

All athletes must bring:

1. Mask, not having a mask will result in you being sent home.
2. Clothes to train in, already on.
3. Gym shoes for the weight room
4. Cleats, if desired
5. Your own water bottles, we cannot provide you water.

Protocol:

1. All athletes must arrive at their designated training time. They cannot make up or join a different training group. A key part to June training is that we keep the same group of athletes together during this time limit exposure to other athletes.
2. Prior to arrival athletes will check their temperature and do a self assessment of symptoms.
3. You must arrive and stay in your vehicle until the coach opens the gate to the stadium.
4. All athletes will enter the stadium through the main stadium gates, maintaining social distancing.
5. Even pod numbers will meet at the end zone of the scoreboard side of the stadium, maintaining social distancing.
6. Odd pod numbers will meet at the parking lot endzone of the stadium, maintaining social distancing.
7. Once in the Stadium the coach will fill out the NFHS/OHSAA check in sheet.
8. Each Pod will warm up at their end of the stadium.
9. After warm-ups one pod will enter the field house to lift.
 - a. Each athlete will have their own rack to lift at and will sanitize their station regularly throughout the lifting station.
 - b. Any dumbbell or equipment used will be sanitized between use by different people.
 - c. The person who used the equipment will be the one to sanitize it.
 - d. At the end of the lifting session the athletes will sanitize their stations.
 - e. There will be no congregating in the locker room area.
10. The other pod will stay out on the field and will perform agility/conditioning drills, maintaining social distancing.
11. Mid-way through the training session the fieldhouse athletes will exit the facility and head to the scoreboard endzone.
12. Once they have reached the scoreboard endzone the agility/conditioning pod will enter the field house and lift, while the other pod will perform agility/conditioning drills.
13. Once both groups have finished their training they will cool down in their designated endzones.
14. After cool down the parking lot endzone group will be dismissed followed by the scoreboard endzone pod.
15. All athletes will exit through the visitor gate to avoid contact with the next incoming training group.
16. Once athletes are dismissed they must go directly to their car and leave, there is to be no loitering.