

HARRISON WILDCATS ATHLETICS

ATHLETIC MISSION: "EMBRACE CHALLENGES, OVERCOME ADVERSITIES, & LEAD BY EXAMPLE!"



Harrison Athletics Off-Season Workouts and Conditioning

Steps/ Protocols for Skill Training and Weight Room Training:

- Every Athlete and Coach will perform a self-wellness check prior to arriving at the facility.
- Athletes and Coaches will not be permitted in the facility if you are experiencing any of the following symptoms: Cough, Shortness of breath/difficulty breathing, Fever, Chills, Sore Throat or Loss of Taste or Smell.
- Every Athlete will have their temperature taken prior to entering the building. Anyone with a temperature over 99.5 will be sent home.
- Athletes and Coaches must always maintain 6 feet distance from each other.
- Athletes may not gather in large groups prior to or after training sessions. No Team Huddles!
- Every Athlete and Coach will use hand sanitizer upon entry to the building and/or facility that they will be using.
- Athletes must bring their own water bottle with their name clearly marked. The water fountains have been turned off. Water will not be provided by the school.
- Locker Rooms will not be available. A small bag is permitted to carry items needed for training. All personal items must be taken home and cleaned every day.
- Athletes must disinfect the equipment they use after every use.
- Coaches will wear masks
- No spitting, eating seeds or chewing gum during workouts.
- All Athletes/Parents are required to sign/verify and return Assumption of Risk Waiver.

General guidelines for facilities:

- General cleaning and disinfecting will take place daily and in between training sessions.
- Weight Room equipment will be sanitized after every use. Wipes will be available.
- Sanitation stations will be available at the entry to each facility. Stations will include hand sanitizer, masks as needed and disinfecting wipes.
- Traffic patterns for entry, exit and during training sessions will be established to ensure that social distancing can take place.
- Parents are permitted to attend skills sessions and will be subject to temperature screenings upon arrival. Parents are required to wear a mask and follow other safety protocols that are in place.
- Only current students and staff are permitted to participate in skill training or use school facilities at this time.

