



BISD Athletic Department

Summer Strength and Conditioning Guidelines & COVID-19 Procedures

- Duration: 3 Weeks
 - Week 1 – June 8 thru June 11 (Mon thru Thu)
 - Week 2 – June 15 thru 18 (Mon thru Thu)
 - Week 3 – June 22 thru 25 (Mon thru Thu)
- Sessions: 2 Per Day
 - Session 1 - 8:00am to 9:30 (Incoming 10th thru 12th graders)
 - Session 2 - 10:00 to 11:30 (Incoming 8th and 9th graders)
- Athletes will complete a daily health screener for COVID-19 symptoms, including temperature check.
- Weight Room Procedures
 1. No more than 2 to a group
 2. Will stay with that 1 partner and will not rotate stations
 3. Disinfect hands and equipment between each different lift
 4. Each station will be 10 feet from other stations in every direction
 5. There will be max of 48 students in athletic complex
 6. There will be 1 coach per 6 stations to wipe down and monitor social distancing during workouts
 7. Students must bring OWN water. None provided
 8. Students will NOT be allowed in locker room
- Outside Conditioning Procedures
 1. Students will be in groups of 12
 2. They will be in same group of 12 that worked together inside weight room
 3. Each group will be stationed at each corner of track or field to maintain distance from other groups
 4. One coach per 12 students
 5. Each station will have its own set of skill training equipment
- Before outside and inside groups rotate, every piece of equipment used will be wiped down.
- There will be one way in and one way out.
- Coaches will monitor entrances and exits to ensure no students congregate in one place.
- Students must leave or get picked up immediately after each session.
- There will be NO sport specific skill training the first three weeks.
- There will be NO open gym.
- There will be NO facilities open except for summer strength and conditioning facilities.