

**2020 WETUMPKA INDIANS FOOTBALL**

**SUMMER WORKOUT GUIDELINES**

* **IN KEEPING WITH THE GUIDELINES ESTABLISHED BY THE ALABAMA STATE DEPARTMENT OF EDUCATION, ALABAMA DEPARTMENT OF HEALTH, AND THE ALABAMA HIGH SCHOOL ATHLETIC ASSOCIATION, THE WETUMPKA HIGH SCHOOL FOOTBALL COACHING STAFF AND ATHLETIC TRAINER HAVE ADOPTED THE FOLLOWING POLICIES:**
* **SUBLIMATED MASKS WILL BE PROVIDED FOR ALL PLAYERS AND COACHES TO WEAR DURING WORKOUTS**
* **EACH PLAYER WILL BE PROVIDED WITH THEIR OWN WATER BOTTLE.**
* **UPON ARRIVAL, EACH COACH AND PLAYER’S TEMPERATURE WILL BE TAKEN. ANY COACH OR PLAYER REGISTERING A TEMPERATURE 100.4 OR HIGHER WILL BE SENT HOME.**
* **HAND SANITIZING STATIONS WILL BE PROVIDED AT THE FIELD HOUSE, PRACTICE FIELD, AND WEIGHT ROOM.**
* **EACH PLAYER WILL BE ASKED TO BRING THEIR RESPECTIVE FOOTBALL GLOVES TO WORKOUTS EACH DAY, IN ADDITION DISPOSABLE GLOVES WILL BE AVAILABLE.**
* **PLAYERS WILL BE PLACED INTO GROUPS THAT THEY WILL REMAIN IN DURING WEIGHT ROOM WORKOUTS. PLAYER WILL NOT BE PERMITTED TO CHANGE GROUPS DURING WEIGHT WORKOUTS.**
* **PLAYERS WILL BE COACHED ON MAINTAINING THE RECOMMENDED PHYSICAL DISTANCING WHENEVER APPICABLE.**
* **PLAYERS WILL BE INSTRUCTED TO LEAVE THE WETUMPKA HIGH SCHOOL CAMPUS AS QUICKLY AS POSSIBLE FOLLOWING THE CONCLUSION OF THE WORKOUT. THIS IS IN KEEPING WITH THE STATE GUIDELINES CONCERNING THE SIZE OF SOCIAL GROUPS.**
* **PLAYER’S THAT HAVE A MEDICALLY DIAGNOSED PRE-EXISTING HEALTH CONDITION ESPECIALLY A RESPIRATORY OR DIABETIC CONDITION, WILL NEED TO COMMUNICATE WITH THE HEAD COACH AND ATHLETIC TRAINER PRIOR TO THE START OF THE SUMMER WORKOUT PROGRAM. PLAYER’S THAT USE AN INHALER OR OTHER MEDICATION DURING PHYSICAL ACTIVITY WILL NEED TO BRING THESE ITEMS WITH THEM FOR EVERY WORKOUT.**
* **ALL EQUIPMENT INCLUDING WEIGHT BARS, BENCHES, MEDICINE BALLS, FOOTBALLS, SLED PADS, AND BLOCKING DUMMIES WILL BE CLEANED/SANITIZED BEFORE, DURING, AND AFTER EACH WORKOUT.**
* **EACH PLAYER’S SUBLIMATED MASK AND WATER BOTTLE WILL BE WASHED AFTER EACH WORKOUT.**
* **PLAYER’S WILL BE INSTRUCTED CONCERNING SEPARATE ENTRANCES AND EXITS TO THE FIELDHOUSE AND WEIGHT ROOM.**
* **TUESDAY, JUNE 9, 1ST SUMMER WORKOUT, COACHES WILL CONDUCT A WALK-THROUGH PRACTICE WITH THE TEAM IN ORDER TO ORIENT EACH PLAYER TO THESE GUIDELINES.**