will strength and conditioning move inside this summer?**

No. The strength and conditioning workouts will remain outside for the rest of the summer.

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

No. Summer weights and conditioning is *optional* for all Lawrence High School student-athletes; therefore, whether or not a student-athlete participates in a Summer workout cannot have an impact making a team during the school year.

### **Will there be any team camps this summer at Lawrence High?**

No. We will not hold any team camps while Lawrence is in Phase 3.



## **COVID-19 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.