

SCISA Summer Athletic Workout Guidelines for In-Person Return to Practice/Play

	Phase 1 - To begin no earlier than June 1, 2020	Phase 2.0 - Thursday, June 18th Introduction of Equipment	Phase 2.5 - No earlier than July 16th (schools can move to 2.5 anytime after July 16th) Introduction of team concepts.
	Emphasis on Individual Skill Development and General Conditioning. Practicing Physical Distancing; No Contact with Others. No Sharing of Equipment; Group size restrictions	Emphasis on Individual Skill Development and General Conditioning. Practicing Physical Distancing; No Contact with Others. No Sharing of Equipment; Group size restrictions	Introduction to team concepts and activities. Group size increase but still with limitations.
Group size Social Distancing	Groups /Pods of 10 or less including coaches. <i>Players separated by 6 ft. or more within each group.</i>	Groups /Pods of 10 or less including coaches. Social distancing policies followed per sport	Groups /Pods of 15 or less including coaches. Physical distancing as is feasible.
<i>Pre-Workout Screening</i> Enhanced Screening	Daily temperature check, screening questions. <i>If screening test is failed, not allowed to participate until cleared by healthcare professional.</i> If sick, stay at home.	Daily temperature check, screening questions. <i>If screening test is failed, not allowed to participate until cleared by healthcare professional.</i> If sick, stay at home.	Daily temperature check, screening questions. <i>If screening test is failed, not allowed to participate until cleared by healthcare professional.</i> If sick, stay at home.
Vulnerable population	Identify students or staff. Stay home or modify activity/or grouping.	Identify students or staff. Stay home or modify activity/or grouping.	Identify students or staff. Stay home or modify activity/or grouping.
Weight Room	5 per 1000 square feet or groups/pods no larger than 10 including coaches. Equipment set-up in or outdoors properly spaced or a combination of locations. Equipment spaced at least 10 ft. apart. Spotters may stand at the end of the bar only. Enhanced sanitation. <i>Equipment should be wiped down thoroughly before and after an individual's use of the equipment.</i>	5 per 1000 square feet or groups/pods no larger than 10 including coaches. Equipment set-up in or outdoors properly spaced or a combination of locations. Equipment spaced at least 10 ft. apart. Spotters may stand at the end of the bar only. Enhanced sanitation. <i>Equipment should be wiped down thoroughly before and after an individual's use of the equipment.</i>	Groups/pods no larger than 15 including coaches. Equipment set-up in or outdoors properly spaced or a combination of locations. Equipment spaced at least 10 ft. apart. Spotters may stand at the end of the bar only. Enhanced sanitation. <i>Equipment should be wiped down thoroughly before and after an individual's use of the equipment.</i>
Outdoor Activities	Groups/Pods of 10 or less including coaches. Social distancing of 6 ft. required.	Groups/Pods of 10 or less including coaches. Social distancing of at least 3 feet	Groups/Pods of 15 or less including coaches. Physical distancing as much as is feasible.
Indoor Activities	5 per 1000 square feet. Social distancing 6 ft. apart. PPE requirements/recommendations. Enhanced sanitation. Recommend not using locker rooms (all activities). Players arrive in appropriate workout clothing.	5 per 1000 square feet. Social distancing 6 ft. apart. PPE requirements/recommendations. Enhanced sanitation. Recommend not using locker rooms (all activities). Players arrive in appropriate workout clothing.	PPE requirements/recommendations. Enhanced sanitation. Recommend not using locker rooms (all activities). Players arrive in appropriate workout clothing.
Equipment	No shared balls or sports equipment first 14 calendar days to minimize common contact points. Beginning the 15th day, balls and equipment may be utilized but must be properly cleaned and sanitized. No shared towels.	Introduction of equipment. Equipment shared only within each group or pod. All shared equipment (balls, pads, etc.) shall be cleaned regularly. No shared towels.	Equipment shared only within each group or pod. All shared equipment (balls, pads, etc.) shall be cleaned regularly. No shared towels.
Handwashing Stations	Handwashing stations for each group. Utilized following each activity.	Handwashing stations for each group. Utilized following each activity.	Handwashing stations for each group. Utilized following each activity.
Personal Protective Equipment	Coaches/staff: should wear facemask or face covering <i>Recommended for players when not inhibiting.</i>	Coaches/staff: should wear facemask or face covering <i>Recommended for players when not inhibiting.</i>	Coaches/staff: should wear facemask or face covering <i>Recommended for players when not inhibiting.</i>
Cleaning & Disinfecting	Clean & sanitize all areas, surfaces, chairs, etc. frequently.	Clean & sanitize all areas, surfaces, chairs, etc. frequently.	Clean & sanitize all areas, surfaces, chairs, etc. frequently.
Hydration	Student-athletes should bring their own water bottle(s). Water bottles cannot be shared. Disposable cups can be used. Water cows/troughs, fountains should not be used.	Student-athletes should bring their own water bottle(s). Water bottles cannot be shared. Disposable cups can be used. Water cows/troughs, fountains should not be used.	Student-athletes should bring their own water bottle(s). Water bottles cannot be shared. Disposable cups can be used. Water cows/troughs, fountains should not be used.
Logistics Recommendations	Stagger arrival time of groups/pods so that the players do not arrive at the same time to discourage socializing. <i>Keep the same students in each group/pod working out together. This ensures limited exposure if someone develops an infection.</i>	Stagger arrival time of groups/pods so that the players do not arrive at the same time to discourage socializing. <i>Keep the same students in each group/pod working out together. This ensures limited exposure if someone develops an infection.</i>	Stagger arrival time of groups/pods so that the players do not arrive at the same time to discourage socializing. <i>Keep the same students in each group/pod working out together. This ensures limited exposure if someone develops an infection.</i>
Forms Requirements	<i>New Agreement for Participation / Warning of Inherent Risk required before allowed to workout</i>	Forms already collected.	Forms already collected.

Some Activities carry a Lower Infection Risk because they can be done with physical distancing or individually with no sharing of equipment or the ability to clean the equipment between use by competitors. These activities include: **Cross Country** (with staggered starts), **golf**, **tennis**, **scholastic shooting sports**, **archery**, **equestrian**, **sailing**, **bowling**, **swimming** (relays maintain social distancing), and **track and field** (field event with an implement needs to be cleaned after each use by participants).

Other activities carry a moderate Infection Risk Activities because of their close, sustained contact, but with protective equipment in place that may reduce the likelihood of respiratory particle transmission between participants or intermittent close contact or group sports or sports that use equipment that can't be cleaned between participants. These activities include **volleyball**, **soccer**, **baseball**, **softball**, and **basketball**.

Activities that involve close, sustained contact between participants and a lack of significant protective barriers are the Higher Infection Risk Activities. These include: **football**, **wrestling**, **competitive cheerleading**, and **lacrosse**.

	Phase 1 - To begin no earlier than June 1, 2020	Phase 2 - Thurs, June 18 - Introduction of equipment	Phase 2.5 Thursday, July 16 Introduction of team concepts
Cross Country	Runners should maintain at least 6 feet of distancing between individuals, no grouping (starts and finishes).	Runners should maintain at least 3 feet of distancing between individuals, no grouping (starts and finishes).	Runners should maintain at least 3 feet of distancing between individuals, no grouping (starts and finishes).
Golf	Maintain appropriate physical distancing 6 feet apart.	Maintain appropriate physical distancing 3 feet apart.	Maintain appropriate physical distancing.
Swimming	Swimmers should maintain at least 6 feet of distancing between individuals, no grouping (<i>starts and finishes</i>).	Swimmers should maintain at least 6 feet of distancing between individuals on deck, no grouping (<i>starts and finishes</i>).	Swimmers should maintain at least 6 feet of distancing between individuals on deck, no grouping (<i>starts and finishes</i>).
Tennis	Conditioning, no sharing of balls, each player may use their own can of balls to serve and uses racket to pass other balls (singles only), ball machine use by individuals only. Players may do individual drills, wall volleys and serves.	Singles and doubles play may start. Players shall uses racket to pass others the ball(s). Wipe down rackets and disinfect balls after use.	Singles and doubles play may start. Players shall uses racket to pass others the ball(s). Wipe down rackets and disinfect balls after use.
Football	Conditioning and individual drills. A player should not participate in drills with a single ball that will be handed off or passed to other teammates. Contact with other players is not allowed. Protective equipment prohibited.	Groups/pods separated by at least 25 yards. Footballs and other equipment may be introduced. The football can be passed, caught, or handed-off. Kicks may be fielded. Arm pads or shields can be used. All equipment must be cleaned frequently. Player protective equipment prohibited. Phase 2.5 (TBD) will expand numbers if each pod/group to 15 and will allow 7-on-7 only but only within your program (no 7-on-7 against another school during Phase 2.5)	Pods increased to 15. 7-on-7 within your team permitted. The football can be passed, caught, or handed-off. Kicks may be fielded. Arm pads or shields can be used. All equipment must be cleaned frequently. No helmets or other personal equipment at this time.at this point.
Volleyball	Conditioning, individual ball handling drills, each player has own ball. A player should not use a single ball that others touch or hit in any manner.	Players with a group/pod may use a volleyball. The volleyball may be passed, set, and attacked (static no defense) within the pod. All equipment must be cleaned frequently and not shared with other groups	Pods can be increased to 15. Offense can play against defense (dynamic).
Cheer	Conditioning and individual technique/choreography work. Students may not practice/perform partner or group stunts. Chants, jumps, dance, tumbling without contact are permissible as long as physical distancing is adhered to.	Cheer shall remain under the guidelines of Phase 1. Partner stunts required prolonged person-to-person contact which has not been phased in for any activity at this point.	Pods can be increased to 15. Four to five person stunt group with 6 feet of distancing in between stunt groups. Stay groups must stay together (no mixing of groups)
Basketball	Conditioning, individual ball skill drills, no contact or sharing of balls. A player may shoot with a ball(s), but a team should not practice/pass a single ball among the team where multiple players touch the same ball.	Players with a group or pod may use a basketball. The basketball may be passed, shot, and rebounded within the pod. All equipment must be cleaned frequently and not shared with other groups or pods. Static: no active defensive players used in any drill. No scrimmages.	Pods can be increased to 15. Offense can play against defense (dynamic).
Baseball Softball	Conditioning and tee work. Players should not share gloves or bats or throw a single ball that will be tossed among the team. A single player may hit in cages, throw batting practice (with netting as backstop, no catcher). Prior to another athlete using the same balls, they should be collected and cleaned individually.	Players with a group or pod may use a baseball or softball. The balls may be fielded, thrown, and caught. Live batting practice may take place. All equipment must be cleaned frequently.	All equipment must be cleaned frequently. Physical distancing using the bench and outside the dugout area recommended.
Track & Field	Runners should maintain at least 6 feet of distancing between individuals, no grouping (starts and finishes). No sharing of implements / equipment. Padded equipment/ implements should be cleaned between use.	Runners should maintain at least 3 feet of distancing between individuals, no grouping (starts and finishes). Implements should be cleaned after use. Padded equipment/implements should be cleaned between use.	Runners should maintain at least 3 feet of distancing between individuals, no grouping (starts and finishes). Implements should be cleaned after use. Padded equipment/implements should be cleaned between use.

	Phase 1 - To begin no earlier than June 1, 2020	Phase 2.0 - Thursday, June 18 - Introduction of equipment	Phase 2.5
Soccer	Conditioning, individual ball skill drills, each player has own ball, feet only (no heading/use of hands), no contact.	Players with a group or pod may use a ball. The ball may be passed, kicked, but not headed at this time with all activity remaining within each group or pod. All equipment must be cleaned frequently.	Pods increased up to 15. "Dynamic" activities. Drills can be conducted (vs. defense).
Scholastic Shooting Sports Equestrian	Maintain appropriate physical distancing 6 feet apart.	Maintain appropriate physical distancing 3 feet apart	Maintain appropriate physical distancing
Lacrosse	Conditioning and individual drills. Contact with other players is not allowed, and when permitted, there should be no sharing of sports equipment. Protective equipment prohibited.	Groups/pods of 10 still in effect. Equipment can be used but must be cleaned frequently. Drills shall be static (no defense) at this time.	Pods increased up to 15. "Dynamic" activities. Drills can be conducted (vs. defense).
Bowling Archery	Maintain appropriate physical distancing 6 feet apart. Wipe down arrows and balls after use.	Maintain appropriate physical distancing 6 feet apart. Wipe down arrows and balls after use.	Maintain appropriate physical distancing 6 feet apart. Wipe down arrows and balls after use.
Wrestling	Conditioning, mirror drills with spacing, no contact. Wrestlers may skill and drill without touching a teammate (as long as physical distancing is adhered to). Wipe down mat after each use.	Wrestling shall remain under the guidelines of Phase 1. Activity which has prolonged player-to-player contact has not been phased in at this point.	Pods remain up to 10. Single partner instruction allowed. No changing of partner for the workout.
Meetings w/ Players Video/Chalk Talk	Maintain appropriate physical distancing 6 feet apart. Facemask or face coverings should be used.	Maintain appropriate physical distancing 6 feet apart. Facemask or face coverings should be used.	Maintain appropriate physical distancing. Facemask or face coverings should be used.