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**Return to In-Person Athletics and Activities with Students**

Phase I: June 8 - 19, 2020

Beginning Monday, June 8th, Adams 12 coaches and sponsors may return to in-person, ***voluntary***, individual conditioning workouts or group meetings with high school students. The purpose of Phase I will be a slow, re-introduction of physical activity for all students with a focus on positive interactions to promote mental health and a safe return to physical activity.

The following conditions will be exercised for all activities:

* All state, county and CDC guidelines/rules must always be adhered to.
* All activities will be strictly voluntary; nothing can be made mandatory.
* All activities will be completed outdoors-
	+ Established groups of 25 or fewer, scheduled with the same cohort of students.
	+ Multiple groups of up to 25 students can be allowed with multiple coaches overseeing workouts held at the same time but in a different location of the school or facility.
	+ Staggered times must be used.
* All indoor facilities including weight rooms, gymnasiums and restrooms will remain closed during Phase I.
* Appropriate social distancing of 6 feet must be maintained at all times.
* Stagger drop-off and pickup times to avoid large groups and allow time for appropriate pre-screening.
* All students will be required to do a self-check pre-screening at home using the attached form prior to each workout/meeting. [Student Health Self-Screening Log](https://docs.google.com/document/d/1nJPqHbU7saR8frKSt4FHVJzIGzRlIZqLVcwab1S2zZw/edit)
* Face masks may be worn but are not required due to physical activity. The District’s protocol on student face coverings will be shared once it’s finalized. This protocol will include more detailed information about when masks are encouraged to be worn by students.
* There will be a limit on all workouts/meetings. Students will not meet more than 1 hour per day, maximum of 3 days per week (Monday-Friday).
* No family members or guests will be permitted at these workouts/meetings.
* Students will be required to depart the district facilities immediately after their scheduled workouts/meetings.
* No sharing of equipment will be allowed. In fact, the use of equipment/balls will not be needed during Phase I.
* Students should wear their own appropriate workout clothing (do not share clothing) individual clothing/towels should be washed and cleaned after every workout.
* Coaches, sponsors and students will be required to bring their own hand sanitizer to workouts/meetings as well as their own water bottle. No sharing or using water fountains or other sources of water/fluids/beverages.
* Coaches and sponsors will submit a June workout/meeting schedule with detailed plans to their Athletic/Activity Director for approval.
* Adams 12 High School summer baseball programs will be able to rent our fields, but must follow these same guidelines.

Phase II: June 22- July 3, 2020 (TBD)

We anticipate beginning Phase II of our return to in-person athletics and activities Monday, June 22nd. This will depend on how Phase I goes and whether coaches, sponsors, students are able to adhere to the guidelines laid out during Phase I. Our hope for Phase II will include more sport-specific exercises, the use of equipment/balls, and the opening of our indoor facilities to include the gymnasiums and weight rooms.