

Springfield Strength and Conditioning 2020

With social distancing requirements set forth by the MN Department of Health, the Springfield Tiger summer strength and conditioning program/open gyms will take on a different look this summer. Please read the following information carefully.

Alignment

MN Department of Health – CDC – MSHSL – NFHS

Activity

Summer strength and conditioning will begin on Wednesday, June 24th at Norm Wilson (back field at Riverside). This will be open to all athletes in grades 7-12 during the 2020-2021 school year. No elementary athletes will be allowed at this time.

Parents need to PRE-REGISTER their student(s) using the attached Google form. Students will not be able to participate in workouts until they are registered.

https://docs.google.com/forms/d/1z7TjWHPFeG015YDIXR_pHNqVbYILDkynfkR2MZj71u8/edit

Workouts will be on Monday, Wednesday, and Friday mornings beginning at 6:30am, focusing on strength and conditioning. Workouts on Tuesday and Thursday will begin at 6:30pm, focusing on speed and running form.

Space Guidelines

Norm Wilson– we will work in pods of 25(maximum).

Enter/Exit Field Procedures

Participants should enter and exit the gate along the bike path next to the tennis courts.

Pre-Workout Screening

Participants and coaches will be health screened daily before participation. This includes a symptom checklist and temperature check. **Please plan to arrive 5-10 minutes early for pre-screening.** Responses to screening questions will be recorded and stored. Any person with positive symptoms or a fever will not be allowed to take part in the workout. Vulnerable individuals should not participate in any workouts.

Physical Activity and Equipment

Workouts will consist of body weight lifting, injury prevention, agility, mobility, general fitness and speed training. Participants will be REQUIRED

to bring their own gloves (batting gloves, work gloves, golf gloves, etc) for stations that involve flipping tires, using medicine balls, and other stations where equipment will be touched by hands. Participants will avoid touching surfaces, or anything shared, with bare hands. Stations will be spread out, and groups will keep a distance from each other. Groups will remain consistent day to day to minimize the number of close contacts there might be. Coaches and participants may wear a face covering, but it is not required.

Hydration

- *All athletes are expected to bring their own water bottle.**
- *Water will NOT be provided by the school and athletes should NEVER share water bottles with other athletes.

Should Someone Contract COVID-19

- *The school will contact MDH.
- *That individual will not be allowed to return for a time determined by MDH.
- *That individual's group will not be allowed to return for a time determined by MDH.
- *All parents will be notified.

People Who Feel Sick Should Stay Home

- *Do not attend the workout session.
- *Contact and follow the advice of your medical provider.

Other Considerations

- *Parents or guardians should not attend workout sessions.
- *Hand sanitizer will be available during the workout sessions.
- *Participants are asked to wear tennis shoes, no cleats please.