

Warren County Public Schools
Offseason Conditioning – Training

2020

STRENGTH TRAINING

- **Each coach and player will be screened prior to each workout**
 - If a coach /athlete answers yes to any question or has a temp 100.4 they will not be allowed to participate.
 - Check-In sheet attached
 - Sheet must be completed prior to each workout and submitted to athletic office
- **Signage should be posted on site with the following:**
 - Have you had a fever in the last week?
 - Have you been diagnosed with COVID-19?
 - Have you been in contact with anyone diagnosed with COVID-19?
 - Have you traveled to a “hot spot” for COVID-19?
- **Groups no larger than 15, including coaches, per workout session**
- **Groups should be the same individuals (including coaches) for each session**
 - Purpose to limit risk of exposure.
 - Student or coaches **CANNOT** change groups for the duration of this guidance.
- **No use of locker rooms or shower facilities**
 - Students should report to the facility dressed for the day’s activities
 - Students will not share equipment, clothes, towels, etc.
 - Students should shower at home immediately upon return
 - Each student should have their own personal water bottle
 - No use of water fountains or shared water containers
- **Sanitize Weight Equipment**
 - Weight equipment should be cleaned prior to each workout
 - Shared weight equipment to be sanitized between use by **each** student
 - Only equipment that can be thoroughly sanitized should be used during the workout
 - Each athlete should remain at their individual lifting station using the same weights as much as possible
 - Hand sanitizer should be plentiful and readily available
 - At least 15 minutes should be scheduled between groups to allow for disinfecting any equipment

- **Workouts and Workout Stations:**
 - Workout stations will be set up no less than 10 feet apart
 - Social distancing should be practiced by all athletes and coaches
 - Masks/face coverings are recommended
 - Workouts should be designed to minimize the need for spotting
 - Side spots only in weight training when spotting is required

CONDITIONING/AGILITY WORK:

- **Workouts are conditioning only**
 - No balls or sport specific equipment
- **Limit of - 50 people per field (Outdoors) 15 people per gym (Indoors)**
 - Maintaining Six Feet of Social Distancing between athletes / coaches
- **Drills must be individual in nature**
 - No physical contact with other players or coaches
- **Groups should be the same individuals (including coaches) for each session**
 - Purpose to limit risk of exposure.
 - Student or coaches **CANNOT** change groups for the duration of this guidance.
- **Hand sanitizer should be plentiful and readily available**
- **No use of locker rooms or shower facilities**
 - Students should report to the facility dressed for the day's activities
 - Shower at home
 - Each student should have their own personal water bottle
 - No use of water fountains or shared water containers

Warren County High School Band Return to Activity Plan

June 24, 2020

Director: David Dingess

WCHS Marching Band Consists of about 33 Wind Players, 15 Percussion Players, and about 10 Color Guard Members

On June 23, 2020, the VA Governor announced that on July 1st, 2020, Virginia will move into Phase 3 for the Covid19 recovery. Phase 3 states we can reopen gyms and schools into 75% capacity. I feel this will allow us to move towards a return back to some sort of normalcy for the music program at Warren County High School. Currently, there is no contact, no meetings, and no gatherings occurring. The following plan will compare and contrast our normal summer activities and the update this summer's adjusted plan for reopening during Phase 3 of the State Reopening plan.

This plan was created using the National Federation of State High School Associations (NFHS) Music Committee and Sports Medicine Advisory Committee (SMAC) guidelines.

NORMAL SUMMER ACTIVITIES	PHASE 3 SUMMER ACTIVITIES
Inside, Outside Practices/ 7 hours daily/Mid July –Aug	Outside Practices/2 hours daily/Beginning July 13 Until updates are made
Full band, Contact, Lifts, Holds, Dance, Games	Full band, Spread out on field, No Contact, 6ft SD
Uniform fittings, No Temp Checks, Socials	No Fittings, Temp Checks, No Social Gatherings
Water Provided with Water Coolers	Students Bring Water Bottles/Will have Emergency water bottles on hand.
No Social Distancing (SD)	No high 5's, fist bumps, or handshakes, 6ft SD
Instruments stored at school	Only LARGE instruments stored at school
No worries with cleaning or hand sanitizing	Cleaning of all Surfaces that could be touched by student and staff. Many hand sanitizer stations.

This plan may be short lived. Schedules and accommodations are made with the information we have in place at this time. There are other considerations that can be made such as restroom use and indoor use, but our goal is to limit that as much as possible with shorter Rehearsals. However, there are some options for us on that front as well.

Outdoor Facility for Restrooms: There are a set of restrooms at the softball field. If there is an emergency or there is a lift on some of the Phase 3 restrictions, these restrooms could be made available to the group based on the proximity to our practice location and the separation from the school itself.

Weather Issues: If there is a call for thunderstorms, we can adjust a rehearsal to move indoors into the auditorium so students can still be spread out and stay 6ft away from each other. If it is known that the day will be a rainy day, we can limit a rehearsal to a sectional rehearsal in the band room, which would limit the rehearsal to about 15 people. I have walked over the space in my band room and social distancing with furniture and instruments would allow at least 25-30 people at a time and maintain 6ft SD.

Thank you for your consideration. Any suggestions would be greatly appreciated and we hope to return to full operation as soon as possible.

Thank you,
David Dingess
Director of Bands
Warren County High School