**June 2020 Workout Procedures**

* Prior to Workouts Beginning
	+ Develop a plan for before, during, and after workouts
	+ Locker rooms and other gathering areas closed
	+ No communal water stations or drink areas (fountains, coolers, hoses, protein mixes, etc..)
	+ Adjust equipment layout if in close proximity and mark off social distancing areas
	+ Communicate the following to players and parents:
		- COVID-19 Questions they should ask themselves every day before attending workouts
		- Arrival time and arrival procedure
		- Departure time and departure procedure
		- Expectations before, during, and after workouts
	+ All workout areas sanitized by coaches.
* Upon Arrival
	+ Doors and windows of areas that will be used open for ventilation
	+ Players’ temperature checked upon arrival / Ask COVID-19 questions
		- 100.4 and above sent home immediately / Yes answers sent home immediately
	+ Players will wash/sanitize hands
	+ After temperature check – players placed in area with social distancing guidelines until workouts start
	+ Players divided into groups of no more than 10. The players will stay in these same groups for the month of June
* During Workouts
	+ No supersets or circuits, one piece of equipment used at a time
	+ Coach cleans stations between groups – Clorox Wipes or Bleach Mixture
	+ Maintain social distancing and limit exposure as much as possible
* After Workouts
	+ Players will wash/sanitize hands
	+ Players placed in area with social distancing guidelines until they leave.
	+ All workout areas sanitized by coaches.
* Practices and workouts are closed.
	+ Parents can remain in their vehicle if they wish to stay.
	+ No parent/spectator allowed on the practice field or inside any facility.
* Other
	+ Mask Optional