

BLACKHAWKS



SUMMER CONDITIONING

PHASE II GUIDELINES

No Use Of Locker-Rooms

CHENEY BLACKHAWK COACH PRE-SESSION REQUIREMENTS

- NON-CONTACT THERMOMETER
- HAND SANITIZER
- CSD APPROVED DISINFECTANT + PAPER TOWELS OR
- CSD APPROVED DISINFECTANT WIPES

STUDENT – ATHLETE PRE-SESSION REQUIREMENTS

- FACE COVERING
 - INDOORS MUST BE WORN AT ALL TIMES
 - OUTDOORS MAY BE REMOVED WHEN SOCIALLY DISTANCED (6') AND READILY AVAILABLE
- PERSONAL WATER BOTTLE
 - LABELED WITH NAME
- PERSONAL TOWEL
 - LABELED WITH NAME
- CLEAN CLOTHING

PRE-SESSION PROTOCOL

- 1. ADULT SUPERVISION**
 - a. RECORD SELF-SCREENING PROTOCOL
 - b. FACE COVERING
 - c. PERSONAL WATER BOTTLE
 - d. ASSURE FACILITY & EQUIPMENT DISINFECTED PRIOR TO SESSION
- 2. STUDENT-ATHLETE REGISTERED IN FINAL FORMS**
 - a. [HTTPS://CHENEV-WA.FINALFORMS.COM/SPORTS](https://chenev-wa.finalforms.com/sports)
 - b. VALID PHYSICAL – EXPIRES 24 MONTHS FROM INITIAL DATE
 - i. FRESHMAN
 1. UPLOAD VALID PHYSICAL IN FINAL FORMS OR
 2. UPLOAD NOTE FROM PHYSICIAN STATING LAST PHYSICAL DATE
 - a. MUST NOT EXPIRE BEFORE SEPTEMBER 5, 2020
- 3. UPON CHECK-IN – SEE STUDENT-ATHLETE COVID SCREENING FLOW CHART**
 - a. TEMPERATURE CHECK - RECORDED IN FINAL FORMS
 - b. COMPLETE SCREENING PROTOCOL – RECORDED IN FINAL FORMS

TRAINING PROTOCOL

- 1. ONE (1) POD PER FACILITY**
- 2. STUDENT-ATHLETE TRAINS IN PODS OF 5**
 - a. POD ASSIGNMENTS STAY CONSTANT FOR EACH SESSION
 - b. ASSURE 6' SOCIAL DISTANCING
 - c. COMMON EQUIPMENT DOES NOT CHANGE HANDS
 - d. WEIGHT ROOM IMPLEMENTS DISINFECTED AFTER EACH STUDENT-ATHLETE USE
 - e. STUDENT-ATHLETE DISINFECTS HANDS PRIOR TO AND AFTER USE OF EQUIPMENT
- 3. RESISTANCE TRAINING**
 - a. BODY WEIGHT
 - b. BANDS
 - c. SUB-MAXIMAL*
 - d. NO SPOTTERS*

*NOTE: ANY USE OF TRAINING IMPLEMENTS MUST BE DISINFECTED WHEN PRIOR TO THE NEXT STUDENT-ATHLETES USE.