Phase 1-Stage 3:

Start date would be June 1st: the 3rd stage of governor Little’s proposal:

**Stage Three** - *projected for May 30 to June 12 - gatherings of ten to 50 people would be allowed, as long as precautionary measures are observed. Vulnerable Idahoans can resume public interactions, but should continue to practice physical distancing, avoiding social situations where that is not possible.*

10-50 people gathering with social distancing still in affect; people staying 6 ft apart.

Nampa School District Summer (Off-Season) Training Protocol:

**Weight room:**
- 2 to 3 at a rack or station depending on the size of your weight room, 1 in the rack & one outside (depending on the size of your weight room will determine how many could be in there.)
- Max. Occupancy: Determined by current State of Idaho Regulations (10-50)

**Basketball:**
- Player may bring there own ball providing they are sanitized in the present of the coach before the start of practice.
- Team would be able to do specific or individualized drills only.
- Scrimmages Prohibited

**Volleyball:**
- Individualized Drills

**Cross Country**
- Groups may assemble to run.
- Size of group must be within current State of Idaho Regulations (10-50)

**Football:**
- passing drills as long as each receiver has gloves on
- QB is the only one to touch the ball with his bare hand, or the QB could also wear gloves. Some skills and drills.

**Wrestling**
- Individualized drills
Soccer

- Individualized drills.
- Each player would need their own ball.

Dance

- Size of group must be within current State of Idaho Regulations (10-50)
- Continue to practice social distances

Cheer

- Sideline drills
- no stunting.

**June 13th-26th, 2020 (Stage 4) Stage 4 only if Stage 3 is met and satisfied**

- Groups of more than 50 people where appropriate physical distancing and precautionary measures are observed can occur. No competition between other schools.

**Weight Room** • Same as Stage 3. **Gymnasium**- CDC Guidelines on Gymnasiums • Appropriate number based on the amount of baskets per gym. No more than 5 athletes per basket (based on gym size). Maintain the same group of kids per session. • Drills for individual development • Limited competition between members of the same practice group for NO More than 10 min at any time. Stadiums (Outside Spaces) • No More than 50 people on the playing field • Conditioning and Drills that allow for appropriate distancing. • Limited competition between members of the same practice group for no more than 10 min • No full contact with football

All high school club sports (American legion, softball, VB, basketball, wrestling, etc.) • Follow all SIC guidelines when using SIC facilities

**June 27th- July 30th** - 50+ participants, All subject to change based on state and southwest district health guidelines. If all state criteria met and continued precautionary measures are observed the following can happen... Kids clinics/camps, athletic camps, and tournaments will be allowed per current guidelines (all local). **No out of state travel to camps and/or tournaments or no out of area travel for SIC schools.** Competition/Scrimmages allowed between SIC or Treasure Valley Schools........ **No Spectators “Nampa Schools Only”** All high school club sports (American legion, softball, VB, basketball, wrestling, etc.) Follow all SIC guidelines when using SIC facilities

Use multiple doors to enter, stagger start times, no more than 2-3 SIC teams at a site, use masks when you can, wipes and disinfect, and physical distance.

**Sports:**
Athletes must bring own water bottles (water fountains are off limits)

**Athletic Training Facilities:** Closed - Unless coaches need to get ice for an athlete NO athletes in facility Only open if athletic trainer is present and following guidelines Gym Use: Specific to individual schools

Enter/Exit strategies so limited contact or crossover of groups. Isolate the weight room and gyms so they can be treated as separate facilities. At least 20 minutes in between groups to help clean the facility

**Weight Room:** Specific to individual schools Enter and Exit strategy, groups not crossing, clean and disinfect before and after, wipe or spray equipment. 20 minute dry time. Spread out your stations, small groups, stay 6 ft away. Manage and plan how to spot for physical distancing. Spotting= Be safe, but then physical distance.

**Phase 4:** We are hopeful that JULY 1 will be the first date where any type of normalcy will allow athletics and conducted in group settings with limited restrictions.

**July:**
- Team Practices of 50 + participants.
- Two hour time limits per session.
- Travel limited to District III venues, (Treasure valley schools only).
- Any Camps (Home or Away) must be approved by School Administration.
- All freshmen & Juniors and any new athletes must get a physical before the first day of fall sports.
- Get online paper work done this is for everyone.

**August:**
- Dead Week?
- Parent Meetings can be held.
- Physicals And online paper work must be done and turned in