**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