



Parents and Student-Athletes,

We hope this letter finds you well and embracing the circumstances as best as we can hope. The purpose of this communication is to inform you of how the summer lifting/conditioning sessions/ open gyms will be managed. We invite you to contact us with any concerns or questions. It doesn't need to be said, but this has been quite the fluid situation and we will make adjustments as necessary. As we start on July 1, the following guidelines will be practiced to the best of our ability:

1. The weight room has been redesigned to accommodate for pods. The intent will be 10 athletes per pod. We expect 4 pods utilizing the space simultaneously. The spacing should allow for the group of 10 to maintain social distancing as well as being quite spaced from another pod. Coaches will expect athletes to limit "milling around" during downtime and maintain proper spacing. Use designated walkways when directed.
2. The gym will utilize different pods or stations as well. There will be multiple sanitizing stations available throughout the gym for coaches and students to utilize. Please maintaining social distancing.
3. Pods will contain the same athletes as much as possible from day to day. With few exceptions, the same group of athletes will exercise together for the majority of the offseason sessions.
4. Bars, free weights, med balls, basketballs, volleyballs, etc., will be cleaned between each use. Proper cleaning agents and PPE will be available to maintain a clean station at all times.
5. PPE, especially masks, will be strongly encouraged. Per guidelines, spotters will need to wear masks when the appropriate distance cannot be maintained. We are asking athletes to supply their own masks. If an athlete is unable to supply their own mask, please contact the coach or AD, and the school will supply you with one.
6. Athletes will need to bring water. No water will be made available at the school. Water breaks will fall under social distancing guidelines as well. Athletes will bring their water into the weight room or gym with them and space out their water bottles to maintain social distancing. When an athlete gets a water break, we are also asking the athlete to use sanitizer at that time as well.
7. Per guidelines, temperature checks will be taken prior to the session beginning for weightlifting.
8. For open gyms, athletes should take their temperature prior to coming to school. If it is under 100.3, they are permitted to come to practice. If it is 100.3 or over, they need to contact the coach to tell them they are unable to attend due to their temperature. If a student also has any symptoms such as sore throat, fevers, shortness of breath, cough, body aches, etc.), they are unable to attend. They need to contact the coach. A coach will check in each student-athlete as they come into the building.
9. Coaches, staff, athletic trainers will keep a record of each day's attendance as well as a symptom checklist and temperature recording. Athlete's need to screen themselves prior to arriving. If they have been in contact with someone who has tested positive, they are to remain home and contact the coaching staff. If they experience any symptoms (sore throats, fevers, shortness of breath, cough, body aches, etc), they are again, to stay home and contact the coaching staff. Athletes need to error on the side of caution if there is a question. Also, reporting symptoms is an absolute must to start contact tracing and reduce potential spread.
10. Attached, you will find the waiver, please sign and bring it with you to the first session and give it to your coach. If you are unable to print, the coach will have hard copies at the first session for you to take home and bring back on the second session.

If or when modifications are to be made, the staff will do so. Any questions or concerns should be directed to the following people:

- Bobby Reisz, Strength and Conditioning Coach: reisZR@saintalbertschools.org
- Jake Driver, Head of Maintenance: driverj@saintalbertschools.org
- Ken Schreiber, Athletic Director: schreiberk@saintalbertschools.org
- Nick Finken, Athletic Trainer: nick.finken@nmhs.org

Finally, putting guidelines into practice is an imperfect endeavor, no matter even the best of intentions. We expect the athletes to abide by these rules, but we also recognize it will be almost impossible to keep them completely apart the entire time they are on campus. Athletes have a responsibility to others to do their part in following the guidelines, both on and off-campus. Their "off the field" choices could be pivotal in the ensuing months. For that, we encourage everyone to stay safe, be well, and to do the best they can, with what they have, each day.

Please let us know if you have any questions or concerns.

Kind regards,

Ken Schreiber
Athletic Director
Saint Albert Catholic School