OHS Athletics - Summer Workouts Session 1

Dates/Times:
- June 24th & June 25th from 9am-10:15am
- June 29th - July 2nd from 9am-10:15am

Check in location: West Campus High School / OHS Baseball/Softball complex off M-89
(please do not use the OHS parking lot)

**IMPORTANT: In order to participate in summer workouts, you must be signed up on FinalForms.**

Procedures for Summer 2020 workouts

- All coaches and students will be screened daily for signs / symptoms of COVID-19 prior to participating, including a temperature check. Anyone with a temperature of greater than 100.3 degrees will not be able to participate and will be sent home. Responses to screening questions for each person will be recorded and stored on Final Forms so that there is a record of everyone present in case a student develops COVID-19. These records will be confidential. Any person with positive symptoms reported will not be allowed to participate and sent home.

- Parents who are transporting their students must leave the facility during the workout in order for us to maintain or stay below the maximum participation count and avoid additional gatherings. Thank you for your understanding.

- Adequate cleaning will be done and implemented for all Athletic Facilities and Equipment

- Individuals should wash their hands for a minimum of 20 seconds with warm water and soap or use hand sanitizer (if soap and water isn’t available) before touching any surfaces or participating in any workouts.

- Students are encouraged to shower and wash their workout clothing immediately upon returning home

- Locker rooms will NOT be available during summer workouts

- Athletes must bring their own water bottles and bring minimum gear

- Athletes will practice social distancing during workouts

- Face coverings are not required, but any athlete who prefers to wear face covering is allowed to do so.

Thank you,
John Kubiak, OHS Athletic Director

[Click here to access FinalForms]