SUMMER CONDITIONING
PHASE II GUIDELINES

CHENEY BLACKHAWK COACH PRE-SESSION REQUIREMENTS

• Non-Contact Thermometer
• Hand Sanitizer
• CSD Approved Disinfectant + Paper Towels or
• CSD Approved Disinfectant Wipes

STUDENT – ATHLETE PRE-SESSION REQUIREMENTS

• Face Covering
  o Indoors must be worn at all times
  o Outdoors may be removed when socially distanced (6’) and readily available
• Personal Water Bottle
  o Labeled with Name
• Personal Towel
  o Labeled with Name
• Clean Clothing

PRE-SESSION PROTOCOL

1. Adult Supervision
   a. Record Self-Screening Protocol
   b. Face Covering
   c. Personal Water Bottle
   d. Assure facility & equipment disinfected prior to session

2. Student-Athlete registered in Final Forms
   a. https://cheney-wa.finalforms.com/sports
   b. Valid Physical – Expires 24 months from initial date
      i. Freshman
   1. Upload valid physical in Final Forms or
   2. Upload note from physician stating last physical date
       a. Must not expire before September 5, 2020

3. Upon Check-In – See Student-Athlete COVID Screening Flow Chart
   a. Temperature Check - Recorded in Final Forms
   b. Complete Screening Protocol – Recorded in Final Forms

TRAINING PROTOCOL

1. One (1) Pod Per Facility

2. Student-Athlete Trains in Pods of 5
   a. Pod Assignments stay constant for each session
   b. Assure 6’ Social Distancing
   c. Common Equipment does not change hands
   d. Weight Room Implements Disinfected after each student-athlete use
   e. Student-Athlete Disinfects hands prior to and after use of equipment

3. Resistance Training
   a. Body Weight
   b. Bands
   c. Sub-Maximal*
   d. No Spotters*

*Note: Any use of training implements must be disinfected when prior to the next student-athletes use.
STUDENT-ATHLETE COVID-19 SCREENING FLOW CHART

Student-Athlete or their parent/guardian calls the school to notify staff.

Student-Athlete experiences signs and symptoms of illness off site.

Student-Athlete is screened upon entrance into the school.

Does Student-Athlete have signs or symptoms of illness or temperature over 100.4°F?

YES

Phone call is made to parent/guardian. Participant sent home with a modified workout.

NO

Participant will not be allowed to return to Blackhawk Summer Activities for a minimum of 10 days from start of symptoms and 3 days without symptoms (without use of fever reducing meds)

Student-Athlete or their parent/guardian calls the school to notify staff.

Student-Athlete experiences signs and symptoms of illness off site.

Phone call is made to parent/guardian. Participant sent home with a modified workout.

Participant will not be allowed to return to Blackhawk Summer Activities for a minimum of 10 days from start of symptoms and 3 days without symptoms (without use of fever reducing meds)

Student-Athlete can report to Blackhawk Summer Activities.

Student-Athlete experiences signs and symptoms of illness off site.

Student-Athlete or their parent/guardian calls the school to notify staff.

Student-Athlete is screened upon entrance into the school.

Does Student-Athlete have signs or symptoms of illness or temperature over 100.4°F?

YES

Student-Athlete can report to Blackhawk Summer Activities.

NO

Participant will not be allowed to return to Blackhawk Summer Activities for a minimum of 10 days from start of symptoms and 3 days without symptoms (without use of fever reducing meds)

Student-Athlete experiences signs and symptoms of illness off site.

Student-Athlete or their parent/guardian calls the school to notify staff.

Student-Athlete is screened upon entrance into the school.

Does Student-Athlete have signs or symptoms of illness or temperature over 100.4°F?

YES

Student-Athlete can report to Blackhawk Summer Activities.

NO

Participant will not be allowed to return to Blackhawk Summer Activities for a minimum of 10 days from start of symptoms and 3 days without symptoms (without use of fever reducing meds)