

## Greenfield/NW 2020 Workout Plan

The purpose of this document is to detail our district's plan in implementing the IHSA and IDPH course of action to have student athletes return to working out and getting back into shape in anticipation for competition returning this fall.

Students will be divided into groups of 9 with 1 coach assigned to a specific group. Groups will be pre-determined, and students will only be allowed to participate in activities within their own group.

Coaches and athletes will wear proper face mask protection when social distancing isn't available. The goal however will be to maintain social distancing throughout the entire workout.

Temperature checks will be administered to athletes prior to their workouts. Students who exhibit any symptoms on the Covid-19 IHSA monitoring form will not be permitted to workout.

All equipment will be cleaned and sanitized after each usage. Appropriate cleansing materials will be located at each workout station.

Our plan is to have 5 total stations completed each workout. These stations will be the weight room, area just outside of the high school, flat space on top of the hill, grass area just north of the gym, and the parking lot west of the gym. Groups will spend approximately 12-15 minutes at each station with a 3 minute period to rest, rotate, and sanitize the area in between. The entire workout should take roughly 90 minutes to complete.

In conclusion, I believe this will give coaches a platform to establish safe learning and workout procedures with our student athletes. By creating this environment, our students will be better equipped to enter each progressive phase approved by the IHSA and IDPH.

Joe Pembrook  
Greenfield Athletic Director

## Greenfield/NW Workout Station Data

### **Station 1: Weight Room**

The weight room will be split into 9 areas occupied by only 1 person at a time. Our weight room has plenty of space to accommodate our social distancing. There will be markings on the floor of the locations and arrows indicating rotating movement. Weight will already be pre-determined and proper cleaning supplies will be available in each area. Students will spend a specific amount of time in each area before rotating in unison.

### **Station 2: East of high school**

This station will be utilized for footwork, balance, and conditioning training. Proper social distancing will be attained by coaches only permitting a small number of students to participate at once.

### **Station 3: Flat area on top of hill**

This station will have our agility drills conducted. Social distancing will be maintained here easily and students will be able to have their entire group participate together. Flexibility will be stressed in station 3 along with footwork and agility to prevent injury.

### **Station 4: Inclined area north of gym**

Students will be working with sleds individually to train and strengthen muscle. Social distancing will be maintained while students take turns. Proper sanitizing methods will be used after each usage.

### **Station 5: Parking lot west of gym**

Our students will be utilizing our prowler in muscle training. Students will be working individually and maintain proper distance between group members. Cleansing materials will be provided after usage.

\*Our stations will be approximately 100 feet apart from one another. We are fortunate to have plenty of space to keep distance from one another along with different groups from coming into contact with each other.

\*The IHSA set a goal of having the majority of workouts outdoors. Our plan is to have students outside 80% of the time, adhering to the IHSA's request.

### **IHSA Stage 1 of Return to Play**

As a result of the Governor's Restore Illinois Plan, beginning June 6, 2020 IHSA member schools are permitted to open for voluntary strength and conditioning sessions. School districts should work with their local health departments on current restrictions in their area prior to beginning contact. Local school administration determines the permitted activities at their school. Prioritizing the health and safety of all students and staff must remain the focus of each IHSA member school.

Outdoor workouts are highly encouraged over indoor workouts, to reduce transmission.

#### **Students are limited to 3 hours of participation per day.**

These requirements must be followed when conducting voluntary strength and conditioning sessions:

- Maintain social distance by being 6 feet apart.
- Masks shall be worn when social distance cannot be maintained.
- Follow gathering guidelines of groups of 10 or less including the coach and medical personnel.
- Groups of 10 or less must be pre-determined.
- Once groups are determined, students may not switch from one group to another based upon sport. Students that participate in multiple sports for the year are encouraged to be grouped, for summer participation, in their fall sport.
- Interaction between groups shall be avoided.
- Sessions can only include weightlifting, running, and exercises designed to promote physical fitness.
- Sport-specific drills are not permitted, and sport-specific equipment may not be used.
- Implement diligent and effective cleaning and disinfecting of frequently touched objects and surfaces following the guidance of the CDC and IDPH.
- Coaches must maintain a daily record of what athletes are participating, when, symptoms they may present (see attachment).
  - Athletes should be monitored at start of practice for temperature >100.4F/37C or symptoms of COVID-19 (fevers, chills, cough, muscle aches, headache, sore throat, runny nose, nausea, vomiting, diarrhea, or loss of taste or smell).
  - If symptoms are present they should not participate in practice and should be referred to a physician for evaluation and testing.
- Free weight exercises that require a spotter cannot be conducted while honoring social distancing norms. Safety measures in all forms must be strictly enforced in the weight room.
- Players shall bring their own water bottle, shoes, towels, and other personal equipment. The use of locker rooms, shared water coolers with cups, and water fountains will be prohibited during this stage.

It is the responsibility of each IHSA member school to comply with the above requirements. Additionally, IHSA member school sponsored camps, clinics, and open gyms are prohibited in any sport at this time.

If available, it is encouraged that an Athletic Trainer or medical personnel be available for workouts. They should be masked for any interactions with athletes and maintain 6-foot distance when feasible.

Any person with positive symptoms reported should not be allowed to take part in workouts and should contact his or her primary care provider or other appropriate healthcare professional.

Should the conditions warrant, these requirements will be adjusted. Any further official updates will be posted on IHSA.org and the IHSA social media platforms.

### COVID-19 Athlete/Coach Monitoring Form

Name	Time	Circle Yes/No below										Temp (if higher than 100.4°F)
		Fever, Cough, Chills, and/or muscle aches		Sore throat, runny nose, and/or loss of taste or smell		Nausea, vomiting, and/or diarrhea		Shortness of Breath and/or headache		Close contact, or cared for someone with COVID-19		
		Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	
		Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	
		Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	
		Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	
		Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	
		Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	
		Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	
		Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	
		Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	
		Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	