

Lake Havasu Unified School District No. 1

LAKE HAVASU HIGH SCHOOL

2675 South Palo Verde Boulevard, Lake Havasu City, AZ 86403-4972
928.854.5001 FAX 928.854.5499 www.havasuk12.org

Summer Athletic Department Guidelines Phase I Families and Athletes

Programs and/or athletes found violating any of these guidelines will not be permitted to continue any summer activity.

Guidelines are subject to change and will be updated based on new information

Workouts are optional, not mandatory

Environment

- ☐ Groups cannot be any larger than 10 total individuals (includes coaches and athletes)
- ☐ Groups may utilize larger spaces with multiple groups
 - ☐ Two groups of 10 in the gym, but on separate sides of the court
 - ☐ Four groups of 10 using four corners of a field
 - ☐ Two band sections on opposite sides of the field
- ☐ We are requiring there not be a mixing of groups to allow for sufficient check-in and, if needed, contact tracing.
- ☐ Coaches and athletes must maintain a minimum of 6 ft. physical distance with 8 ft. preferred
- ☐ Parents/Guests are not allowed to be present as this will increase the total number allowed.

Standard Stay Healthy Procedures

- ☐ Athletes must come to any summer activity showered and in clean/washed practice gear.
- ☐ Athletes should be showering immediately following workouts. Clothes should either be washed or placed in a separate area until ready to be washed.
- ☐ Athletes should shower immediately following practice
 - ☐ Coach and Athletes will sanitize each time they enter and leave a practice environment.
 - ☐ Gym
 - ☐ Weight room
 - ☐ Classroom
 - ☐ Practice Field
- ☐ Avoid touching your face.
- ☐ Face Masks – Are not mandated at this time. They are voluntary for those staff or student athletes who wish to wear them. Individuals will be responsible for their own masks.
- ☐ Coaches/Athletes are required to complete the healthy self-certification before each practice.
- ☐ Temperature checks – Are not mandated at this time

Standard Stay Healthy Procedures for Coaches and Athletes

- ☐ Avoid handshakes, high fives, fist bumps, etc.
- ☐ Athletes are required to bring their own water/towel.
- ☐ Athletes should not share
 - ☐ Water
 - ☐ Towels
- ☐ Locker Rooms will not be used.

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Drills

- ☐ Drills that allow for a 6 ft. physical distance between athletes is permissible
 - ☐ Contact drills are not permissible
 - ☐ Scrimmages are not permissible

Weight room

- ☐ Pre and Post Cleaning of the weight room will be completed each day.
- ☐ Groups cannot be any larger than 10 total individuals.
- ☐ Coaches and athletes must maintain a 6 ft. physical distance with 8 ft. preferred.
- ☐ Face Masks – Are not mandated at this time. They are voluntary for those staff or student athletes who wish to wear them. Individuals will be responsible for their own masks.
- ☐ Sanitizing of the weight room is our #1 priority.
 - ☐ Coaches will ensure that proper sanitizing supplies are available.
 - ☐ Weight Room equipment will be wiped down after every use. This includes manipulatives like med balls, plates, and dumbbells.

Use of Balls

- ☐ There cannot be any shared use of balls.
- ☐ Balls will be cleaned after each use.
- ☐ Coaches will educate athletes on single person ball use and develop a system to ensure that shared use does not occur.

Athletic Training

- ☐ General use of the athletic training room is not permissible.
- ☐ If needed, one coach may enter the training room for an ice bag.
- ☐ Water coolers for group use are not permissible.

Special Notes

- ☐ Guidelines will be adjusted to reflect CDC/State recommendations and phased reopening.
- ☐ Any program in violation of these guidelines will not be permitted to continue summer activities.