

COVID-19 Forest Park Weight Room/Gymnasium/Facility Policy

In accordance with MHSAA guidelines, the following rules will apply to reopen the Forest Park Weight Room/Gymnasium/Athletic Facility for student athletes and coaches only:

1. **HEALTH SCREENING:** Coaches will administer a health screening at the door prior to entry for each student athlete and coach including a temperature check and COVID questionnaire. Coaches will assign each student a number that will remain their individual number until this policy is no longer needed.
2. **ASSUMPTION OF RISK FORM:** All student athletes and coaches will sign an assumption of risk form prior to using the weight room, gymnasium and outdoor facilities.
3. **SIZE:** No gathering of more than 100 people at a time outdoors. Workouts should be conducted in “pods” of students with the same small group of students always working out together. The “pod” should be less than 10 students at a time. This ensures more limited exposure if someone develops an infection. There must be a minimum distance of 6 feet between individuals at all times.
4. **LOCKER ROOMS:** will not be used. Students should report in appropriate attire and immediately return home to shower after participation. No students allowed in a training area unless the athletic coach is present.
5. **CLEANING:** Adequate cleaning schedules should be created and implemented for all athletic facilities. Prior to an individual, or groups of individuals, entering a facility, hard surfaces within that facility should be wiped down and sanitized (benches, weight equipment, bathrooms, athletic training room tables, etc.). Individuals should wash their hands for a minimum of 20 seconds with warm water and soap or hand sanitizer before touching any surfaces or participating in workouts. Hand sanitizer should be plentiful and available to individuals as they transfer from place to place. Appropriate clothing/shoes should be worn at all times to minimize sweat from transmitting onto equipment or surfaces. Any equipment such as athletic pads, etc., having holes with exposed foam should be covered. Students must be encouraged to shower and wash their workout clothing immediately upon returning to home. Custodians will clean the facilities on Tuesday, Thursday and Monday mornings prior to the facilities being used. If cleaning has not taken place due to a myriad of factors, the facility will not be opened. It will be closed.
6. **FACE COVERINGS:** When it comes to wearing face masks, all the current state, local or school district guidelines must be followed. Exceptions are swimming, distance running or other high-intensity aerobic activity. Plastic shields covering the entire face will not be allowed during participation due to the risk of unintended injury to the person wearing the shield or others. Coaches, officials and all other personnel are encouraged to wear cloth face coverings at all times and are strongly encouraged to wear cloth face coverings whenever physical distancing is not possible. Artificial noisemakers such as an air horn or a timer system with an alarm can be used to signal in place of a traditional whistle.
7. **MORE SOCIAL DISTANCING:** Physical contact such as handshakes, high-fives, fist bumps, and hugs should not be allowed. All athletic equipment, including balls, should be cleaned intermittently during practices and contests. They must be cleaned after final use. Students should wear their own appropriate workout clothing and here should be no shared athletic equipment (towels, clothing, shoes, or sport-specific equipment) when possible between students. All personal clothing, towels and equipment must be cleaned at home. Individual drills requiring the use of athletic equipment are permissible, but the

equipment should be cleaned prior to use by the next individual. Resistance training should be emphasized through the use of body weight and resistance bands.

- 8. NO INDOOR FACILITIES OTHER THAN THE WEIGHT ROOM AND GYMNASIUM WILL BE ACCESSED.**
- 9. ENTRY:** All entry will occur through the outdoor weight room door adjacent to the football field (weight room) or the south entry doors (door #11) near the football field (gymnasium). Students should park in the west gate staff parking. Coaches will be allowed to park in the student parking lot and **coaches only** will be allowed to gain access through door #6 using their key card.
- 10. WHO: Only student athletes and their respective coaches will be allowed entry into the facility. If student athletes have questions about facility access, they are to contact their respective coach.**
- 11. HOURS: Monday, Wednesday and Friday from 3:30 p.m-6:30 p.m.**

Adopted 6.22.2020

Revised and Adopted 77.27.2020