

Mesa County Valley School District Summer Activity Guidelines - STAGE 1

District 51 will follow Mesa County Public Health, NFHS and SMAC (Sports Medicine Advisory Committee) Guidelines for Opening High School Athletics and Activities. Reminder: **Participation is strictly voluntary and only for high school students.**

ALL DATES AND PROCEDURES LISTED BELOW ARE TARGETS AND SUBJECT TO CHANGE, contingent on keeping the spread of COVID -19 at a manageable level.

Stage 1: June 8 - June 21 PRIMARY OBJECTIVE IS PERSONAL INTERACTION, STRENGTH TRAINING & CONDITIONING

1. Face coverings are **required indoors** for both coaches and athletes (masks may be removed while lifting, but need to be worn all other times) with a limit of 10 individuals in the weightroom during Stage 1.
2. There may be up to 50 people in the area doing the same **outdoor** activity in pods of 10 or less. Athletes are to stay in the same pod for the duration of Stage 1. Coaches will determine pods.
3. Minimum distance of 6 feet between participants at all times.
4. Limit access only to parts of the building that are necessary. Access will be limited to the area team/coach has scheduled- weight rooms and restrooms. **NO LOCKER ROOM OR GYM ACCESS PERMITTED** during Stage 1.
5. All participants and staff enter/exit through the same location(s) each day. Groups will not enter and exit from the same point.
6. Symptom screening - NFHS Coach monitoring checklist (Google Form with daily responses from questionnaire). If a student has symptoms or answers yes - coaches will contact parents and remove the student from the activity. **CONTACT TRACING IS VERY IMPORTANT DURING THIS STAGE!**
7. Attendance will be taken, and kept on file, for all sessions. Athletes who are late and miss screening will not participate that day.
8. All participants must have a personal water bottle(s) - no team jugs or water fountains may be used. Water fountains will be covered up and not used.
9. All areas need to be sanitized by the coach prior to participants entering and again after participants exit.
10. **All participants and staff will wash hands both prior and after the activity** (Touchless hand washing stations will be provided).
11. All equipment must be sanitized before and after use. Weight equipment must be sanitized by the user immediately after each individual use. **ONLY WEIGHT ROOM EQUIPMENT WILL BE USED DURING THIS STAGE.** Marching Band students may use their own equipment, but may not share any equipment.
12. Participants are encouraged to shower and wash workout clothes immediately upon return home.

Weight Room: Scheduled by coach/sport

- Group size limit: 10 - One user per station. No lifts that require a spotter. Equipment must be wiped down after each individual use and the entire area needs to be sanitized by the coach after the group is finished. No sleds, no dummies, no blocking pads or no balls in Stage 1. Restroom facilities will be made available to students.

No Gymnasium or Locker Room Use during this Stage 1. **There are to be no balls used during Stage 1.**

Practice facilities areas are CLOSED to outside spectators and participants to maintain required Mesa County Public Health guidelines.