

RHS ATHLETICS
Summer 2020 Strength & Conditioning
PHASE II - Fall Ramp-Up

Overview:

While it is normal during the summer months for RHS student-athletes to take part in optional strength and conditioning programs, the following plan is designed to allow for modified strength and conditioning activities that A) are modified to provide for greater safety given the current state of affairs relative to COVID-19, and B) adhere to the minimum guidelines set forth by the CIAC (the governing body for interscholastic athletics in CT). The complete set of guidelines issued by the CIAC was developed in consultation with and vetted by the Connecticut State Medical Society - Sports Medicine Committee, the Connecticut Athletic Trainers' Association (CATA), the Connecticut Association of Boards of Education (CABE), the Connecticut Association of Public School Superintendents (CAPSS), the Connecticut Association of Athletic Directors (CAAD), and the Connecticut High School Coaches Association (CHSCA) and can be found here: <http://www.casciac.org/pdfs/CIACResocializationofAthleticsGuidance.pdf>
The following proposal meets these guidelines.

Timeline:

August 7-10: Communication and registration

August 10-August 26: Implementation of plan to allow for in-person training during the CIAC-designated "Low to Moderate Risk Competition Stage"

Structure:

- Student-athletes who register for the program (described later in this document) will be assigned into cohorts of up to 15 athletes that will meet together three times per week from August 10 - August 26. **There is no fee for this option, but athletes must be pre-registered in order to participate.**
- Training sessions will be scheduled in hour-long sessions from 2:00 - 7:00 PM at Tiger Hollow Monday through Saturday, with cohorts either meeting M/W/F or T/TH/S. (Note: Saturday cohort sessions will run 8:00 AM - 1:00 PM)
- Sessions will be staggered to allow for safe arrival & departure without social gathering of athletes, proper check-in procedures and medical screening, and cleaning of equipment between cohorts.
- All training sessions will be held outdoors on Tiger Hollow Turf Field II during this time period.

Health Protocols:

- All participants will be required to follow instructions (including ingress/egress) to minimize contact with other participants, especially those not in their cohort
- All participants will be required to complete a screening questionnaire prior to participation in each session. These questionnaires will be conducted electronically by the athletic department staff (coaches/trainers) overseeing the sessions and results will

be recorded to ensure contact tracing & communication as needed if a participant were to test positive for COVID-19.

- All participants will have their temperature checked and recorded prior to each session as part of the health screening
- ANY participant who shows or reports signs/symptoms that could be related to COVID-19 must immediately leave the premises. If this occurs, a doctor's note clearing the student will be required prior to him/her resuming participation in the program
- All staff members will wear masks at all times, including during health screenings prior to workouts, during oversight of workouts, and following workouts until they have left the premises.
- All participants MUST:
 - Register for the program by completing the registration form/participation waiver (appendix A)
 - Stay home if they are experiencing any of the following symptoms: fever/chills, cough, nasal congestion/runny nose, sore throat, shortness of breath/difficulty breathing, diarrhea, nausea or vomiting, fatigue, headache, muscle/body aches, new loss of taste or smell, temperature higher than 100
 - Wear their own mask/face covering from arrival on campus through the health screening and down to their designated area on the field
 - Bring their own towel and water - NO ONE MAY SHARE WATER BOTTLES AND NO ONE WILL BE PERMITTED WITHOUT THEIR OWN WATER BOTTLE. Water faucets will be available to refill individual bottles
 - Keep all their personal belongings in their designated area during each workout
 - Wear their own mask/face covering following the completion of the workout until they have reached their vehicle to leave the premises
 - Refrain from physical contact historically associated with sports, such as high-fives, fist bumps or hugs
 - Refrain from spitting
 - Maintain a minimum of 6 feet from other athletes and staff at all times
 - Report any signs/symptoms of illness (whether on site or at home) to the RHS staff overseeing the program
 - Promptly leave the premises upon the completion of each workout
- Cohort groups will remain consistent throughout the month, as will workout days/times
- To prevent potential cross-contamination, siblings will be placed in the same cohort whenever possible

Logistics:

- Athletes driving themselves to workout sessions will park in a designated area based on their cohort group. These will either be in the spaces near the softball field or the gravel lot exiting Tiger Hollow Way. Athletes being dropped off for workouts should be let out of their vehicle directly in front of the Tiger Hollow Pavilion, with drivers waiting to ensure that the athlete is cleared for participation before leaving the parking lot.
- All athletes will proceed to the entrance near the Tiger Hollow Pavilion.

- Once there, athletes will answer the screening questions asked by the staff member on duty and have their temperature checked. Results will be collected and stored electronically by the staff member(s) on duty via Google forms
 - If cleared for participation, athletes will proceed down the “Visitor Walkway” to the area behind the storage garages where they will be directed to their workout area for the day.
 - If NOT cleared for participation, athletes will be instructed to immediately leave the premises... athletes driven by someone else will return to the vehicle in the parking lot, athletes who drove themselves will return to their vehicle and drive home. In either case, the staff member on duty will contact the parent/guardian.
- Cohort groups will be confined to their area of the field for the duration of their workout. Based on number of cohorts for each session, up to 30 athletes can be accommodated per time slot... 15 in each designated section of Tiger Hollow 2
- Any equipment used (weights, etc.) will be wiped with disinfectant wipes between athletes and will be thoroughly cleaned between each cohort
- Upon the completion of each workout, athletes who drove themselves will immediately return to their vehicles and leave the premises. Athletes who need to be picked up will proceed to Tiger Way and wait at one of the designated areas near the pavilion

Schedule:

Sport/Cohort	Days	Check-in Time	Work-out Time	Parking Area
Field Hockey	M/W/F	1:45 - 2:00 PM	2:00 - 3:00 PM	Softball Field
Football (Gr 9)	M/W/F	2:45 - 3:00 PM	3:00 - 4:00 PM	Gravel Parking
Football (Gr 10/11)	M/W/F	3:45 - 4:00 PM	4:00 - 5:00 PM	Softball Field
Football (Gr 11/12)	M/W/F	4:45 - 5:00 PM	5:00 - 6:00 PM	Gravel Parking
Boys Soccer	T/Th/Sat	1:45 - 2:00 PM	2:00 - 3:00 PM	Softball Field
Girls Soccer	T/Th/Sat	2:45 - 3:00 PM	3:00 - 4:00 PM	Gravel Parking
Girls Volleyball	T/Th/Sat	3:45 - 4:00 PM	4:00 - 5:00 PM	Softball Field
Cheer & Dance	T/Th/Sat	4:45 - 5:00 PM	5:00 - 6:00 PM	Gravel Parking

Emergency Protocols:

As all workout sessions will be conducted outdoors, if there is expected inclement weather the session(s) will be cancelled. If inclement weather develops while athletes are on the premises, each cohort will report to an assigned space until it is determined if the session may resume safely. If weather persists, athletes will either drive themselves home or call their parents to be picked up. In this event, all indoor spaces used will be completely cleaned and disinfected prior to the next scheduled sessions.

Bathrooms:

Athletes are strongly encouraged to use the bathroom prior to attending the workout sessions. While there will be portable toilets in several locations at Tiger Hollow, they are only thoroughly cleaned on a weekly basis.

APPENDICES:

A - Program Registration & Consent Form

B - Map of Tiger Hollow with designated areas described herein

APPENDIX A: Program Registration & Consent Form

**RIDGEFIELD HIGH SCHOOL
FALL SPORT STRENGTH & CONDITIONING PROGRAM
REGISTRATION & CONSENT FORM**

Athlete Name _____

Grade _____ Sport(s) _____

Please carefully review the following health protocols which must be adhered to at all times:

- All participants will be required to follow instructions (including ingress/egress) to minimize contact with other participants, especially those not in their cohort
- All participants will be required to complete a screening questionnaire prior to participation in each session. These questionnaires will be conducted electronically by the athletic department staff (coaches/trainers) overseeing the sessions.
- All participants will have their temperature checked and recorded prior to each session as part of the health screening
- ANY participant who shows or reports signs/symptoms that could be related to COVID-19 must immediately leave the premises. If this occurs, a doctor's note clearing the student will be required prior to him/her resuming participation in the program

- All participants MUST:
 - Stay home if they are experiencing any of the following symptoms: fever/chills, cough, nasal congestion/runny nose, sore throat, shortness of breath/difficulty breathing, diarrhea, nausea or vomiting, fatigue, headache, muscle/body aches, new loss of taste or smell, temperature higher than 100
 - Wear their own mask/face covering from arrival on campus through the health screening and down to their designated area on the field
 - Bring their own towel and water - **NO ONE MAY SHARE WATER BOTTLES AND NO ONE WILL BE PERMITTED WITHOUT THEIR OWN WATER BOTTLE.** Water faucets will be available to refill individual bottles
 - Keep all their personal belongings in their designated area during each workout
 - Wear their own mask/face covering following the completion of the workout until they have reached their vehicle to leave the premises
 - Refrain from physical contact historically associated with sports (i.e. high-fives/fist bumps/hugs)
 - Refrain from spitting
 - Maintain a minimum of 6 feet from other athletes and staff at all times
 - Report any signs/symptoms of illness (whether on site or at home) to the RHS staff overseeing the program
 - Promptly leave the premises upon the completion of each workout

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FOR THE PARENT/GUARDIAN:

The CIAC allows member schools to conduct non-mandated, out-of-season conditioning programs provided students are not coerced to participate and that the programs do not interfere with any other educational, athletic or family commitments. We feel the program we are offering can be very beneficial to your child's growth and development and encourage your child to participate.

However, this program is not an interscholastic athletic program, therefore, you should always make certain your child is medically able to participate in the rigors such a program demands. As a parent/guardian you take full responsibility for the medical well being of your child (listed above) and, by signing below, give them permission to participate in the Ridgefield High School optional out-of-season conditioning program. **While off season conditioning is strongly encouraged it does not necessarily guarantee a spot on a team roster.**

Additionally, while this program is structured to meet the most recent guidance relative to safety and the potential spread of COVID-19, there is a risk of contracting the virus during any social gatherings. Understanding this risk, I still choose to allow my child to participate.

Parent/Guardian Name (printed) _____

Parent/Guardian Signature _____ Date _____

Parent/Guardian email _____

Parent/Guardian cell phone _____

FOR THE ATHLETE:

As an athlete of Ridgefield High School I am willing to participate in a planned out-of-season conditioning program of my own free will and I am willing to abide by the health protocols outlined on the reverse side of this form. Failure to follow all written protocols and/or instructions of the staff will result in my removal from the program.

Athlete Name (printed) _____

Athlete Signature _____ Date _____

APPENDIX B: Map of Tiger Hollow with designated areas described herein



- 1 - "Softball" Parking Area
- 2 - "Gravel" Parking Area
- 3 - Athlete "Check-in" and medical screening area
- 4 - Location where daily cohort assigned areas will be communicated
- 5, 6 - Workout areas - designated areas for personal belongings will be spaced out and marked along the sides of the fields
- 7,8 - Refuge areas in case of unexpected inclement weather. Specifically:
 - One cohort in the bottom "golf cart" garage bay
 - One cohort in the visitor locker room

Green lines designate ingress, red lines designate egress